

Sports Therapy Studio COVID-19 INFECTION RISK

Rationale for Risk Factors

COVID-19-19 transmission risk mainly arises from:

Contact

Contaminated surfaces

Droplet spread

e.g. coughs and sneezes

Who might be harmed?

Risk assessment for COVID-19 infection risk is to avoid harm to Staff (Employed and Self Employed), Patients, Cleaners, Contractors and any other visitor

How might they be harmed?

Risk assessment for COVID-19 infection risk is to reduce the potential for an individual coming into contact with COVID-19 virus

A	GENERAL RISKS LEVELS BEFORE MITIGATIONS				
	RISKS FACTORS TO CONSIDER	LEVEL OF RISK PRIOR TO PRECAUTIONARY/MITIGATING ACTION TAKEN			
		VERY LOW	LOW	MEDIUM	HIGH
1	Patient / Public facing interaction				✘
2	Ability to maintain social distancing at work				✘
3	Number of different people sharing the workplace		✘		
4	Travel to and from work		✘		
5	Workplace entry and exit			✘	
6	Availability and use of PPE			✘	
7	Ability to Maintain hand/other hygiene			✘	
8	Workplace environment cleanliness/control			✘	
9	Ability to avoid symptomatic people				✘

assessment as the risks and mitigating actions required must be specific to your local requirements. This should be a live document and updated as required.

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B	HR CONSIDERATIONS				
	MITIGATING ACTIONS TO TAKE	RISK FACTOR MITIGATED	RESPONSIBLE PERSON	ACTIONED BY WHEN?	DATE COMPLETED
	<p>HR Policy</p> <p>The clinic will base all HR decisions on advice from self-employed SST members will be directed to The society of Sports Therapist via their MSST membership for advice</p>	<p>1 2 4 5 6 7 8 9</p>	<p>Amber Griffiths</p>	<p>17/06/2020</p>	<p>17/06/2020</p>
C	GENERAL CLEANING PRINCIPALS				
	MITIGATING ACTIONS TO TAKE	RISK FACTOR MITIGATED	RESPONSIBLE PERSON	ACTIONED BY WHEN?	DATE COMPLETED
	<p>Cleaning Policies and Surface Sanitising</p> <p>In addition to existing cleaning policies staff and self employed will follow the guidance on Routine decontamination of reusable non-invasive patient care equipment</p> <p>Sanitise all hard surfaces and concentrate especially on high-traffic areas such as door handles, lights switches, reception desks every 2 hours or after 10 people have entered or exited the building</p> <p>Weekly assessment of stock levels and ensure that all stock is ordered from a reputable supplier</p>	<p>3 5 6 7 8</p>	<p>Amber Griffiths</p>	<p>17/06/2020</p>	<p>17/06/2020</p>

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	Cleaning rota frequency increased from half day to after every client	3 6 7 8	Amber Griffiths	17/06/2020	17/06/2020
	Review Materials used in clinic All Fabric chairs and surfaces to be removed or replaced with a vinyl (wipe clean) alternative	2 7 8 9	Amber Griffiths	17/06/2020	17/06/2020
	Hand hygiene Display Public Health England campaign resource centre posters as appropriate All staff to be sent information on the correct process of hand washing	7	Amber Griffiths	17/06/2020	17/06/2020
	Respiratory and cough hygiene – ‘Catch it, bin it, kill it’ Disposable, single-use tissues waste bins (lined and foot operated) and hand hygiene facilities available for patients, visitors and staff	1 6 7 8 9	Amber Griffiths	17/06/2020	17/06/2020
E	PATIENT, STAFF AND VISITORS ENTRANCE TO THE CLINIC				
	MITIGATING ACTIONS TO TAKE	RISK FACTOR MITIGATED	RESPONSIBLE PERSON	ACTIONED BY WHEN?	DATE COMPLETED

