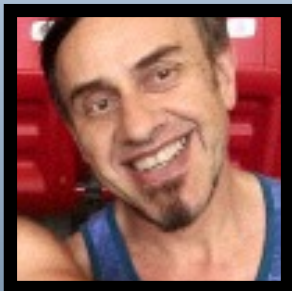


# Pacific Coast Massage Therapy

## Christopher Robins RMT



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Online booking:

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Website:

[www.pacificcoastmassage.ca](http://www.pacificcoastmassage.ca)

### REOPENING UNDER NEW GUIDELINES AND CLEANING PROTOCOLS - TUESDAY MAY 19TH

I am pleased to announce the reopening of Pacific Coast Massage Therapy on Tuesday May 19 at 9 am. The online appointment book will be open for bookings on Tuesday as well. - [www.pacificmassage.janeapp.com](http://www.pacificmassage.janeapp.com)

**The College of Massage Therapists** has developed guidelines consistent with the principles of **WorkSafeBC** and with the approval of the **BC Provincial Medical Officer** to allow resumption of massage therapy in as safe a manner as possible during this pandemic.

The plan includes guidelines, procedures and enhanced cleaning protocols to keep all of us as safe as possible.

In the following pages I will outline these changes which include required elements, negotiated choices between the therapist and the patient to make everyone comfortable, as well additional elements that I have initiated to keep both of us safe and healthy. Please read these protocols and guidelines before booking an appointment.

***It is my goal to keep us both Safe and Healthy!***

### Stay Safe

- Physical distance from others 2 meters
- Wash your hands frequently
- Cough/sneeze into a tissue or your elbow or sleeve
- Wear a non medical face mask when physical distancing is impossible
- For more information go to [cdc.ca](https://www.cdc.ca)



**Before the appointment:** You will be required to use the [BC Covid-19 Self Assessment Tool](#) and complete the questionnaire before the appointment. You can also [download an App onto your phone](#) to access this tool. Please stay home if you have fever, chills, coughs, shortness of breathe, sore throat or loss of sense of smell. The 24 hour cancellation policy has been suspended during the pandemic. I as your therapist will keep a log of my daily self assessment of my health.

**Upon arrival:** In order to facilitate enhanced cleaning procedures, and social distancing requirements by avoiding clients passing each other in the reception I have *spaced out appointments by 1/2 hour. Please arrive on time.*

*If you arrive early, please wait in your car, outside or in the hallway away from the door and I will text you when it is safe to come in after the previous client has left and the between patient cleaning protocols are complete.*

*You will be required to fill out a self assessment form and a written consent form. (Signed with a disinfected pen)*

**Physical distancing:** Whereas physical distancing is not possible in the treatment room the clinic is marked out with physical distancing markers and as much as possible please try to observe this protocol.

**Hand Washing:** *You will be required to wash your hands or use hand sanitizer before and after the treatment.* There is a sink available for hand washing and an automatic hand sanitizer dispenser in the reception and each treatment room for your use. As your therapist I will be washing my hands before & after treatment and with greater frequency as required. Hand washing protocols are posted at the sink.

**Masks:** *If you have a mask please wear it to the clinic. If you do not have one then I will provide you with a disposable paper surgical mask.* (N95's etc are reserved for health care workers working in hospital settings) *We will discuss what protective equipment that both you and I will wear* during the treatment. It is not required that you wear the mask when you are face down in the face cradle. I will have a face mask, goggles, a face shield and gloves that I can wear during the treatment... whatever we feel makes you and I comfortable.

**Environment:** In order to facilitate a safer environment, pillows, thermaphores and extra table warmers and cushioning have been removed from the treatment rooms. Bolsters that can be disinfected will remain. If a pillow is absolutely required, one will be provided that can be sanitized.

Chachkas, fabric covered chairs and curtains have been removed. (blinds remain on the windows) A closable plastic storage bin that is disinfected between patients is available for clients to put their clothes in. This a safety protocol for your clothes to be sealed away during the treatment.

I as your therapist, will be wearing clinic only designated clothing.

**During the treatment:** Because one of the routes of transmission of the virus is touching a contaminated surface and then touching the face, if you find the need to touch your face please ask for a tissue to do so.

**After the treatment:** you will be required to either wash your hands at the sink or use hand sanitizer.

**Payment:** Whenever possible touchless tap payment is available or e-transfers are accepted. If pin pad use is required, then the pin pad will be disinfected before & after each use.

**Cleaning:** After each treatment: windows in the treatment room and reception are opened to improve ventilation. When weather permits we can open the windows during treatment. The virus has a harder time transmitting in well ventilated spaces. The one treatment room that has a blocked window due to construction noise is now equipped with an air purifier. All linens are immediately put in the laundry for sanitizing. The therapist mask is changed, and used goggles, glasses, and face shield are disinfected. All high touch surfaces, massage tables, bolsters, face cradles, clothing bin, electronic buttons and any other equipment in the treatment room, as well as the sink, door handles, reception desk, pens or keyboard and the reception/waiting area are disinfected.

**In addition to cleaning between patients the entire clinic will cleaned three times a day.**

There is a posted schedule that I will fill out for each week to illustrate all the added routine cleaning that is done to ensure a clean & safe environment for you my patients.

These protocols will remain in place and may be adjusted as more information about the virus becomes available from WorkSafeBC, The College of Massage Therapists of BC. & the BC Provincial Medical Officer.