



COVID19 – Massage Protocol

Patients:

- Client and household must be **symptom free for at least 7 days and will be encouraged to use NHS Contact Tracer services when available.**
- **Caution or refusal of therapy will be used at the therapist's discretion for clients with underlying health conditions** (heart disease, lung disease, diabetes, suppressed immune systems etc.) or aged over 70 in addition to the usual sports massage therapy contra-indications.
- Clients will be asked to bring their own 'kit bag' in which to put all their personal possessions whilst being treated, if not brought, then a bin liner will be provided
- **Clients will be asked to bring their own drink in a sealed drinks bottle** – no water or refreshments will be routinely offered
- Attending appointment implies **verbal consent to Massage Protocol requirements**
- **Clients will be asked to sign a specific consent form before the massage to confirm they agree to the protocol.** This consent form will also include that the client is aware that the masseur is unprotected elbow to hand.
- **Clients** will be able to request gloves for the masseur if required
- Clients will be given **Massage Protocol at time of booking appointment and reminder 1 day before appointment.** This will be via email/media message.
- Clients **must attend clinic at time of appointment** and be met by therapist
- **No waiting room facilities** will be available.
- Clients will be instructed to **wash hands** before and after treatment.
- Clients will be asked to wear a mask where 2 metre social distancing can't be met
- Payments will be taken by **bank transfer (BACS)**, before the massage session
- All sessions will be done in Prone (Downwards) or Side Lying Position. There will be no Supine (facing upwards) Positioned massages available until restrictions allow.
- Client will be asked to inform the therapist immediately should they show symptoms of Covid 19 post therapy at any time

Therapist will:

- Ensure that all clients are fully aware of the treatment regime and protocols in operation at Arch Clinic at least 24 hours prior to their arrival.

- Offer options of **15 minutes** consultation on the phone for new clients (and consent form via email), to limit the amount of face to face time ensuring compliance with Data Protection legislation (GDPR 2016, Data Protection Act 2018).
- Contact clients by phone or online prior to providing advice or treatment to minimise contact time in the treatment room
- Confirm via disclaimer that he is currently free from symptoms, have not been in contact with someone currently suffering Covid-19 or who is self-isolating.
- Use the NHS Contact Tracer services when available.
- Offer greater flexibility with Cancellation Policies in order not to deter clients from cancelling if they feel unwell
- Ensure the day's diary has 30 minutes between appointments to ensure sufficient time for thorough sterilisation of the therapy room, ensuring that clients are not present at the same time and that sterilising products and ventilation systems are effective at minimising contamination across the whole treatment environment.
- Follow **PPE guidelines** as recommended by Public Health England.
- **Mask protection** – sessional use
- Check for any broken skin on hands to elbow as this area will be bare. (Clients can request gloves worn by masseur).
- Hand washing will be completed before and after touching client skin.
- Scrubs – sessional use. To be worn only in clinic and taken home at end of day in bag. Washed according to government advice.
- **Disposable single use apron** for body contact treatments.
- **Good hand hygiene** practised between clients, including exposed forearms.
- Dispose of all waste products and PPE appropriately. Disposable PPE and soiled couch roll will be placed in yellow bin liner, labelled appropriately, double tied and placed into Arch Clinic's clinical waste bin.
- Contact the Therapy Centre manager and inform her if any client or if they are experiencing any symptoms within 14 days of using the facilities.

Clinic:

- **No waiting room facilities** will be made available. Clients will wait outside until their appointment time and then conducted through to the treatment room, remain indoors in public areas for the minimal possible time.
- A one-way flow will be in operation through the Clinic's public areas to minimise the risk of contact within 2 metres in restricted spaces.
- Patients will maintain **2 metre social distancing from clinic reception staff**.
- **Toilet facilities** will be available but clients will be asked to ensure that they have used toilet facilities before arriving for treatment. If used, toilet facilities will be decontaminated before access can be offered to another client.
- **Handwashing facilities** available for client in each treatment room including option of appropriate hand sanitisation products if client is allergic to soap products

- Couch roll will be used to cover client seating if surface is not washable Rooms will be ventilated in between clients by opening windows or using in-built air extraction and leaving doors open to the corridor venting to outdoors.
- **15 minutes** between appointments to clean bed and surfaces
- **Maximum** 3 x 1 hour sessions per evening. The latest would be 7pm
- Arch Clinic's risk assessment and therapist protocols will be reviewed regularly, audited where necessary and reviews documented
- Commonly touched surfaces i.e. door handles, taps, toilet facilities (fresh hand towels or disposable towels), soap dispensers will be decontaminated regularly by the Therapy Centre Manager.
- Entrance/exit doors will remain open to minimise client contamination and ensure optimal ventilation (where possible naturally)
- Fans and air conditioning units will not be used whilst treatment is in progress and for an hour afterwards.
- Water and other refreshment will not be dispensed unless in an emergency situation, clients and therapists to supply their own

