**Active Body Clinic COVID-19 Protocol**

Due to the current pandemic it is essential that we have protocols in place for the safety of patients and also ABC practitioners.

Clinic will be operating a virtual first approach to consultation where possible.

PHASE 1: Clinic will open to essential and urgent cases unable to be seen remotely on 15/6/20. Patients must undergo a virtual screening process to ascertain suitability for a face to face consult. This must include a risk assessment and the patient must give informed con sent having had the risks of attending in regard to COVID-19 clearly explained. This must be documented on their notes. Patients must not be seen if they fall into the vulnerable categories. There will be a standard clinic form provided for this screening.

PHASE 2: Provisionally from 6/7/20 we will move into phase 2 of reopening and will offer appointments to all injured patients requiring treatment but therapists must stick to the protocols highlighted in this document. A telephone triage must be undertaken, and patients offered a virtual appointment if their injury/pain may be treated effectively virtually. That date of 6/7/20 is dependent on receiving the go-ahead to return to face to face appointments from our governing body and will also be dependent on the government guidelines at that time. Until given the go ahead we will not be offering sports massage appointments at this time as it is not deemed an essential service. Only patients with injuries and pain that are not able to be resolved virtually are able to be seen face to face.,

1. Social distancing of patients (2m) coming in and out of the premises and waiting for appointments must be maintained at all times.
2. **Phase 1**- Waiting area and /or chairs will be moved from the narrow entrance. Only one therapist will be working at any one time so only one patient will be waiting**. Phase 2**- When both rooms are in operation patients must not enter the premises more than 5 mins before their appointment time. Appointments will be staggered and waiting seats must be at least 2m apart.
3. Patients will enter and exit through the front door which will be solely for clinic patients. All outside doors will be kept open during clinic sessions to allow throughflow of outside air.
4. Patients and therapist/other patients must be 2m apart during rehabilitation exercises performed in the rehab/gym space.
5. A distance of 2m must be maintain between all therapists working in clinic at all times.
6. Clinic appointment times for the two rooms will be staggered where more than one practitioner is in to try to avoid patients waiting together where possible. An hour per patient will be allocated (45min session and 15 min cleaning and changing PPE) **PHASE 2-** Room 1 will start appointments on the hour and room 2 on the half hour. This ensure a min 15mins between patients ensuring no patients will cross over entering or exiting the premises.
7. Unless and adult is attending with a patient under 16 or someone requires a chaperone for a legitimate reason only the person being treated must attend/enter the clinic. If a chaperone is required, they will also be required to sterilise their hands-on arrival and they must at all times remain 2m from the therapist. They must be screened as per patient protocol for COVID-19 symptoms and their details must also be taken for track and trace purposes. Their details should be attached to the patients notes.
8. **PPE:** Therapists will wear the relevant PPE when treating patients which Active Body Clinic will provide. We will not be treating suspected or diagnosed COVID-19 patients in any capacity so at present the requirements will be:
9. Gloves- single use to be changed between patients
10. Disposable Apron- single use to be changed between patients
11. Mask- IIR fluid resistant- sessional use to be changed after each clinic shift

Any PPE which becomes damaged or soiled must be changed immediately.

ABC will follow guidelines from government, our professional body and insurance providers as it changes.

Disposal- There will be PPE bins provided. All PPE must be placed in the bins on removal.

All therapists must watch the public health England PHE videos sent to you via WhatsApp as online training to remind them of the correct way to put on and remove PPE. These videos can be found online via YouTube. Links to this content have been sent to the ABC group on WhatsApp.

Patients should also wear a mask of their own to their appointment as they will come within 2m of the therapist. If they wish to purchase one from clinic the cost will be £1.

1. Hygiene
2. ABC will provide clinical grade disinfectant to be diluted and clinical grade disinfectant wipes and sprays. The disinfectant wipes are skin friendly and must be used to clean down all surfaces the patient or you come into contact with between each patient. This includes treatment couch, chair, any equipment to be used on or by the patient and door handles.
3. The clinical disinfectant solution is to be diluted as instructed and used at the end of your clinic session before you leave to clean down all hard surfaces, equipment including the floor. (this solution once diluted can be used with the pads for the power mop by soaking the pad in the solution prior to use). You must not use this on any invasive equipment, and it must not come into direct contact with patients’ skin. Each therapist must ensure this cleaning is done at the end of each session and that all surfaces are thoroughly disinfected before they leave clinic. A tick sheet will be provided for you to ensure standard protocol.
4. Room disinfectant fogging bombs will be used weekly to disinfect any rooms used.
5. Gloves must be used when working with the solution. These will be provided.
6. Practitioners must wash their hands with antibacterial soap for at least 20secs in between patients before putting on new gloves. The small room has an inbuild sink, if using the large room leave the swing door open to the office area and use that sink in between patients. Therapists must ensure they wash to the elbow including any exposed skin.
7. 15 mins will be left between appointments to ensure enough time to perform the above between each session and avoid running late. This also helps with social distancing.
8. Antibacterial sanitiser gel with at least 70% alcohol will be provided for clinician and patient use. Patients must use this gel on arrival and at the end of their appointment.
9. ABC will be asking patients to bring their own towel from home to be used for their treatment session to reduce the risk to each person.
10. Only hands on techniques deemed necessary should be carried out and where possible these should avoid techniques requiring the therapist to lean over the patients face.
11. Practitioners must make sure all clothing worn when treating patients is thoroughly hot washed between sessions.
12. Patient Booking

Patients must undergo a standardised virtual screening prior to booking them a face to face session. (this will be provided to you) The following must be included:

Screening for COVID-19 symptoms (see below)

Justification for offering client a face to face session agreed by both therapist and patient.

Explanation of the risks involved in attending a face to face appointment in regard to COVIOD-19 and documented agreement from the patient that this has been explained and they wish to attend.

Run through of clinic protocol relevant to patient EG. Arriving no more than 5 mins before appointment, attending alone, mask to be worn, hand sanitising procedure etc.

1. Any patient/practitioner who themselves have or anyone they have been in contact with in the last 14 days has shown any symptoms of COVID-19 or been in any way unwell at all must not attend clinic. Patients must be completely well for at least 14 days to attend.
2. Practitioners must check this virtually prior to booking the patient in and remind them they must not attend if in the time between booking and attending they no longer meet the above criteria. The patient must be contacted within 24hrs of their appointment to make sure the above still applies.
3. If any practitioner does not meet the above criteria, they must immediately inform the ABC director and they will not be able to see patients face to face for a period of 14 days.
4. If any patient is confirmed within a 7-day period of visiting clinic to have tested positive for COVID-19 then the patients seen following that patient by that practitioner and all patients seen by that therapist over the following 7 days must be informed. The therapist will be required to self-isolate as per guidelines for 7 days even if asymptomatic. Will implement our own track and trace and inform the government track and trace system.
5. If testing for COVID-19 is available to use Practitioners may return to work if tested and the result is negative.
6. When the phone app becomes available practitioners and therapists should be encouraged to download it and inform ABC if they have been deemed to have been in close contact with someone who has tested positive for COVID-19.
7. Payment to be made via bank transfer or card where possible. Please inform patients of this on booking. If cash is the only option, please use gloves while handling and use the sanitising gel following that.