

## **Amanita Massage Therapy - COVID-19 Protocols**

Registered Massage Therapy is included in BC's Phase 2 Reopening Plan and is bound by Worksafe BC and the CMTBC under guidance of the Provincial Health Officer to implement protocols to reduce the transmission of the virus that causes the disease, COVID-19, in our clinical settings.

Amanita Massage Therapy commits to the following actions to reduce viral transmission and keep both patients and therapists as safe as possible:

### **Ongoing Self-Assessment and Pre-Screening Requirements:**

1. Symptoms of COVID-19 are similar to other respiratory illnesses and seasonal allergies. An appointment **MUST** be cancelled immediately if either the patient or therapist presents with even mild symptoms that may be signs of COVID-19 including: fever, new or worsening cough, shortness of breath, sore throat or pain with swallowing, runny nose/sneezing, nasal congestion, hoarse voice, difficulty swallowing, decrease or loss of sense of smell or taste, chills, unexplained or unusual headache, unexplained fatigue/malaise.

COVID-19 symptoms may range from mild to severe. Patients are required to cancel appointments if they experience what they determine to be "just the sniffles" or "feeling under the weather" on the day of their appointment.

\* IF YOU ARE UNWELL, please CANCEL your appointment IMMEDIATELY. There will be no cancellation fees due to illness.

Your therapist will be using BC's Online COVID-19 Self-Assessment Tool every day to assess our own health. Within the 24-hr period prior to each of your appointments you are asked to please complete this assessment tool which will be automatically emailed to you through Jane app. You will then verbally update your therapist as to your health status again upon your arrival at the clinic.

\* In the event that the therapist is unwell, they will cancel your appointment immediately, self-isolate and follow Public Health directives in informing patients treated over the previous 14 Days.

### **2. COVID-19 Screening Questionnaire**

For each appointment you are required to complete a COVID-19 pre-screening questionnaire that will be sent to you by email in the 24-hr period before your appointment.

3. Verbally update your therapist as to your health status before entry into the clinic.

### **COVID-19 Consent Form**

In the current environment of COVID-19 risk, informed consent requires that the patient be informed and understands that:

- any massage therapy treatment involves some risk of COVID-19 transmission
- the therapist is following protocol to help reduce or mitigate risk where possible, but that the risk cannot be reduced to zero

There will be an additional consent form that each client will be required to sign before resuming treatment.

### **Cleaning**

Enhanced cleaning protocols follow guidelines set out by the BC Centre for Disease Control guidelines. All common areas, the washroom, high-touch surfaces, treatment tables, computers, POS and chairs in between clients. We will be following a cleaning checklist and scheduling extra time between clients for this cleaning. We will be using products approved by Health Canada for use against COVID-19 for this cleaning. All linens (including sheets, blankets and pillow cases) are single use only and will be professionally laundered using high heat and detergent between each use.

### **Hand Hygiene**

There will be hand sanitizer provided and/or soap and water available for hand washing upon arrival at the clinic. You will be asked to clean your hands using one of these methods upon entry into the clinic. Please bring your own hand sanitizer if you'd prefer to use your own.

### **Personal Protective Equipment**

Both therapist and patient will be required to wear a clean mask for each treatment. Please arrive wearing a clean mask (cloth or disposable) that covers both your nose and mouth for the duration of your time in the clinic. There will be extra masks available for use in case you forget. Gloves are also considered appropriate but not required. Therapists will wear gloves only at the patient's request or when otherwise indicated.

### **Physical Distancing**

To uphold Physical Distancing requirements, it is kindly requested that only the client receiving treatment is in the clinic for their appointment with no guests. Exceptions may be made for parents of children. There will be adequate time between appointments to avoid contact with other clients. Please arrive no more than 5 minutes early for your appointment.

During your intake, the therapist will stay 2m away until it is time to perform an assessment or treatment. It is not possible to maintain physical distancing while in the treatment area. For this reason, both the therapist and the client will be wearing a mask at all times. Gloves can be worn at the patient's request. Clients will be asked to put all clothing and personal belongings in a plastic bin which will be sanitized between appointments. Please bring your own water bottle, if required, to your appointment. Glasses and water jugs will not be available for your use.

If you have any specific concerns please let your therapist know at the time of your treatment. Thank you for your cooperation and diligence in preventing the spread of infectious disease.