Information for clients:

Massage involves maintained touch and close physical proximity over an extended period of time. There may be an elevated risk of disease transmission, including COVID-19.

I have always maintained the highest of hygiene protocols in my massage practice but moving forward during this time of COVID-19, my policies and procedures may change slightly.

Following a full risk assessment of my practice, you’ll notice the following changes. I will:

* Screen all clients with a COVID-19 screening before every appointment. I cannot provide services to individuals who present with flu-like symptoms or are feverish, or have travelled overseas or been in contact with a confirmed case of COVID-19 in the last 14 days.
* Suggest you reconsider your need for massage at this time if you are in one of the defined high risk categories for COVID-19 complications.
* Modify services to reduce the risk (eg. by reducing the length and frequency of the service)
* Keep doors and windows in the clinic open where possible.
* Ensure separation of at least 1.5 metres whilst clients are awaiting service.
* Always use a hand sanitiser before and after providing the service, or wash hands with soap and water.
* Ask you to use a hand sanitiser before you enter the clinic.
* Wear a surgical mask and eye goggles where required, and if it is warranted from the risk assessment for the individual treatment, I may request you do the same.
* Use a new mask for each client, and clean goggles/glasses between each client if they are reusable.
* Clean and disinfect surfaces touched by the client immediately after the service has been provided.
* Clean and disinfect any equipment you may have used at the end of the treatment session.
* Request if you ANY symptoms that you do not attend the clinic and cancel your appointment. During this time, cancellation fees will be waived if you do cancel for medical reasons.
* Review local transmission data on a daily basis, and if it is warranted based on my risk assessment, I may choose to cancel bookings and pause my practice again until it is deemed to be safe to reopen again.

As always, all linens used in the treatment room are single use only and they are removed and laundered as per industry standards after every treatment.