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	<p>Patient Triage (F2F vs Telehealth)</p> <p>Appointments will only be offered in line with SST advice and in the context of my national restrictions</p> <p>Virtual follow up appointments will be given to people to reduce risk</p> <p>Given the guidance on shielding, those classified as 'clinically extremely vulnerable' will be discouraged from face to face appointments during the period of shielding</p> <p>Initial consultations for new patients will take place via phone call where possible to begin the assessment process (history taking) and assess whether a patient has an urgent clinical need and requires to attend for a Face to Face consultation</p>	<p>1 3 6 9</p>	<p>Amber Griffiths</p>	<p>17/06/2020</p>	<p>17/06/2020</p>
	<p>Screening and Classification</p> <p>When a patient books an appointment (telephone/online) there will be a screening to ascertain whether the patient meets the case definition for a 'possible' or 'confirmed' case of COVID-19. Appointments will only be offered if they do not meet this definition. Questions will consist of those on the Government page - Check if you have coronavirus symptoms - Coronavirus (COVID-19). This will be included in the email confirmation of an appointment.</p> <p>Further to this, patient information will be displayed on the entrance of the clinic instructing patients, staff and all visitors 'not to enter the premises if they have symptoms'.</p>	<p>1 3 9</p>	<p>Amber Griffiths</p>	<p>17/06/2020</p>	<p>17/06/2020</p>
	<p>Online booking and payment</p> <p>To reduce the face-to-face contact with non clinical staff, patients will be encouraged to use online booking and payment platforms where able.</p>	<p>1 2</p>	<p>Amber Griffiths</p>	<p>17/06/2020</p>	<p>17/06/2020</p>

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	<p>Reduce Footfall</p> <p>Based on the size and layout of this specific clinic, a maximum of 1 practitioner will work at one time and there will gaps between patient appointment times</p> <p>Patients will be asked upon booking, not to bring guests with them to their appointment unless this is essential</p> <p>When seeing children as patients, the policy is that one infant or child attends the clinic at a time (no family visits) with only one parent or other responsible carer.</p> <p>Patients will be encouraged not to arrive early or late for their appointment to avoid overcrowding. Patients arriving early will be asked to wait in their car or outside the building (observing social distancing).</p> <p>No work experience students until further notice</p> <p>Building/maintenance work will be completed outside of 'open' hours and if feasible</p>	<p>1 2 9</p>	<p>Amber Griffiths</p>	<p>17/06/2020</p>	<p>17/06/2020</p>
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	<p>Patient Education</p> <p>Information on the measures we have taken to mitigate risk in the clinic, the U K government response will be placed on the website and social media</p>	<p>9</p>	<p>Amber Griffiths</p>	<p>17/06/2020</p>	<p>17/06/2020</p>
	<p>Hand hygiene</p> <p>Hand sanitizer placed at the entrance/exit of the clinic together with posters explaining how to do this</p>	<p>7</p>	<p>Amber Griffiths</p>	<p>17/06/2020</p>	<p>17/06/2020</p>

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F RECEPTION AREA we do not have one					
	MITIGATING ACTIONS TO TAKE	RISK FACTOR MITIGATED	RESPONSIBLE PERSON	ACTIONED BY WHEN?	DATE COMPLETED
	Patient Education Public Health England campaign resource centre posters clearly displayed as appropriate throughout reception	6 8	Amber Griffiths	17/06/2020	17/06/2020
	Physical changes Patients will be emailed receipts and letters when possible Floor markings where it is possible to remain 2 metres apart No chairs Floor plan of the clinic displayed in reception Remove all magazines, children's toys and the 'check in touch-screen' Remove the tea, coffee and biscuits	2 7 8	Amber Griffiths	17/06/2020	17/06/2020
	Hand hygiene Ensure that all people in the on entry have access to hand sanitisers and that appropriate information is displayed Display Public Health England campaign resource centre posters as appropriate	7	Amber Griffiths	17/06/2020	17/06/2020
G WASHROOMS we do not have public wash rooms					

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H	STAFF ROOMS – no staff room
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I	THE TREATMENT ROOM
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	MITIGATING ACTIONS TO TAKE	RISK FACTOR MITIGATED	RESPONSIBLE PERSON	ACTIONED BY WHEN?	DATE COMPLETED
	Physical changes In addition to measures covered in ‘Reception areas’ , to reduce the risk of transmission notes will be taken digitally where possible. Remove all fabric covers from the treatment benches Substitute fabric chairs for vinyl ones or get rid of them Use single use disposable towel or wipe down surfaces	8	Amber Griffiths	17/06/2020	17/06/2020

