



## COVID-19 POLICY

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Cottesloe Physio, Old Park Farm, Cublington Road, Wing, LU7 0LB

Following our regulatory bodies and Public Health England guidelines we are still very much taking a virtual first approach, but for those who we feel will deteriorate if not seen in the clinic we are offering face-to-face appointments. We have done a thorough risk assessment and below I have outlined the steps we have taken and the steps we wish you to take to help keep us all safe.

### Before your appointment

Face-to-face appointments must be booked via phone call and patients will be screened to assess the clinical need for a face-to-face appointment and screen for any additional risk factors. You will also be sent a health screening form including a section regarding any COVID-19 symptoms.

### COVID 19 Symptoms:

Do you have a cough?	Yes	No
Do you have a temperature?	Yes	No
Do you suspect/know you have Corona virus?	Yes	No
Have you been in contact with anyone who has Corona Virus?	Yes	No

I am aware of the risks that I take when coming to the studio with regards to COVID-19:

Signature		Date	
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If you have answered yes to any of the previous questions, please do not come into your face to face physiotherapy appointment.

### On the day of your appointment

Please ensure you have been to the toilet before you come and are already changed for your session. The reception and toilet area will not be available. Please do not bring excess belongings.

Please do not arrive early for your appointment - your therapist will come and collect you from the car park at the time of your appointment. We will not be using the reception room - your therapist will open the doors for you. We ask that you use your own or the clinic's hand sanitizer before your session starts and ends.

Your session will be taking place in one of the studios rather than the treatment room. This is due to the larger space and being able to have the Velux windows open to help with air flow.

Your therapist will be in PPE (gloves, apron and a mask). We ask that you also wear a mask and gloves. If you can bring your own mask that would be much appreciated. Once the session is over please take your PPE equipment with you and dispose of it outside the clinic. Your therapist will open the door for you to leave via a separate exit.

Your therapists will discuss whether future treatment sessions can be delivered remotely or if there will be a need for ongoing face to face sessions and we will book this in. You will be contacted via email after your appointment with an invoice and BACs details for you to make your payment.

There will be at least 15 minutes between appointments and the room will be thoroughly cleaned and disinfected between appointments.

We will be constantly monitoring the situation and will keep you updated on any changes that are made. If you would like to discuss this further, please do not hesitate to contact us at [info@cottesloephysio.co.uk](mailto:info@cottesloephysio.co.uk).