

# AdagioHands

## Clinical Massage and Bodywork

### COVID-19 Health and Safety Policy

This business is governed by UK Law for close contact workers, and by the stricter regulations drawn up by the Institute for Sports and Remedial Massage (ISRM). Within this framework, the processes implemented under the COVID-19 period are there to protect your safety, that of the therapist, and also that of other clients and wider society.

Please do remember that even if you feel healthy and comfortable with taking additional risk, your therapist and other clients may have different approaches to risk. These may involve conditions that render them vulnerable to COVID-19, or may relate to contact with vulnerable colleagues and family members. Thank you for your patience and consideration.

Please expect the following additional COVID-19 safety measures as part of your session:

- Pre-booking online COVID screening form
- Pre-session online consultation form
- Pre-session chat to minimise conversation and contact time
- At-door final check of COVID symptoms and contact
- Hand sanitisation by both therapist and client at point of entry
- Wearing of facemask by both therapist and client from point of entry
- No drinking water available, please bring your own
- Minimal conversation at the session
- Minimal work over the face or in direct line of each other's breathing
- Minimal contact time, with aftercare to be carried out outside of the session
- Post-session follow-up by email, phone or video call
- Card or pre-session payment preferred, else cash payments to be placed in an envelope

Please note new towels and covers or couch-roll are used for each client. The couch and other surfaces will be wiped down between clients and the room will be well ventilated. We would like to thank clients for minimising any touching of surfaces, doors, and handles.

During hands-on work, the therapist will wear a visor in addition to a facemask. The use of gloves by therapists is not mandatory and these will not be worn.

While the above may sound like a lot of process, it is there for your reassurance and for everyone's safety, and we aim to continue to offer you a relaxing and comfortable session. If you have any questions or concerns at all, please don't hesitate to get in touch.

August 2020  
Adagio Hands  
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