



My pledge to you

COVID-19 INFORMATION

For use in a therapy practice

I have carried out a full risk assessment and adhere to COVID-19 guidelines produced by the government and my professional association, the Federation of Holistic Therapists (FHT).

As your therapist, I will always...

- Check I am in good health before you arrive for treatment.
- Wash my hands or use hand sanitiser before treatment.
- Follow guidelines on the use of personal protective equipment (PPE).
- Disinfect non-porous materials, e.g. massage couch and equipment.
- Wash porous materials e.g. pillowcases, sheets and towels.
- Replace couch roll and other disposable materials.
- Ventilate the treatment room and reception area.
- Change my tunic/top/apron if needed.
- Wear durable, disposable gloves when cleaning the premises.
- Maintain social distancing before and after the treatment.

As a client, I will ask you to...

Prior to your treatment:

- Answer some questions specifically about COVID-19.
- Contact me and re-schedule if you have any symptoms of COVID-19, or if any person in your household is self-isolating.

At your treatment:

- Bring a bottle of water for your refreshment.
- Arrive at the agreed time and ensure social distancing before and after the treatment.
- Wash your hands or use hand sanitiser upon arrival.
- Follow guidelines on the use of PPE.
- Pay by card or other cashless method, where possible.

If you have any questions or concerns, please contact me.
This information may be updated in accordance with government policy and FHT guidelines. Visit fht.org.uk/coronavirus for details.