

# Covid 19 Policy in place till Further Notice

- Please call/text beforehand if you have any of the following:

- Temperature/ Fever
- Persistent dry Cough
- Shortness of Breath
- Breathing Difficulties
- Loss of taste or smell

- You confirm that you have not been in contact with people with Covid 19.

- Please wait outside or in your car until called, there will be no waiting area.

- Upon entering I will be taking temperature using a contactless thermometer this will be recorded when you sign a disclaimer & will be destroyed one month later, I will be recording my temperature morning & evening which will be able to be seen.

- You will be asked to sign & confirm that you have read this policy, you have no symptoms above and are aware that your name will be recorded for contact tracing should it be needed in order as clients arrive into the studio.

- You will be asked to wash hands or use sanitizer upon entering and upon leaving, after sneezing, using toilet etc

- Masks must be worn for all appointments- please bring your own with you.

- Copy of cleaning procedures, disinfectant products, hand sanitizers etc will be shown on notice board

- You will be expected to let me know if you have a sign or symptoms of COVID 19 within 2 weeks of your visit

## PT Clients:

- We will keep a 2meter distance
- All machines/equipment will be disinfected before and after use
- I will be asking you to lift your own weights etc.

## Treatments:

- I will be wearing gloves for all massages – (Nitrile powderless)
- Masks must be worn
- All towels will be cleaned after every use
- Washing of hands before and after are required.
- All equipment will be sanitized/disinfected before and after use.
- Due to extra time between clients needed, extra cleaning of towels, extra cleaning of equipment, Re-opening Training courses undertaken (Certs will be on show on notice board) there will be a €5 fee on all treatments during Covid 19 until we are back to normal.
- Back door will be open when not in use to allow for ventilation.
- All towels will be washed daily at 60°

Please don't be late for your appointment, I wish to only have one client on the premises at any time.

If in any doubt, please cancel appointment ASAP

Many Thanks & Stay Safe,

Lynda Rouiller 087 4199652