

My pledge to you

COVID-19 INFORMATION

For use by mobile therapists

I have carried out a full risk assessment and adhere to COVID-19 guidelines produced by the government and my professional association, the Federation of Holistic Therapists (FHT).

As your therapist, I will always...

- Wash my hands or use hand sanitiser upon arrival.
- Follow guidelines on the use of personal protective equipment (PPE).
- Disinfect non-porous materials e.g. massage couch and bolsters.
- Wash porous materials e.g. pillowcases, sheets, and towels.
- Replace couch roll and other disposable materials.
- Change my tunic/top/apron if needed.
- Wear durable, disposable gloves when cleaning equipment.
- Maintain social distancing before and after the treatment.

As a client, I will ask you to...

Prior to your treatment:

- Answer some questions specifically about COVID-19.
- Contact me and re-schedule if you have any symptoms of COVID-19, or if any person in your household is self-isolating.
- Ventilate the treatment space before I arrive, by opening a window or door.

At your treatment:

- Ensure other members of your household or colleagues are in another area of the building.
- Wash your hands or use hand sanitiser when I arrive.
- Follow guidelines on the use of PPE.
- Pay by card or other cashless method, where possible.

If you have any questions or concerns, please contact me.
This information may be updated in accordance with government policy and FHT guidelines. Visit fht.org.uk/coronavirus for details.