

## **5/21/2020 Freedom Rolfing© Office Protocol**

Yesterday, the governor of North Carolina announced Phase II going into order Friday at 5 pm. This means Freedom Rolfing will be able to offer Rolfing Structural Integration© Tuesday 5/25/2020. In order to open on this day, we will change the procedure in which sessions will take place. The following will occur until further notice:

### **Arriving before your session:**

1. If you are sick or showing any symptoms, please do not come in. If I am not well, I will call you to not come in. We will reschedule 14 or more days later.
2. Please shower as close to arriving time as possible
3. A mask will be worn by both the practitioner and client before entering the building.
4. When you arrive, please come in the front door and head to my office. If my door is closed please wait outside or in your car until the office is available. Hand sanitizer will be available for use.
5. By reserving your appointment you agree to this office protocol and will follow it the same every visit.

### **Before your session begins:**

1. We will have the usual conversation about how you are and where you are with your goals.
2. When we are ready to transition to the table, I will leave to wash my hands. This is time for you to change. Please crack the door open so I know you are ready.
3. The session will proceed as normal with the exception of the masks.

### **After your session:**

1. Upon completion of the session, I will go wash my hands as usual; use this time to change and again, crack the door open so I know you are ready.
2. I am now encouraging touchless methods of payment. You will be required to leave a credit card on file to make an online appointment; you will not be charged until time of service.
3. I will open the office door for you as you leave.
4. All surfaces of the room will be sanitized before the next appointment.

Thank you for being my trusting client! I am honored to serve you. I appreciate you and your willingness to adapt to this new normal. Please contact me with any questions or concerns.

Mike Knapp

**Please join me for Rolf Movement© Mondays at 6 pm at Sanford Yoga & Community Center. Download the 'Sanford Yoga' app for details on how to register.**