

Operation procedures

To ensure that we fulfil our duty of care to our students we will have the following new operating procedures in place along with supporting documents.

The General Council for massage therapists has consulted with the government on the implementation of safe practice procedures to allow a return to work. The documents we will use have been produced by the GCMT and we will adopt safe practices over and above the government guidelines to ensure our students can work in as safe conditions as possible.

Therapy Room

We will require a well-ventilated spacious therapy area to ensure each pair of students have enough room to work, access and exit their stations safely. We will be using the Indoor sprint track and the outdoor athletics track to accommodate this. If we are inside, we can slide open the doors to allow excellent ventilation and space to move. To ensure a safe working environment we will implement the following:

- Risk assess the room including a COSHH assessment.
- Deep clean the working environment.
- Open doors where possible to prevent contamination and keep the clinic room well ventilated
- Provide containers/plastic Sacks for Students clothes that can be sterilised or disposed of after use.
- Sanitising spray hand soap and Refuse sacks for PPE at each station.

Things to remind each student prior to session

- Check their temperature and any possible symptoms. If in doubt, postpone the session
- Bring their own pen, and any signed documents
- Bring their own water
- Bring their own mask if they have one
- What to expect when they arrive

Managing Students on arrival – use a check list of instructions or signage if helpful

- Do not touch anything on the premises as they walk in
- Wash hands – dry with paper towels and dispose into a lined pedal bin
- Don a mask

Managing Students on departure

- Leave all linens on massage table (including mask if obtained from clinic)
- Wash hands
- Do not touch anything on the premises on exit

Treatment procedures

Government advice is that we wear a visor and gloves as the minimum PPE requirement. Students will be asked to bring their own towels, visor, face mask and gloves. VAST will provide sanitiser and aprons.

- Visor: this should take the form of a clear visor that covers the face and provides a barrier between the wearer and the client from respiratory droplets caused by sneezing, coughing or speaking. Visors must fit the user and be worn properly. It should cover the forehead, extend below the chin and wrap around the side of the face.
- Gloves: Unless crucial for the treatment, change practices to avoid any potential skin to skin contact or use gloves where possible.”

For further safety of Staff and students we will also be asking everyone to be wearing the following;

- A mask/face covering: this should cover the nose and mouth and worn at all times
- Plastic apron: To be used during treatments and removed/disposed of after a treatment.

<http://www.gcmt.org.uk/documents/covid-19/GCMT-PPE-Advice-10-July-2020.pdf>

Documentation

Covid-19 Screening and Consent: A document to screen students for Covid-19 infection. This could be printed and used in a hard format or the information incorporated into online screening. This must be signed by the student.

<http://www.gcmt.org.uk/documents/covid-19/GCMT-Covid-19-Screening-and-Consent.pdf>

Therapist Covid-19 Declaration: A document to give to students that demonstrates that you are not knowingly suffering from Covid-19 or are infectious.

<http://www.gcmt.org.uk/documents/covid-19/GCMT-Therapist-Covid-19-Declaration.pdf>

Therapists Temperature Chart: A record of your daily temperature checks to demonstrate that you are taking precautions to assess your own health. (A lack of fever does not demonstrate that you do not have Covid-19 as some people are symptomless).

<http://www.gcmt.org.uk/documents/covid-19/GCMT-Therapist-Temperature-Record.pdf>

Session Checklist: An ‘aide memoire’ to remind you and ensure that you comply with the new Session regime.

<http://www.gcmt.org.uk/documents/covid-19/GCMT-Introduction.pdf>