

COVID-19 SECURE POLICY

It is the duty of any individual visiting the building related to therapy-counselling sessions, to report any known incident of Covid-19 that has affected them, a family member, or any other person with whom they have had contact before they enter the premises.

After reading this document you will be required to acknowledge that you accept the terms of the Risk Assessment. Before the commencement of the face-to-face therapy sessions in the Islington premises I will email the document to you for your signature.

Covid-19 is an illness that can affect your lungs and airways. It is caused by a virus called coronavirus. Symptoms can range from mild or moderate to severe or fatal.

To help reduce the spread of Covid-19 we would remind everyone of the Public Health England advice which can be found at <https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

Entering the building

The main symptoms of coronavirus are:

a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Everyone who enters the building must wear a face covering, except for children under 3 years or those who may find it difficult to manage them correctly. Please

ensure that you bring a suitable face covering with you. This should be worn in all communal areas. There is a signage at the entrances to remind everyone entering of these restrictions. There are installed non-touch hand sanitisers at all entrances, and the building management has asked that these are used on entry and exit by all.

HEALTH AND SAFETY MEASURES

Adapting to a different world than the one before the coronavirus outbreak and with the easing of the lockdown, this means that precautionary measures are a requisite. And with face to face therapy-counselling sessions, the management of the premises have taken all the steps necessary towards creating a safe and comfortable environment, in line with official PHE and Government advice.

The management have asked everyone to keep a safe 2-metre distance speaking to the concierge in the reception area.

Arrival time for bookings

In order to avoid overcrowding at the reception, the management has requested that you arrive just a few minutes before your booked time.

Safety first

The building managers have undertaken a review of the therapy rooms and wherever needed have re-configured the layout in line with social distancing measures to make sure you can feel safe as well as the therapist. In addition to this, the site has a two floor-standing Perspex screen (2m x 1.5m). These can be used as an extra precautionary measure if required.

Cleaning

The site is fully deep cleaned and a daily enhanced cleaning routine has been implementing. There will be hand sanitisers in all the rooms, toilets and entrances on site. Please use these as often as needed. For extra comfort, each room is also provided with anti-bacterial wipes.

Kitchen

Before lockdown, clients were offered a beverage but for the safety reasons the kitchen closed for the time being.

If you have any questions or concerns please don't hesitate to contact me.

Deborah Shaer

1 July 2020, London

Therapy rooms, Angel, Islington