

# Magic Hands : Calm Minds

## Covid-19 Protection Policy (July 2021)



**This policy covers the specific precautions being taken within the clinic to protect clients and myself from the Covid-19 virus.**

It takes account of current Government legislation, policy and guidance as well as advice from the British Association for Counsellors and Psychotherapists (BACP) and the Association of Physical and Natural Therapists (APNT).

**It's important to note that the clinic is in a shared building. I am not able to control the hygiene of the building or the practices of other users/occupants. There is hand sanitiser at the entrance which you should use. If you use any shared facilities (including toilets), or visit any other unit within the Hub before or after your appointment with me, you should wash your hands thoroughly with soap and water or apply hand sanitiser immediately.**

**If you do not consider the precautions detailed herein to be sufficient to protect you, then please do not attend the clinic.**

### 1. Prevention of infection

The best approach to the management of risk is prevention and therefore, the **clinic is closed** to anyone who:

- Is required to self-isolate
- Has shown symptoms of Covid-19 within the last 14 days (new continuous cough, temperature or loss of/change in sense of taste or smell)
- Has been in contact with anyone who has the virus or is showing symptoms within the last 14 days
- Has had the virus mildly (treated at home) within the last 4 weeks
- Has had the virus seriously (hospitalised or on oxygen) within the last 6 weeks.

I perform a Lateral Flow Test twice weekly, on the first and last day of each week's clinic sessions. The results of these can be shown to clients via the Government's reporting facility on request. Should this test be positive I will notify affected Bowen clients that their treatments cannot go ahead and offer counselling clients the option of a video call instead of a face to face session.

Additionally, should I show any symptoms or knowingly come into contact with anyone showing symptoms or having the virus I will immediately close the clinic for a minimum of 14 days.

Appointments cancelled under this provision will not be charged for, regardless of the notice given.

### 2. Risk prevention – Counselling clients

Counselling is a non-contact therapy and as such the risk of transmission during a counselling session is **low**. We will be seated in chairs which maintain a 2m distance and the room is well ventilated between sessions by keeping the door open. Tissues and hand sanitiser are available if you need to cough, sneeze or cry.

Counselling sessions can also be delivered online via Zoom video call at no additional charge for clients who are self-isolating.

### 3. Risk prevention and management – Bowen clients

During periods of lockdown and tier restrictions the Bowen clinic may be closed entirely if required by law, or if advised by the APNT.

#### 3.1 Pre screening

Before your appointment you **must** confirm that you comply with the provisions of paragraph 1 above. **If you do not do so within the 24 hours prior to your appointment you will not be able to attend the clinic.**

If it is not possible for your treatment to go ahead I will confirm with you as soon as possible after receiving your information whether you can attend the clinic.

#### 3.2 Vulnerable clients

If you or a member of your family is [clinically vulnerable](#) then you should wear a face covering at all times while in the clinic.

#### 3.3 Physical contact

Although Bowen therapy is applied through clothing, in summer it's common for clients to have bare skin on the arms and legs. To minimise skin-to-skin contact, it's recommended that you **wear thin, full length trousers or leggings, and long sleeves**, for your appointment rather than shorts, cropped trousers or skirts.

### 4. PPE

Government guidance now states that I should not 'encourage the precautionary use of PPE to protect against COVID-19 unless you're in a clinical setting or responding to a suspected or confirmed case'. Face coverings are therefore **not mandatory in the clinic during counselling sessions**; however if you wish to wear one or request me to do so you are perfectly welcome.

**Bowen clients do not have to wear a face covering** during consultation, which is completed in accordance with social distancing, or while lying prone (on your stomach). You may wear one while lying supine (on your back) if you wish.

I will wear a visor while treating clients supine, and at other times if clients ask me to do so.

### 5. Risk management – Clinic

The clinic itself is considered a **low risk** environment as:

- I am the only practitioner
- I operate an appointment-only system
- Clients attend alone, or with one other member of their own household
- There is no requirement for clients to see each other at appointment start/end
- There is natural ventilation
- I carry out effective cleaning between clients.

However, the clinic is located in a multi-occupancy building and it is impossible for me to control the behaviour of other users, who may be occupants of or visitors to other businesses in the building. You should therefore take your own precautions on entering/leaving the building and on using any shared facilities such as toilets.

Please do not arrive at the clinic early for your appointment. If you are early, please wait in your car until your appointment time.

The clinic supports the NHS Test and Trace service by displaying a QR code poster. You are not obliged to check in at the clinic as I maintain records of who has attended and when, and appropriate contact details for those clients; however you may do so if you wish.

Hand sanitiser is available for you to use on arrival and inside the clinic.

While I still accept cash payments, contactless facilities are available for you to use if you want to pay by card. You can also pay by BACS transfer.

## **6. Clinic cleaning and hygiene practices**

Generally these provisions have not changed from my standard practice. I will be maintaining a gap of 30 minutes between clients from different households, which ensures I have time to carry out all necessary cleaning routines and to ventilate the room. If for any reason there is not a sufficient gap between clients you will be asked to wait until I have completed the necessary cleaning.

### **Daily cleaning:**

Floor vacuumed

Waste bin emptied

### **Cleaned after each use/between clients with anti-bacterial spray or wipes:**

Treatment couch

Clinic door handle

Chairs used by the client

Therapist face visor

### **Additional hygiene practices:**

Non-porous couch pillow used

Fresh couch roll used to protect the pillow for each client

Clean towels used for each client, used towels bagged

Wipes are thrown away immediately after use into a lidded, lined bin

### **Personal hygiene:**

Each client invited to use hand sanitiser immediately on arrival.

I use hand sanitiser before beginning each Bowen treatment and after coughing or sneezing.

I wash my hands between each Bowen client.

I have single use disposable gloves which I will wear for Bowen treatments **if requested by the client** as they can prejudice my provision of the therapy.

Tissues are available for clients to use if they cough or sneeze.

I wear a face shield while clients are supine.

### **Laundry:**

At the end of each day's clinic I take used towels home and wash them with normal domestic detergent at 40 degrees, which is considered sufficient to prevent contamination in a non-infected environment. Fabrics are considered **Low Risk** for cross-contamination and there are no known cases of the virus being transmitted via clothing or soft furnishings.

## 7. Payments

I will continue to take payments in clinic via contactless credit card, which will cover the cost of most treatments. If your treatment cost is above the contactless threshold (currently £45) you may pay by cash, card or BACS transfer. If the card machine is touched by the client it will be sanitised afterwards.

## 8. Refreshments

It's recommended that you drink plenty of water after a Bowen treatment; please bring your own water bottle for this purpose. I cannot offer refreshments to clients.

## 9. Post treatment infection

Should you or a member of your household show symptoms of Covid-19 within 7 days of a treatment, you **must** notify me as soon as possible. In accordance with APNT guidance, I will report this to the [Government Health Protection Team](#).

If I or a member of my household show symptoms, I will contact all clients who I have seen within the last 7 days to notify them and to ask them to inform me if they or any of their household develop symptoms. I will also, obviously, cancel all appointments for the 14 days immediately following. The clinic will remain closed until I have been confirmed as not infectious.

## 10. Further information

Ultimately I want to keep you safe, but there are some things which are not commensurate with carrying out the therapies. If there are further precautions which you would like me to take to protect you and which are not detailed here, please tell me so I can determine whether it's practical for me to adopt them.

If you have any questions on this document or any other practices within the clinic, please don't hesitate to ask.