Links to supporting procedures:

COVID-19 Infection Prevention and Control: [COVID-19_Infection_prevention_and_control_guidance_complete.pdf](#)

Best Practice Hand Washing: [Best_Practice_hand_wash.pdf](#)

Best Practice Hand Rub: [Best_Practice_hand_rub.pdf](#)

Recommended PPE Additional Considerations of Covid-19: [T4_poster_Recommended_PPE_additional_considerations_of_COVID-19.pdf](#)

Routine Decontamination of Reusable Non-Invasive Equipment: [Routine_decontamination_of_reusable_noninvasive_equipment.pdf](#)

PSE COVID-19 Visual Guide to Safe PPE Poster: [PHE_COVID-19_visual_guide_poster_PPE.pdf](#)

Putting on PPE: [PHE_11606_Putting_on_PPE_062_revised_8_April.pdf](#)

Removing PPE: [PHE_11606_Taking_off_PPE_064_revised_8_April.pdf](#)

Others

COVID-19: guidance for employees, employers and businesses

COVID-19: Social distancing in the workplace during coronavirus sector guidance

NHS PPE Guidelines:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/878750/T2_poster_Recommended_PPE_for_primary_outpatient_community_and_social_care_by_setting.pdf

Associated Bodywork and Massage Professionals: <https://www.abmp.com/back-to-practice/summary>

<https://www.britishpainsociety.org/COVID-19-Resources/>

CSP resources: <https://www.csp.org.uk/news/coronavirus>

CSP clinical guidance: <https://www.csp.org.uk/news/coronavirus/clinical-guidance>

HSE guidelines: <https://www.hse.gov.uk/news/coronavirus.htm#>

CIPD Returning to the Workplace Guidelines:

<https://www.cipd.co.uk/knowledge/fundamentals/emplaw/employees/workplace-guide-returning-after-coronavirus>





COVID19 –SJK Patient Protocol for Massage Sessions

This protocol outlines the steps that we are taking to **ensure that you, your therapist and our staff all remain safe** and gives you an idea what to expect at your appointment.

Attending your appointment implies that you are happy with the measures that we have taken to protect you and us and **consent to the Patient Protocol**.

Prior to your Consultation

- **You MUST not make or attend a clinic appointment if you or anyone in your household has had symptoms in the last 7 days.**
- If you have symptoms, are unsure or do not wish to come into the clinic then please contact us to cancel your appointment or arrange for a **15 minute Video or Telephone consultation**.

At your Consultation

- **Please do not arrive before your appointment time.** If you arrive early please wait in your car or outside before entering the clinic. No waiting room facilities will be available.
- Please protect yourself and our reception staff by staying more than **2 metres away from the reception desk**.
- Your Sports Massage Therapist will meet you and guide you to our **hand washing facilities**.
- You will be asked to sign a Covid19 Consent form
- You will be asked to sit more than 2 metres from your Sports Massage Therapist and will be asked to wear a mask during any part of the consultation that requires physical or closer than 2 metre contact (if side laying).
- Your Sports Massage Therapist will wear a mask, and in any part of the consultation that requires close contact, will also wear a single use apron.
- **Payments** can be made by bank transfer, ideally prior to your session.

If you have any concerns or questions about this protocol please contact Sam prior to your appointment.



SJK SPORTS MASSAGE COVID 19 CONSENT FORM

Prior to the start of my massage, I can confirm that:

- *I have not been diagnosed with or cared for someone diagnosed with COVID-19 in the last 14 days*
- *I have not shown symptoms of COVID-19 or come in close contact with anyone exhibiting these symptoms in the last 2 weeks.*
- *I do not have cough, fever, chills, shortness of breath or loss of tastes and/or smell*
- *If I begin to show symptoms of COVID-19 within the next two weeks, I will contact my masseur.*
- *I am aware that my masseur will be bare from hand to elbow and I am happy for the massage to commence under the SJK Sports Massage Protocol.*
- *I will follow the SJK Massage COVID -19 Protocol*

Signature _____

NAME: _____ DATE: _____