

## **Covid-19 Policy – February 2021**

**The following is implemented, following Government guidance and continuation of usual, ongoing hygienic practices:**

- Bookings are for clients that have a diagnosed condition from a medical professional and would benefit from immediate support. Where possible, please provide a GP referral letter.
- Health consultations are completed in an online form, sent via a link, in your first confirmation email, after booking online. Please ensure this is returned a day before your appointment. Return appointments require completion of the second form only.
- Track and trace implemented, in relation to data collated via the booking system and sharing of client contact details if there is a requirement to do so.
- Where there is any reported infection, closure of clinic for 14 days.
- Room ventilated and relevant PPE worn.
- Thorough cleaning between clients.
- Hand washing and sanitiser available upon arrival.
- Hand sanitiser available throughout.
- Payment by card machine is available. Cash still taken.

### **Client requirements**

Please:

- Complete paperwork and return prior to your appointment, a day before arrival.
  - Take your temperature prior to arrival to ensure it is 38 degrees or below.
  - Be on time as there is no waiting area available.
  - Bring only the things you need.
  - Bring your own mask as they are not provided.
- Immediately reschedule your appointment if you feel unwell and inform Spirit, Body and Mind if you have Covid-19 or any variant, up to 14 days after your appointment.

Thank you so much for understanding and I very much look forward supporting you.