

Lily Pad Counselling

Coronavirus – Covid-19

Risk Assessment Policy

Introduction

Following the closure of Lily Pad Counselling during the Covid-19 lockdown, I will be reopening for some face to face sessions but am taking the necessary precautions to protect my clients, myself and other people who share the same building.

Risk Assessment Overview

In order to ensure the risk of infection is minimised, it is important that certain procedures are put in place. These general measures will be adopted and reviewed regularly. Each client is an individual, so each person's risk will be assessed on an individual basis as some may be more vulnerable than others. Transparency is key. As a therapist not only is my duty of care towards your mental health, but towards your physical health too. Face to face sessions may still not be suitable for all clients.

Ringstead Counselling Room

- On entering the building clients are asked to visit the toilet area and wash their hands thoroughly or use hand sanitiser, maintaining social distancing and only entering the toilet area if nobody else is in there. Toilets are available for use and disinfectant wipes will be provided to clean down the door handle, toilet seat, flush area, taps and sink after use.
- Disinfectant wipes and/or spray will be used to clean down every surface clients have come into contact with before and after each session (door handles, therapy seating, etc).
- To minimise contact cash payments will not be taken, so payment for each session should be made by bank transfer prior to each session.
- To avoid clients passing each other and to allow time for cleaning, longer gaps will be left between sessions. Other businesses also use the premises, so social distancing should be adhered to if another person is seen in the building.
- The counsellor has the option of wearing a face mask. Clients also have the option of wearing their own face mask and gloves during sessions if required.
- If either the counsellor or client has even the slightest symptoms relating to coronavirus, the session should be cancelled, and the session should not be attended. You will not be charged for a cancelled session in this instance.

- Hand gel will be available to use in the counselling room.
- To minimise contact points, therapeutic physical tools (stones, mood cards, etc) will not be used within sessions at present.
- Please bring your own drinking water to the session as these will not be available.
- Tissues will be available for your use during the session, but please take any used tissues home with you to dispose of.
- I will keep a diary of client appointments so that I have a record of who has been in the counselling room each day.
- The seating for the counsellor and client will be 2-metres apart if possible. Please wait in your car and then enter the counselling room at your exact appointment time. I will maintain as much distance as possible from you as you enter the room and sit down. At the end of the session please use hand sanitiser upon exit.
- After each client's session the window will be opened for 5 minutes to allow air to circulate in the room.
- At the end of the working day, disinfectant wipes and/or spray will be used to clean the areas that clients and counsellor have come into contact with, including slight touch on soft furnishings.
- Please note that this policy will be updated as the corona virus pandemic dictates.
- The door to the counselling room will be closed during sessions to maintain confidentiality.
- The risk assessment for Covid-19 will be reviewed fortnightly by Jemima Gee.

Jemima Gee
Lily Pad Counselling
(Digitally signed).

Dated 25.08.20