

Covid-19 Protocol

Ribble Valley Bodyworks has now had the green light to re-open. This will be a gradual process with limited capacity but you can call to book an appointment from now. I am committed to treating clients in need of care and will be acting in accordance with the guidelines from my governing bodies : NAMMT and the CNHC. There will be some changes in the process both before and during each session, to help ensure both yours and my safety.

Before treatment:

*If you are presenting with any symptoms of Covid-19, please postpone or cancel your appointment. These are first and foremost a persistent cough, temperature and/or any changes to your sense of taste/smell. This is by no means an exhaustive list and I would kindly ask that anyone feeling remotely unwell to not attend the clinic.

* If you are a first- time client, your pre-session consultation will now take place via the phone or video-conferencing- rather than face to face and you will be asked to sign your consultation form on your first visit.

*If you are an existing client there will be a short update consultation- to see how you've been pre-lockdown and whether you have any Covid-19 issues. Also via phone or video conferencing.

There will be a consent form to complete regarding exposure to Covid -19. Please be aware that if you are considered to be a high-risk client, as defined by the current guidelines it may not be possible to massage you at this time or in some instances you may need to get written permission from your GP.

*The bathroom downstairs has been designated solely for the use of clients and myself however it will be open for emergencies only so please try to plan accordingly

*Where possible attend your appointment alone.

*Try to minimise any belongings that you might have to bring into the clinic. Please consider leaving coats and bags in the boot of your car, out of sight.

On arrival:

* I will be spacing my appointments to allow for cleaning and sanitising between each client so there should be no waiting period. Please aim to arrive as close to your appointment time as possible so you may come straight into the clinic.

* If you do arrive early please wait in your car until your appointment time.

- * There is now a door directly into the clinic, so there is no longer any need to walk through the house. Please ring the bell on the garage door (which will be sanitised between each client) and I will open the door for you.
- * On arrival your temperature will be taken with a contactless thermometer . I will also be noting my own temperature throughout the day.
- * You will be provided with hand sanitiser.
- * You will be asked to wear a facemask. You can choose to bring your own or I can supply you with one.
- * Please wear easy to remove clothes. You will be given a plastic box to put them in when you undress. Please avoid wearing jewellery as this makes the process simpler.
- * the practice room will be deep cleaned and aired between every client.
- *Any soft furnishings in the practice room will be covered in couch roll and disinfected between each client.
- * The treatment couch will be covered with a fresh couch sheet and paper roll for each client and the couch itself will be cleaned and sanitised after every treatment.
- * The pillows are waterproof and wipeable and will be sanitised between every treatment and covered with fresh pillow cases.
- * I will be using personal protective equipment- until the requirement relaxes including gloves, mask and visor. Being massaged with gloves is not unpleasant-you will barely feel it. (This information is likely to change as the situation regarding the use of PPE is fluid).

After the treatment:

- *You will be asked to sanitise your hands again on your way out.
- *Please do not remove your mask until you leave the premises.
- * At the end of each session anything the client has been in contact with will be cleaned and sanitised before the next client and the room will be aired.
- *At the end of each day all linens will be laundered at 60 degrees Celsius.

Payment:

- *The cost per treatment has undergone a slight increase to £40, this has been necessary to cover the additional costs of PPE and to bring me in line with other therapists. Initial treatments with consultation are priced at £47.

* Please consider paying by bank transfer where at all possible to minimise contact, however if you prefer to pay by cash or cheque this is also acceptable. Please try to bring the correct amount to avoid handling change and an envelope will be provided in which to put it.

And finally...

The need to take care of ourselves and each other has never felt so important so I'd like to thank you in advance for your cooperation. I will do everything I can to ensure that treatments continue as safely as possible. If there's anything you think that I have missed or if you have any queries, questions or concerns please don't hesitate to get in touch.