



Covid-19 protocols

Physiotherapy

1. Every client will be screened before a Physiotherapy appointment using a 15-30minute video or phone call initially. Where possible, the Physiotherapist will treat the client over the phone /video call using education, exercise prescription and specific advice.
2. If the Physiotherapist deems that the client needs to be seen in the clinic, the client will complete a Covid-19 screening form.
3. The client may be asked to have their temperature taken before treatment.
4. A 'hands on' or face to face session will be no longer than 15 minutes long to limit the risk of cross infection.

Pilates 1:1s and classes (max 3 people per class)

1. The client will complete a Covid-19 screening form before attending for an appointment.
2. Social distancing will be adhered to at all times. This means the Physiotherapist will stay 2metres away from you while instructing the session.
3. The client will be asked to wear gloves if using hand held equipment.
4. There will only be 1 class run at any time.

Client pathways

1. The Physiotherapist will be wearing PPE (personal protective equipment) if coming within 2 metres of the client.
2. Strict in house hygiene measures will be taken (medical grade disinfectant of all surfaces after any physical contact).
3. Waiting area: permit 1 person into the waiting area at a time. If the client is early, they will be asked to wait downstairs.
4. The client will be asked to thoroughly wash hands prior to entering clinic.
5. There will be alcohol gel available to clients to use throughout time in the clinic.
6. The client will be asked to cough/sneeze into elbow.



Staff

1. The Physiotherapist must have spare clothes in the clinic with them in case of PPE breach (e.g. client sneezes all over a physiotherapist).
2. Staff will wear minimalist clothing and aim to leave as many items they use at work outside your home. i.e. change clothes to travel to and from work.
3. Have bare arms from elbow down.
4. Shower head to toe immediately on arrival home each day.
5. Wash uniform in minimum 60 degrees.
6. Do not bring handbag to work- bring items needed in plastic disposable/ziploc bag.
7. Where possible do not use hands to touch surfaces- use elbow.
8. No using shared cutlery/cups or food spaces. Staff must bring their own bottled drinks.

Staff hygiene

1. Wash hands up to elbows before and after each client.
2. Use alcohol gel in between different techniques/throughout session.
3. Gloves, apron and mask must be worn if doing hands on treatment. Gloves and apron will be disposable after seeing each client.
4. All surfaces that were touched by a client will be wiped down thoroughly using medical grade disinfectant.
5. The Physiotherapist will facilitate the client to touch as few communal surfaces as possible.