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Graduate Sports Therapists are now able to return to work but there will be some changes in how your appointment will proceed in order to continue to prevent the spread of infection.

Firstly, if you are currently experiencing any **Covid-19 symptoms**, or you have had any Covid-19 symptoms or a Covid-19 positive test result in the last 14 days, or if you have been in close contact in the last 14 days with someone else with Covid-19 symptoms or a Covid-19 positive test result, please postpone or cancel your appointment. Appointments will be spaced further apart than usual to prevent cross-contamination between patients entering and exiting the building, and to enable disinfection of the clinic room, equipment, gym and other facilities.

If you are a key worker, especially a front line health care worker, please change from your work wear, and ideally shower, before attending your appointment.

It is recommended that you register for the **NHS Track and Trace app** to maintain our safety, and be aware that **your details may be passed to the Track & Trace system** in the event of myself or another patient reporting Covid-19 symptoms.

Payment can be made via Direct Transfer, or if you have to pay with cash, **please bring the correct money** as I will be unable to offer change. **I cannot accept payments by card.**

If you are considered a **high-risk client, it may not be possible to accommodate you** with a face-face appointment at this time, so a video consultation may be more appropriate, but feel free to discuss this with me. You may be at high risk if one or more of the following apply to you:

- Aged 70 years or above
- Pregnancy
- Heart and/or respiratory conditions
- Suppressed immune system
- Diabetes
- BMI over 39
- Currently receiving treatment for cancer, suffering lung conditions or have recently had surgery.
- Experiencing post Covid-19 circulatory complications (deep vein thrombosis, micro-embolisms, stroke symptoms or pulmonary embolism).

If you are a first-time client, **your initial consultation may take place via video call.** For all patients, I will send an email a few days prior to your appointment, asking about your usual health status and any Covid-19



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specific symptoms. I will need you to read this in full, and **return it on the day before your appointment** to confirm your understanding and agreement.

I will require you to wear a face mask throughout your appointment, so if you have a face mask, please wear this but if you don't, I can supply one, at a small nominal cost. **Please bring your own water** if needed, as I can no longer supply this.

Upon arrival, **please remain in your car or wait outside the building** and I will collect you at your appointment time. Please **only bring those personal items which are necessary for the appointment**, leaving all non-essential items in your car (mobile phone, wallet/purse, coat, handbag, etc), and only bring a chaperone or legal guardian if required by law.

I will be **checking your temperature upon arrival** and there will also be a **screening form to complete** regarding your exposure to Covid-19 and any possible symptoms. I will require you to sign to confirm these details, and to use the sanitising handgel I will provide.

You will be required to **remove your shoes outside the clinical room, and enter the clinical room / gym without touching anything**. There will be a container in which to put your shoes and other belongings and any clothes should you be required to disrobe at any point during the appointment.

The treatment room / gym will have been thoroughly disinfected and all soft items such as towels and paper couch roll will have been changed and/or disposed of following the previous patient. For Sports Therapy assessments and treatments in the clinical room, **I will be wearing personal protective equipment (PPE) which may include a visor, mask, gloves and apron**. Do not be concerned about the use of gloves, it will not affect your treatment.

For training/rehab sessions in the gym space, **we must maintain social distancing measures**, try to only touch that equipment which we need to perform the session, and I may also wear some degree of PPE. The appointment will continue as usual, although unnecessary chatting should be avoided to prevent droplet formation.

When the appointment is over, **please try not to touch anything as you leave**, and in the clinical room please leave all the linens and couch roll untouched on the couch. I will escort you to the exit and offer you handgel as you leave. **Please keep your mask on** until you are outside the building, you will need to take it with you and dispose of it safely.

