

Guidelines for Practice

With COVID-19 Considerations

For Massage and Bodywork with Body Techniques



Overview

These updates and changes to standard massage policies and procedures aim to decrease health risks while COVID-19 is present in communities. Anyone with symptoms of COVID-19, waiting for the results of a COVID-19 test, or a positive COVID-19 test are not permitted in the massage space.

These requirements are for Body Techniques contractors to provide services. We will also adhere to your company's standard operating procedures pertaining to on-site services.

Goal

To educate, inform, and empower contractors on the strict expectations for cleanliness, hygiene, and sanitation while contracting with Body Techniques.

Important terms to remember:

Cleaning - The use of soap + water to physically remove germs from surfaces. A surface may be clean but pathogens will still be present.

Disinfecting - The use of chemical based agents. Disinfecting kills germs but doesn't clean surfaces.

Sanitizing - Sanitizing works by either cleaning or disinfecting surfaces and objects to lower the risk of spreading infection.

Dwell Time - Time that a disinfecting product needs to sit (or dwell) on a surface in order to kill organisms.

Tools for Success

I. Personal PPE

Tools: Masks, disposable gloves, hair ties, freshly laundered clothing.



What's it for: Masks and other PPE provide a layer of physical protection between provider, client and the environment in which you work.

How it's used: PPE must be put on and removed carefully in order to avoid contaminating oneself. The use of proper PPE is required by all providers when delivering services for Body Techniques..

II. Guidelines

Tools: Body Techniques and our clients have strict sanitation, safety, and hygiene guidelines. It is our responsibility to ensure all contractors with BT fully uphold all expectations and stay up-to-date on safety guidelines + protocols.

What's it for: Following the guidelines helps keep our providers and your employee's safe during the session; so that our providers can focus on delivering outstanding service and the client can relax.

How it's used: Our providers are kept informed with the most current protocols via the Body Techniques App. To minimize mistakes, adhere to all safety guidelines and be fully aware of what you are doing as you perform safety and hygiene protocols.

III. Cleaning Products

Tools: Cleaning and disinfecting solutions, wipes, sprays, towels, etc.

What's it for: Disinfecting and cleaning surfaces/areas in order to remove pathogens and germs.

How to use it: Saturation, dwell time, consistency and vigilance. Follow state and county guidelines. Saturate the surfaces being sanitized, allow proper dwell time, wipe dry and properly place used cleaning cloths in the hamper or dispose of them in the trash bin.

IV. Communication

Tools: Body Techniques empowers our providers to have a plan in place to help the client navigate safely through the treatment spaces. This creates a more relaxed experience for the client and the provider.

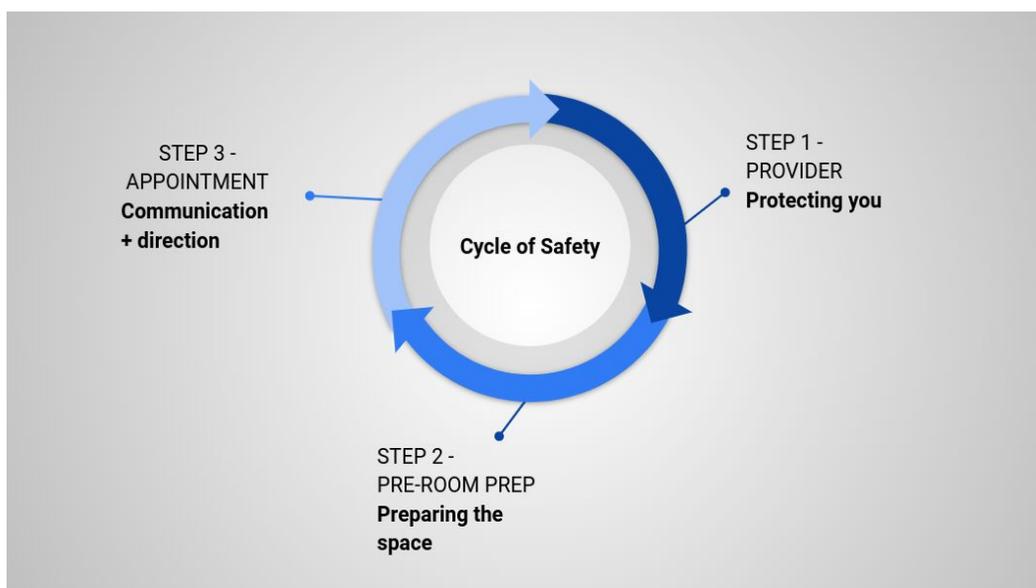


What's it for: Maximizing safety and minimizing the spread of illness between people.

How it's used: Provider leads the client through the safety protocols - for example: temperature check, use of personal belongings area, washing hands, face down, clothes on, etc.

Cycle of Safety

Our step-by-step guide that keeps the provider and client informed and safe before, during and after their session.



Step 1: Provider Protection

Proper application of required PPE and removal of watches, rings, fitness trackers, bracelets from wrists and forearms. Appropriate practitioner hygiene reduces the spread of infectious pathogens to others and increases the likelihood that the practitioner remains healthy.



Step 2: Prepping the Room

Preparing the space is the next step to ensure client safety and provider safety. Pre-room prep (PRP) requires that providers stick to guidelines, follow timelines, and never take shortcuts (see page 5).

Step 3: Appointment

Ultimately, the success of the appointment is driven by the ability to clearly communicate and guide the client through the new safety standards. When the client knows what to expect and how to maneuver seamlessly through the appointment, it allows them to receive the best possible service.

Feedback and Reporting Concerns

We want our client and providers to feel confident about implementing the new safety and sanitation protocols, but we know things don't always go perfectly. Our safety and hygiene guidelines are shaped and improved by your feedback. Be specific with your feedback and suggestions. Be timely in reporting concerns and issues. Be patient in waiting for us to implement the changes.

THANK YOU

Health guidelines will continue to evolve. Let's work together to provide a safe and relaxing experience for everyone!



Pre Room Preparation

Traditional Table Massage

Be sure to have your face mask and gloves on before you clean the massage space.

- ❑ Step 1: Remove all dirty linens from the room and massage the table/chair and place them in a designated linen disposable area.
- ❑ Step 2: Remove any trash or left over personal items from the massage area. Be sure to dispose of gloves used to remove dirty linens, trash, and personal items.

Remove gloves and wash or sanitize hands before performing steps 3-5

- ❑ Step 3: Cover the massage table or the warmer and padding on the massage table with a heavy-duty plastic sheet or table protector. *Disinfect the plastic sheet over the massage table with an EPA-registered disinfectant between clients.* If a plastic sheet is not used, clean the massage table with products provided and wipe it with a massage table specific disinfectant.
- ❑ Step 4: Disinfect high-touch surfaces between clients with disinfectant. High touch surfaces include door handles, counters, tabletops, light switches, massage lubricant bottles, and any surface the practitioner or client might touch before, during, and after sessions.
- ❑ Step 5: Prepare the massage table with clean linens.

Things to remember:

- Ventilate the session room between clients by opening doors and windows to circulate fresh air.
- Make alcohol-based hand sanitizer easily accessible to clients entering the session room.

