**Natural State Therapies**

COVID-19 Policy

# General

This policy follows guidance published by the Federation of Holistic Therapists (FHT): <https://www.fht.org.uk/coronavirus>.

The policy applies to all treatments provided by Natural State Therapies, for all clients. It covers both treatments at the Natural State Therapies business premises and when carried out as a mobile service in clients’ homes.

The policy describes how treatments will be carried out in a way that minimises risks of transmission of the coronavirus, and will apply until government and FHT advice is that it is no longer required.

For the purposes of this policy, ‘treatments’ are broken down into:

In advance of the appointment

Prior to commencement of the treatment

During the treatment

After the treatment

Follow up to a treatment

# In advance of the appointment

The client will be booked the day before the appointment, to check whether the client:

is self-isolating;

is suffering possible symptoms of coronavirus; and/or

has been in recent contact with the infection.

If answers to any of these questions is ‘yes’, then the treatment will not go ahead, and the appointment will be cancelled.

The client will be advised that additional hygiene procedures will be in place for the appointment, which the client will be required to follow.

# Prior to commencement of the treatment

## Treatments at NST business premises

In addition to the usual pre-treatment protocol, e.g. use of clean towels, the following will be carried out:

By the therapist:

* + Sanitise:
    - Doorbell
    - Stair bannisters
    - Toilet & clinic room door handles
    - Toilet & basin
    - Toilet light switch
    - Couch cradle
    - Pen
    - Oil bottle / wax pot
    - Hands & arms
  + Provide clean hand towel

By the client:

* + Sanitise hands
  + Complete COVID-10 addendum to the consultation form *(Appendix A)*

## Mobile treatments

In addition to the usual pre-treatment protocol, e.g. use of clean towels, the following will be carried out:

By the therapist:

* + Sanitise:
    - Couch cradle
    - Pen
    - Oil bottle / wax pot
    - Hands & arms

By the client:

* + Sanitise hands
  + Complete COVID-10 addendum to the consultation form *(Appendix A)*

# During the treatment

If requested to by the client, the therapist will wear a facemask.

# After the treatment

By the therapist

* + Wash all towels, coverings, etc.
  + Sanitise massage couch, face cradle & bolsters
  + Record precautions in the treatment notes

# *Appendix A – Addendum to consultation form*

# Please answer the following questions:

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| Have you tested positive or had treatment for COVID-19? |  |  |
| Have you, or has anyone you are in close contact with, had any of the following signs or symptoms associated with coronavirus:   * a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature) * a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual) |  |  |
| Have you been strictly following the social distancing measures outlined by the government during COVID-19? |  |  |

Signed:

Date: