



Member of  
Federation of Holistic Therapists

## My Pledge to you

COVID-19 INFORMATION



I have carried out a full risk assessment and adhere to COVID-19 guidelines produced by the government and my professional association, The Federation of Holistic Therapists (FHT)

### As your therapist, I will always:

- Check I am in good health before you arrive for your treatment.
- Wash my hands or use hand sanitiser before the treatment.
- Follow guidelines on the use of personal protective equipment (PPE).
- Disinfect non-porous materials, e.g. massage couch and equipment.
- Wash porous materials e.g. pillowcases, sheets and towels.
- Replace couch roll and other disposable materials.
- Ventilate the treatment room.
- Change my tunic/top/apron after each treatment.
- Wear durable, disposable gloves when cleaning the premises.
- Maintain Social Distancing before and after treatment.

### As a client, I will ask you to:

#### *Prior to your treatment:*

- Answer some questions specifically about COVID-19.
- Contact me and re-schedule if you have symptoms of COVID-19, or if any person in your household is self isolating

#### *At your treatment:*

- Bring a bottle of water for your refreshment.
- Arrive at the agreed time and ensure Social Distancing before and after treatment.
- Wash your hands or use hand sanitiser upon arrival.
- Follow guidelines regarding PPE. (face masks can be supplied if required)
- Pay by Bank Transfer or Payal.

If you have any questions or concerns, please contact me:  
This information may be updated in accordance with government policy and FHT guideline.

**Making sure you're in safe hands** - FHT.ORG.UK