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	<p>Personal Protective Equipment for staff and patients</p> <p>Use and training</p> <p>Please refer to "www.societyofsportstherapist.com</p> <p>PPE changed immediately after each patient and/or after completing a procedure or task</p> <p>PPE disposed of after use as per 'offensive waste' protocol</p> <p>All clinical staff will have watched COVID-19 : Donning and doffing of Personal Protective Equipment in Health and Social Care Settings and poster in ho w to don and doff PPE for non-Aerosol Generating Procedures displayed</p> <p>Clinical staff must make assess patients need for PPE based on their respiratory hygiene (i.e. hayfever)</p>	6	Amber Griffiths	17/06/2020	17/06/2020
	<p>Storage</p> <p>PPE to be stored close to the point of use, in a clean, dry area until required for use (expiry dates must be kept to)</p>	6	Amber Griffiths	17/06/2020	17/06/2020
	<p>Work Clothing</p> <p>In addition to wearing appropriate PPE, clinical staff will wear uniform which will remain and be laundered appropriately at the home.</p>	6	Amber Griffiths	17/06/2020	17/06/2020
	<p>Staff Education</p> <p>Appropriate Public Health England campaign resource centre posters displayed in all treatment room</p>	8	Amber Griffiths	17/06/2020	17/06/2020

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	<p>Cleaning Protocols</p> <p>To reduce the potential transmission of the virus, treatment rooms should be decluttered and all clinical staff must follow Routine decontamination of reusable non-invasive patient care equipment after each patient visit</p>	6 8	Amber Griffiths	17/06/2020	17/06/2020
J	CLINICAL CONSIDERATIONS				
	MITIGATING ACTIONS TO TAKE	RISK FACTOR MITIGATED	RESPONSIBLE PERSON	ACTIONED BY WHEN?	DATE COMPLETED
	<p>Manual Technique Selection</p> <p>Clinical staff must use their judgement to consider the relative risks associated with their technique selection in conjunction with the measures in 'Treatment Room'. For example, if performing mobilisation on a patient with clear respiratory compromise i.e Hayfever) they may wish for both themselves and the patient to wear a mask.</p>	1 2 6 9	Amber Griffiths	17/06/2020	17/06/2020
	<p>Modalities</p> <p>If using modalities such as instrument adjusting clinical staff must clean this immediately after each use</p>	7 8	Amber Griffiths	17/06/2020	17/06/2020
	<p>Paediatrics</p> <p>When seeing patients who are infants and children, Clinical staff should take into account the patient's age and ability to control coughing and sneezing. Clinical staff should consider the use of full face visors or face masks when with these patients.</p>	1 2 6 7	Amber Griffiths	17/06/2020	17/06/2020

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	<p>Geriatrics</p> <p>Patients aged 70 or older (regardless of medical conditions), are currently (11 May 20) identified in the NHS risk criteria as being at “moderate risk of developing complications from coronavirus (COVID-19) infection”. These patients should be informed of the increased risk prior to treatment and taking consent .</p>	9	Amber Griffiths	17/06/2020	17/06/2020
	<p>Consent</p> <p>Clinical staff must document that they have informed the patient of risk associated with attending the clinic symptoms, and that they are not experiencing symptoms of COVID-19.</p>	9	Amber Griffiths	17/06/2020	17/06/2020
K	POST TREATMENT				
	MITIGATING ACTIONS TO TAKE	RISK FACTOR MITIGATED	RESPONSIBLE PERSON	ACTIONED BY WHEN?	DATE COMPLETED
	<p>Online booking and payment</p> <p>In addition to the measures in ‘Patients, staff and visitors entrance to the clinic’, patients will be encouraged to leave the building immediately after their appointment.</p>	1 2	Amber Griffiths	17/06/2020	17/06/2020
	<p>To reduce time in the Reception area, Clinical staff will make a patients next appointment while in the treatment room or via the online booking system</p> <p>Patients using the online booking system will pay at the time of booking and payments made in the reception area will be cashless and contactless when possible</p>	1 2	Amber Griffiths	17/06/2020	17/06/2020

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	<p>Hand hygiene</p> <p>Patients should be encouraged to wash their hands (with either soap and water or a form of hand sanitiser) upon exiting the building.</p>	7	Amber Griffiths	17/06/2020	17/06/2020
	<p>Patient Education</p> <p>Signage will be places around the clinic encouraging people to 'not linger' to wash their hands and to use cashless payment where possible</p>	1 2 8	Amber Griffiths	17/06/2020	17/06/2020

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GENERAL RISK LEVELS AFTER MITIGATIONS					
L	RISKS FACTORS TO CONSIDER	LEVEL OF RISK AFTER PRECAUTIONARY/MITIGATING ACTION TAKEN			
		VERY LOW	LOW	MEDIUM	HIGH
1	Patient / Public facing interaction		✘		
2	Ability to maintain social distancing at work		✘		
3	Number of different people sharing the workplace		✘		
4	Travel to and from work	✘			
5	Workplace entry and exit		✘		
6	Availability and use of PPE		✘		
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