



Practitioners' Covid Secure Working

Arriving at the clinic

- use handsanitiser provided at the entrance
- use your keys to enter building, disarm security alarm using keyboard (if first in) and sign in
- use handsanitiser again provided by the sign in book

Entering therapy room

- open window slightly to ventilate
- prepare the client's seat ideally nearest the window, with the handsanitiser by their chair, every room has a throw if client feels chilly
- prepare for client, listen for doorbell (which is now placed in corridor)

Welcoming the client

- let client in whilst social distancing, ask them to close the front door
- escort client to therapy room opening doors and touching handles so client doesn't have to
- ask client to use handsanitiser provided in the room client to be seated at 2 m distance, couples can be seated close together but 2 m distance from therapist (use rooms 2/3, 5, 1 for couples work)

WCs

- Escort to WC opening doors on the way
- Each WC has instructions for use
- Keep therapy room door open until client returns and session can continue

When the client leaves

- at the end of session open doors and see client out asking them to use the handsanitiser provided at the exit

Between clients

- wipe down chair arms and table tops touched by client with antiseptic wipes provided in each room

Kitchen

- Use the handsanitiser provided on entering the kitchen
- Open the back door for ventilation and close on leaving
- Name your own mug with permanent marker and use it
- Provide your own milk (tea and coffee provided)
- Wash up everything used, wipe down surfaces, kettle handle and fridge door
- =NB clients will be asked to bring their own bottled water to drink in sessions, we cannot provide them with drinks

Masks

- Practitioners who wish to wear masks can do so.
- All practitioners offering body work requiring close working SHOULD wear masks and aprons and follow the Covid Secure guidance of their professional bodies (this includes, massage therapists, physios, reflexologists, acupuncturists, Bowen).
- Clients attending for body work may be asked to wear masks.

Leaving the clinic

- Empty the bin in the therapy room used
- Leave the room clean and pleasant for the next practitioner
- If the last person in the building, close the window
- Sign out
- Set the security alarm
- Lock the front door
- Use the hand sanitiser provided

Extras

- The bins in the WCs will be emptied regularly by Ann and Jessica while they are working in the building. They will also be wiping down door handles and bannisters in the public areas at the end of their working days.
- The clinic is fully cleaned every weekend.
- Cleaning products are hypoallergenic and vegan friendly

Thank you

for helping keep Brightstone Clinic Covid safe

