



Message
Man

Client Information Pack

Please read carefully before attending your appointment.

Thanks for booking an appointment! Even though government guidelines have been relaxed, I will still be following some covid safety protocols to ensure both your safety and mine. This document highlights some of the changes in the way appointments will work in a Covid safe way. It's important that you read this carefully and if you have any questions, please get in touch before your treatment.

Covid Screening Form

All clients will need to fill out a Covid Screening Form via Google Forms with details of any Covid related issues you may have faced over the last few months. I will send you an email with a link to the online form before your massage. Please note - you will only need to fill this out once but it is your responsibility to inform me if there are any changes before a scheduled appointment.

Personal Protective Equipment

At the moment, it is considered best practice for me to wear some PPE during a massage to mitigate transmission of Covid-19 as much as possible. This means I will be wearing a facemask throughout the appointment and a visor when working near your face.

Glove usage - With any clients who are in a vulnerable group, I will be wearing nitrile gloves. I will also happily wear gloves for any client that requests me too. Please be assured that the use of gloves will not effect the feeling of your massage.

Lateral flow testing

In line with the latest government advice, I am currently taking lateral flow tests twice weekly. I will inform you with as much notice as possible before your appointment if I ever receive a positive result from a lateral flow test.

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Vaccination

I have been lucky enough to have had both jabs (as of 29th May) so I'm as vaccinated as can be! The latest advice from the Massage Training Institute is to leave at least 7 days after receiving a vaccination before having a massage in order to allow your body time to heal and process after the vaccination.

What to bring

Please bring the following with you:

- * Water bottle
- * Face covering (please wear as you enter the building). You will need to wear a face covering throughout your treatment.
- * A drape/large towel/wrap/sheet/sarong to cover yourself with during the treatment. Please let me know if this is not possible so I can bring a drape for you.

In bringing these items you are saving me the considerable logistical and financial challenge of providing multiple fresh sets of laundered kit daily - I am very grateful!

When you arrive

Please arrive on time for your appointment as there is currently no waiting room facility at either venue I practice in (Enso or BCMB). I will meet you at the door to reduce unnecessary contact with surfaces. Please wash or sanitise your hands before coming for your appointment.

BCMB - you will need to remove your shoes as soon as you enter and place them on a separate section of the shoe rack opposite the entrance. I will then record your temperature as required by the protocol at BCMB.

When you reach the treatment room, I will ask you to undress to the level your comfortable with and leave your clothes on your chair (that will be covered with couch roll). You will need to wear your face covering throughout your treatment.

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Cleaning, Disinfection and Ventilation

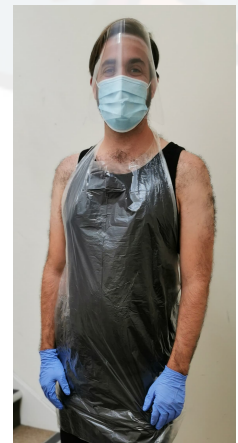
The latest government advice is that 15 minutes is enough time to ventilate a room between clients. I will use this time to ensure that all surfaces in the treatment room are disinfected, all couch roll/tissue is disposed of appropriately and the room is ventilated thoroughly. This may mean that the room is slightly cooler than preferable so please make sure to bring a pair of socks to keep your feet warm!

Thank you!

You've reached the end! I appreciate that this is a lot of information to take in and thank you for reading it all. Please do not hesitate to get in touch if you have any questions or concerns about these new procedures.

I look forward to seeing you soon!

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