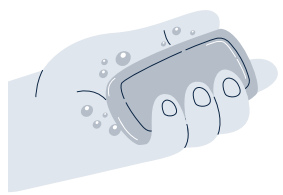


Keep Our Workplace Safe!

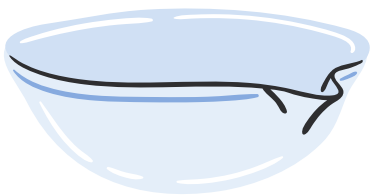
How your appointment will be different



The therapist will wash their hands before and after each client.



Disinfect surfaces like doorknobs, tables, clinic bed and desks after each client



No towels, pens, paper clinic notes will be used during your session. Instead disposable paper and wipe down surfaces.



Therapist will be wearing a face mask and gloves during the appointment, which will be replaced after every client



20 minutes will be left in between appointment to clean and air the room.

What we expect of you during your face to face appointment

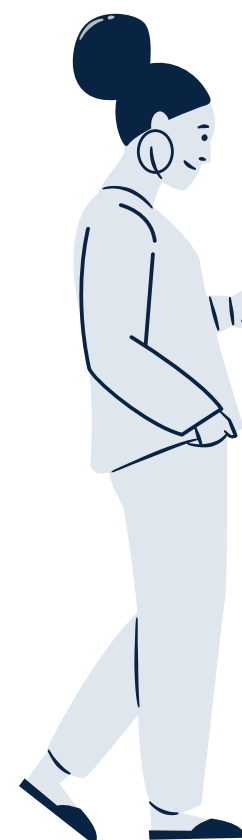
- Pre - screening questionnaire completed before appointment can be booked.
- phone call 24 hours before appointment to check you are still symptoms free
- On arrival your temperature will be checked and you will be asked to use hand sanitiser
- You will pay in advance or contactless
- Essential appointments only

If you have any symptoms please rearrange your appointment.



Check your symptoms

- high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal



If you have any queires or questions talk to us

email us at
amber@sportstherapystudio.com

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>