



Covid-19 protocols

Physiotherapy

1. Video consultations will continue to be available for those who do not need face-to-face appointments or who are too vulnerable to attend the clinic.
2. If the client needs to be seen in the clinic, the client will complete a Covid-19 screening form.
3. Hands on treatment is restricted to 15 minutes where possible to reduce 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. 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. Wash uniform in minimum 60 degrees.
5. Do not bring handbag to work- bring items needed in plastic disposable/ziploc bag.
6. Where possible do not use hands to touch surfaces- use elbow.
7. 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.