



## **Updated Health & Safety Guidelines 2020-2021 Covid-19 Specific Informed Consent**

### **Our collaborative center:**

Please know that your health and safety and the health and safety of our collaborative Practitioners is our priority. In addition to each Practitioners individual cleaning responsibilities our center including bathrooms will be cleaned and sanitized frequently. We have adjusted our schedules to 2 Practitioners max/ day to accommodate social distancing. Unless your appointment requires close contact providers will maintain a 6 foot distance at all times. All provider offices will be cleaned between each appointment (high touch areas disinfected) and a cleaning log will be kept. Our kitchen area is currently for practitioners only. Handwashing is available in the bathroom/ Handwashing sinks and hand sanitizer will be dispersed throughout our center. As always, proper hygiene protocols are maintained by all practitioners at our center. We will continue to adjust our safety guidelines and office protocols in accordance with any new state mandated guidelines that are released and will notify you with any updates.

### **Scheduling/ before your appt:**

For the near future, Ashleigh will only be seeing a maximum of 3 clients/ day with ample time between appointments for increased sanitization, air flow, etc. For new and established clients all forms to be filled out will be sent electronically (also available at [massageloftne.com/client-forms](http://massageloftne.com/client-forms)). Ashleigh will confirm Covid pre-screening information the day before your appointment. As always, the cancellation fee is waived for sudden illness or emergencies. Ashleigh will notify you as soon as possible if she is feeling ill and will reschedule with you. If you or anyone in your household has a fever, cough, chills, sore throat, flu like symptoms, digestive upset, etc or if you or anyone you've been in close contact with tests positive for Covid-19, please contact Ashleigh to reschedule your appointment

### **Arriving for your appointment:**

Please try to come to appointments directly from home with clean clothes (E.g. avoid going to the grocery store, etc and then coming to your appointment). Masks or cloth face coverings are required for the practitioner and client upon entry and for the duration of your visit unless you have a health condition where you cannot wear one. Please do not wear gloves in as they cannot be sanitized. Our waiting area is currently closed, Text or call Ashleigh upon arrival for your appointment and wait in your car until she is ready for you. Hand washing or sanitizing is recommended upon arrival. Shoes and coats can be left outside the room in the designated areas. Please keep personal items brought in to essential items. Ashleigh will welcome you into the room, show you where to put personal items, and discuss any questions or concerns prior to your session. As always, Ashleigh will step out while you transition to the table and wash hands before and after your session.

**Office environment:**

A new Certified Hepa air purifier has been added to the treatment room (captures 99.97% of airborne particles). Ventilation will be increased between appointments. Touched surfaces will be sanitized/ disinfected before and after each client. A new medical grade sanitary cover directly under clean sheets has been added as an extra protective layer. This is on top of the sheepskin table warmer layer as well as the hypoallergenic water resistant washable layer. As always, All sheets face cradle covers, pillow cases and towels washed, sanitized and changed for each client. Pillows, clean linens, used linens are all stored separately in enclosed bins.

**After your appointment:**

Contactless payment is available. Please let Ashleigh know if you prefer this option. Scheduling your next appointment can be done at this time or on our website. Hugging and handshaking is not recommended at this time. Clients are asked if they have developed any cold or flu like symptoms or have tested positive for Covid-19 within two weeks of a session to please notify Ashleigh. It may be necessary to contact the local health department if a client or practitioner tests positive at our center. Only basic contact information would be shared, all other health information is strictly confidential.

**Covid-19 Specific Informed Consent**

I understand that close contact with people increases the risk of infection from COVID-19. I understand it is not possible to consider every possible complication to care. By signing this form, I acknowledge that I am aware of, assume the risks involved and give consent to receive care from this practitioner.

I understand that my name and contact information might be shared with the state health department in the event that a client or practitioner at this facility tests positive for COVID-19. My contact details will only be shared in the event they are relevant based on suspected exposure date, and only for appropriate follow-up by the health department.

**I have read and I agree to the Practice Policies, Health & Safety guidelines and Covid-19 Specific Informed Consent.**

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(print name)

(signature)

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(date)

