

Covid-19 Policy

please read



Here at Bluebells I will do everything I can to minimise the risk of and spreading of Covid-19 and agree to abide by the FHT (Federation of Holistic Therapists) Code of Conduct and Professional Practice (copy can be provided if requested).

I have successfully completed the Coronavirus Clinical Safety Course - please see certificate → and the Health, Safety and Hygiene - Returning to work Covid-19 course. →



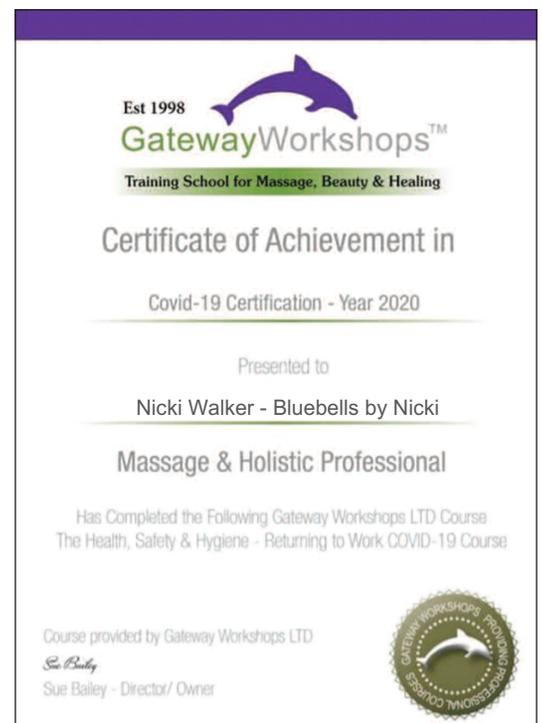
If you have recently been in contact with someone who has symptoms or has had the virus, or if you feel unwell with any of the symptoms of Covid-19 in particular a temperature, persistent cough or fever, please contact me on 01279 865801 or 07947 813553 to cancel your appointment, then obtain medical advice.

The Bluebell therapy room has been deep-cleaned, sanitized and re-decorated. All surfaces including the doorbell, gate handle, stair rail, door handles, toilet/bathroom, payment machine are cleaned with anti-bacterial solution on a regular basis. All towels, couch roll and any tools I may use will be changed/disinfected between each client. Floors will be washed and bins emptied on a daily basis. You have my assurance that I will be adhering to strict hygiene practices myself as always - PPE will be worn by myself where appropriate.

Upon arrival, you will be asked to remove your shoes and leave them in the hallway. You will also be asked to wash your hands before and after your treatment (anti-bacterial soap and paper towels will be provided in the bathroom along with a foot-pedal bin for the disposal of your used paper towels).

I will ask you to carefully read and sign a disclaimer prior to your treatment taking place. This will include your temperature being taken with a no-touch forehead thermometer. I will also take my temperature in front of you too, for your reassurance.

Water is given following the majority of treatments. It is advisable for you to bring your own bottle of water with you. However, if this is not possible, I can still provide you with water in disposable cups.



You will not be asked to wear a mask or gloves unless you feel that you would prefer to. However, you will be asked and expected to wear a face mask if having a manicure - if you do not have one, then you can purchase one from Bluebells for £3.95. The personal protective masks are FFP2 certified and have the following:

- 🌸 2 layers of melt blown fabric (filtration efficiency >95%)
- 🌸 2 layers of PP non-woven fabric
- 🌸 1 layer hot air cotton
- 🌸 Effective filter material
- 🌸 Bendable nose clip
- 🌸 Anti-fog, anti-droplets, anti-dust



There will be extra time put in place in between clients for disinfecting, so please arrive for your appointment at your time specified. If you do wish to arrive earlier, please kindly wait in your car or in the garden where there this seating for you, plus a canopy to protect you from the sun/rain.

Client:	Date:	Time:	Temperature:
Therapist - Nicki	Date:	Time:	Temperature:

Disclaimer:

I have no symptoms of Covid-19 and feel well

I have not been in contact with anyone who has Covid-19 or symptoms of Covid-19

I have no been living with anyone who is poorly or self-isolating

I have not been ill recently and neither has anyone in my household including a cough or high temperature

I have not travelled anywhere recently, if so, where?

I confirm that I have read and understood all of the above and have answered to the best of my knowledge.

Client Signature: Therapist Signature:

Thank you for your patience and understanding in these unsettling times.

If you would like to speak with me at any time, please feel free to call or email me:

T: 07947 813553 M: 07947 813553 E: info@bluebellsbynicki.com

Please take care, stay safe/well and I look forward to seeing you again soon.

