

Intentional Healing, LLC

Massage/Bodywork COVID-19 Policies & Procedures Policies & Procedures

*These may policies will shift and change as local and federal regulations change

Screening Call the Day Before Your Appointments

I will call you at least 24-hours before your appointment to confirm your appointment and to ask you a few COVID-19 screening questions. Including but limited to:

- If you have any of the following symptoms: cough, fever, chills, shortness of breath or difficulty beathing, diarrhea, vomiting, unexplained muscle or body aches, new loss of taste or smell.
- If you have potential been exposed to someone with confirmed COVID-19).
- If you been exposed to a group of people where there were some or all people not wearing masks and/or social distancing and have traveled within the last two weeks. (These don't mean you can have a session I just want to understand the risk.)

Cancellation Policy due to COVID-19

A 24-hour notification is required to cancel or reschedule any appointment. You can cancel/reschedule your appointment online if within the 24-hour cancellation timeframe. However, if you or someone you have any COVID-19 symptoms or you have been in contact within the last 2 weeks that has confirmed COVID-19, I kindly ask you to reschedule, even if it is within the 24-hour cancellation timeframe. If this is the case, please call or text me at (760) 566-5567. You are welcome to reschedule your appointment once you are confirmed to not have COVID-19. If you have experienced any of the following symptoms with-in the last 24-hours to please reschedule your appointment:

COVID-19 symptoms (cough, fever, chills, shortness of breath or difficulty beathing, diarrhea, vomiting, unexplained muscle or body aches, new loss of taste or smell), if you have potential been exposed to someone with confirmed COVID-19, chicken pox, head lice, influenza, measles, mumps, meningitis, hepatitis A, conjunctivitis, rubella, impetigo, meningococcal disease, polio, ringworm of the body, feet or scalp, scabies, thrush, whooping cough and/or the common cold.

Arriving to your Appointment

When you arrive, please text/call me at (760) 566-5567 and wait in your car or outside until I reply to let you know I am ready for you to come inside for your appointment.

- Please come wearing your own mask, or I will provide you with a new disposal mask. Please wear this mask during the entire session. Please come clean and having showered that day.

- Upon arriving, before entering my premises, I will ask you the required screening questions and take a touchless digital reading of your temperature and record your answers on my client notes (If requested by public health I will need to share these answers to these questions).
- I will show you where the restroom is, please wash your hands with soapy, warm water, for a minimum of 20 seconds.

I follow all federal, state and county regulations for Extended Personal Care Services which includes massage.

Currently, in San Diego County is at Red - Substantial - Tier 2 Level. This means all massage is allowed indoors, with modifications. This may change so please check <https://covid19.ca.gov/safer-economy/> for the most updated county tier status or by calling, texting or emailing me at least 24-hours before your scheduled appointment time to check to see if the session will be indoors or outdoors before your session if you have a strong preference for indoors only.

Indoor Massage Policies

Here are my current indoor policies:

- You are required to wear a clean/new mask (that covers both your mouth and nose) throughout the entire session. I will only be providing limited facial massage that allows for the mask to stay on.
- There will be hand sanitizer and tissues available for client and practitioner use.
- I will use a clean basket for each client to place their personal belonging in and wash the liner of the basket after each session.
- Please bring your own sealable water bottle and place it along with any other personal belongings (in the basket provided next to the door) for use after the session.
- All tissues and/or trash either needs to be disposed of in the touchless trashcan or taken with you.
- Please do not touch decoration items in the room without consent.
- If you need to use the restroom during your session, please wash your hands with soapy, warm water, for a minimum of 20 seconds.

Outdoor Massage Policies

If the regulation changes to state that all non-medical massage (massage prescription from a doctor or chiropractor) must be done outdoors again. Here are my current outdoor policies:

- I will only be performing massage sessions outdoors when the temperature is between 65 to 85 degrees and dry. Massage sessions will be rescheduled if the weather shows temperatures outside of that zone and/or rain, or if the air quality is unhealthy.

- I will have a pop-up tent set up in my backyard, with a massage table and hand sanitizer. Please, enter through my side gate (near my garage) and come to the backyard
- There will be limited bathroom access (a mask is required to be on the entire time you are inside) so please try to use the restroom before your appointment. If you need to use the restroom during your session, please wash your hands with soapy, warm water, for a minimum of 20 seconds.
- You are required to wear a clean/new mask (that covers both your mouth and nose) throughout the entire session. I will only be providing limited facial massage that allows for the mask to stay on.
- There will be hand sanitizer and tissues available for client and practitioner use.
- I will use a clean basket for each client to place their personal belonging in and wash the liner of the basket after each session.
- Please bring your own sealable water bottle and place it along with any other personal belongings (in the basket provided next to the door) for use after the session.
- All tissues and/or trash either needs to be disposed of in the touchless trashcan or taken with you.

Practitioner Sanitation and Hygiene

- I will shower before and after each client session.
- I will wear a clean set of clothes with each client.
- I will wear a new/clean mask or sanitized face shield with each client.
- I will wash my hands, forearms, feet (if they will be used during the session), and any part of my body that touches a client with soapy, warm water, for a minimum of 20 seconds between each client.
- I may leave to wash my hands or at least sanitize my hands a few times during the session.

Sanitation and Hygiene

- All equipment, including but not limited to massage table, office/studio furniture, massage lotion containers, doorbell, door handles, light switches, laptop, pens, will be cleans and/or sanitizer before and after each client. A clean blanket or disposable cover will be placed over the cloth-covered seating you (the client) will be sitting in and will be washed with the dirty linens after each client.
- The downstairs bathroom (available for client use) will be cleaned and sanitized before and after every session. A clean towel will be placed in the bathroom before every session and put into the dirty linens basket to be washed with the dirty linens after each session.
- All dirty linens will be placed in a covered, non-porous container, after each session, and washed at a high temperature and cleaned in accordance with CDC guidelines. All properly cleaned linens will be stored in an air-tight container, a closed cabinet, and/or covered shelving until used. I will be performing any linen laundry function using the proper protective equipment (i.e. mask & gloves).

I understand that close contact with people increases the risk of infection from COVID-19. By signing this form, I acknowledge that I am aware of the risks involved and give consent to receive massage from this practitioner.

Signature

Date

Print Name

If participant is a minor parent or guardian signature

Date