

We will follow a protocol to keep everyone as protected and safe as possible under the current situation.

I would like to ask you to let me know in advance if you feel unwell in any way, if you have any kind of cough or think you might have a temperature; also if you have knowingly spent more than 15 minutes in the last 2 weeks near to someone who has developed symptoms. In the event of any of these situations then the session would be cancelled without any charges and we will wait until you are symptom-free to meet face-to-face. Similarly I will not work face-to-face if I have any symptoms or have spent time near to anyone who has recently developed symptoms. This is for the protection of you, me, and all other people whom we might come into contact with.

Working face-to-face will involve the following:

- On arrival I suggest if there are many people inside the place please wait outside. Don't arrive too early as there is no waiting area.
- Please bring a mask with you and use it when entering the place.
- Then I will take your temperature. I have an Infra-red thermometer so this can be done easily and quickly immediately before the session. If the temperature is of 37.8 or above then we will not go ahead with the session and you will not be charged.
- The pharmacy provides hand sanitizer and encourages you to wash your hands first entering the room. This will need to be done at the beginning and end of each session.
- I will clean the room thoroughly before and after any session.
- The toilet facilities will be available as usual and cleaned, and disposable hand towels and hand sanitizer will be provided.

For body work within the session

- I will:
 - Wear a mask
 - Use hand sanitizer before and after working
 - Wear gloves if you prefer this
- I will wash any blankets or head covers that have been used straight after the session.
- You may wish to change and wash your clothes as soon as you arrive home as an extra precaution.