

COVID 19 MASSAGE THERAPY POLICY

As we return (to life) to the new 'normal', there will be a few changes that require your attention prior to your treatment. These points are detailed in this document so please read it thoroughly, for my safety, your safety and the safety of our community.

What is required of me

- ★ Treatments will be limited to two per day unless clients are from the same household to ensure that the space can be cleaned and maintained to the highest standard for both of our safety.
- ★ To comply with all the government guidelines and my insurance policy, treatments will be a maximum of 45 minutes of hands on contact.
- ★ The treatment space will be well ventilated before, during and after. You will be kept warm if it is a cold day.
- ★ Hand sanitizer will be available, to be used before and after treatment.
- ★ I will wear a mask when you arrive and a mask and visor throughout your treatment
- ★ Floors and surfaces will be cleaned and disinfected after each client, and bedding will be washed on a high heat immediately.
- ★ A toilet is available, but as a way of limiting as much contact as possible, it is preferred if you use your own before arriving for your massage.
- ★ A basket will be available for you to put your clothes in.
- ★ Health forms will be used to support insurance requirements and track and trace measures.

What is required of you

- ★ Please arrive wearing your own facemask, this is essential as your treatment will not continue without one. You will need to wear your mask when face to face or lying face up on the couch.
- ★ Please use the hand sanitizer provided on arrival and after treatment.
- ★ Please arrive freshly washed with clean hair.
- ★ Please bring your own water, as this will not be provided.
- ★ Please arrive wearing clothes that are easy to get in and out of, and avoid bringing too much with you.
- ★ Please complete a health questionnaire prior to treatment, which will be sent via email.
- ★ If you feel unwell in any way or have had contact with someone with a suspected or confirmed case of COVID 19, please do not attend your treatment. Please let me know with as much notice as possible.
- ★ If you, someone in your household, or someone you have been in close contact with, comes down with a suspected or confirmed case of COVID 19 within 7 days of attending your treatment, please notify me as soon as possible.