



## **Covid-19 Guidelines for Clients**

1. Before arriving for a session or training course with myself, please ensure that you communicate with me in the morning to ensure that you have no symptoms of Covid-19 or been in contact with anyone known to have had Covid-19 in the last 14 days.

If you have had Covid-19 and recovered, it is advisable to request a letter from your GP to say it is OK for you to receive treatment. If you have the permission note, document it and ask me to sign and date this.

2. I ensure all contact points into and within the venue are disinfected. This includes toilet and sink areas, light switches, door handles and coat hooks.

3. You will have access to facilities such as hand sanitiser, disinfectant wipes and paper towels should these be required.
4. As a practitioner, I have a responsibility to look after the health and safety of my clients. I will ensure all appropriate hygiene measures are in place and that I have a good supply of clean latex gloves, face masks and a face visor ready for use.
5. The windows in the venue will be opened where possible to make sure there is enough air flow circulating.
6. Social distancing will be in use and operating at safe distances where possible.
7. Please pay with a contactless method if possible.
8. If you are in the vulnerable category and have an underlying health condition, online working may be the safer choice. Please let me know about any pre-existing health conditions so I can make the most suitable arrangement for your sessions.

## **Further Questions:**

If you have any questions or concerns about the above protocol in place, please let me know asap before the commencement of your treatment so I can address any issues.