

# Avalon Spiritual & Holistic

**Avalon Therapies Limited**  
**Covid-19 Prevention Policy**

## Statement of Policy

Avalon Therapies Limited is committed to protecting the health of its employees, clients and visitors from covid-19 virus by following the UK Government advice and implementing the following additional control methods.

To this end the Directors shall establish processes to ensure that:

- All regularly touched objects and surfaces e.g. Door Handles Switches, toilet flushes, taps, worksurfaces, equipment, pens, clipboards, hot water dispenser, chairs, protective screens etc. are cleaned with antibacterial cleaner at regular intervals.
- The practice of sharing objects should be stopped or e.g. pens, pencils, teaspoons, clipboards.
- Where there is a need for sharing e.g. Tarot Cards, Psychometry protective gloves should be worn and removed immediately after and placed in pedal bin.
- Gloves to be worn when undertaking cleaning whilst adhering to good hygiene practices.
- Signs displayed reminding everyone to wash hands frequently.

### Avalon Staff

Directors must do the following:

- Report to work as normal unless they are required to self-isolate.
- Advise their Business partner immediately if they are diagnosed with or suspected of having Covid-19 so their business partner can monitor themselves.
- If they are required to self-isolate due to medical advice or if they share a household with someone who is showing signs of Covid-19 they must inform their business partner immediately and any client contacts advised accordingly.
- Ensure they follow Government guidelines and advice.
- Wash and sanitise hands on arrival at the premises.

Therapists will be required to:

- Wash your hands frequently or use sanitiser gel (minimum 60% alcohol).
- Wear a facemask. This should be disposable or washable at the highest temperature possible for the fabric.
- Wear dedicated clothing. This should be washable at the highest temperature possible for the fabric.
- Air your room before and after each client for at least 5 minutes.

- Take contactless payment if possible.
- Ensure you have at least 15 minutes between appointments to follow hygiene guidelines.

## **Visitors / Clients**

Clients / Circle Members / Students should:

- NOT attend if they are feeling unwell or exhibiting any Covid-19 symptoms.
- Advise us immediately if they are diagnosed with or suspected of having Covid-19 so we can take steps to prevent further transmission.
- Advise us immediately if you are required to self-isolate due to medical advice or if you share a household with someone who is showing signs of Covid-19.
- Hands must be washed on entry, exit at various times during activities, or a sanitiser gel (minimum 60% alcohol) must be used.
- Complete a Covid-19 risk assessment on or before arrival
- Have their temperature taken on arrival
- Wear a Face mask until they have sat in their seat.
- Maintain social distancing by ensuring that there is no client overlap 2m
- Use additional protection of a visor or screen when conducting readings with 1m+ distancing.

### **Increased Risk to Individuals**

Individuals who have an increased risk of severe illness from Covid-19 such as those:

- Aged 70 or older.
- With an underlying health condition as defined by the government as being at extremely vulnerable and shielding (Those notified with an NHS letter or contacted by their GP).

### **Circle-of-Trust**

We will endeavour to keep our clients informed regards to any potential Covid-19 infection/transmission which might affect them and Visa-Versa by:

- keeping each other informed both before treatment and in the 14 days that follow. safeguard all our clients.
- Advising us if a member of your household is exhibiting symptoms of Covid-19 or tests positive so we can monitor ourselves.

### **Use of bathroom**

- Hands must be washed on entry, exit and or a sanitiser gel (minimum 60% alcohol) must be used.

- Hands should be dried with a paper towel which can be used to open the bathroom door. This should be disposed of in a covered pedal bin.
- Sanitising wipes are available for flush, door handles and light switches to minimise cross contamination.

## **Covid safe Treatments**

- **Bookings:** To be made in advance – No Walk-ins
- **Health Check:** Temperature to be taken on arrival and Covid risk assessment to be completed.
- **Payments:** wherever possible to be made by bank transfer.
- **Water:** We will encourage our clients to bring their own water.
- **Cleaning Time:** We will allow a minimum period of 15 minutes between clients to allow for cleaning.
- **Client overlap:** Clients will be asked NOT to arrive before their allotted time as there is no waiting area.
- **Face-covering:** To be worn by the Therapist and the Client during the treatment to reduce transmission.
- **Hand Washing:** to be washed with liquid soap and hot water for at least 20 seconds before entering premises and after every client
- **Client Hand Washing:** Client will be shown into bathroom to wash hands and dry with paper towels which should be placed in pedal bin.
- **Chair / Couch Cleaning:** To be cleaned with anti-viral wipes or spray between clients.
- **Couch / Chair Coverings:** Cotton sheets replaced after every client.
- **Soft Furnishings:** Cleaned with anti-viral and covered with couch roll
- **Pillow Coverings:** PVC protective cover sprayed with sanitiser between clients and couch roll and cotton pillowcases replaced after each client.
- **Blankets:** Available if requested and changed after each client.
- **Creams, Balms, Oils:** Use pump action bottles or clean spatula for each client when dispensing.
- **Tissues:** individually wrapped packets available in case needed.
- **Cleaning:** Of all surfaces between clients with anti-viral spray. These include door handles, switches, surfaces, chairs, floor and all contact items in use.
- **Ventilation:** Room to be aired for 5 minutes where possible.
- **Waste Bins/Disposal:** All waste to be placed in pedal bin with liner which is removed, tied and placed in a second liner before being disposed of in the usual waste after each client.

- **Clothing / Uniforms:** Clothing should clean on every day and specifically dedicated to this specific use.
- **Laundry:** All towels, sheets, pillowcases, couch covers, uniform, blankets, flannels should be washed on the highest settings for the individual item. Addition of a laundry cleanser to the wash is used to disinfect.