**New Check-In Protocols**

* No waiting area. Please wait in your car and text me when you arrive.
* Please leave all nonessential items at home or in your car (jewelry, phone, etc)
* You will be required to bring a facial covering that completely covers your nose and mouth and wear it at all times while you are in the building. I understand this may be difficult while prone (face down) on the massage table and accommodations will be made by draping a loose pillowcase under the face cradle to catch any potential droplets. Face masks will be required to be worn while supine (face up).
* New entrance. From Patrick Street, please walk along the side of the building, down the ramp, and enter through the side door directly into the office. Please DO NOT come in the front door.
* Your temperature will be taken with a no-touch thermometer. If your temperature is 100.4 or higher, you will not be seen and sent home. This is the point at which the CDC considers it a fever.
* You will be given an Informed Consent and Check-In Screening document at EACH visit to complete. If you wish, you may bring your own pen, although I will sanitize mine between each client.
* If you wish to use a blanket, please bring your own. Per the guidelines of the Association of Bodyworkers and Massage Professionals, I can no longer provide blankets during massage sessions because of their potential to trap pathogens and the difficulty of disinfecting them between each client. Sheets, pillows, and bolsters will still be used for proper draping and support, then cleaned after each session.

**Here’s what you can expect from me...**

* I will take my temperature at the beginning of each day.
* All items will be removed from the shelves in the room to allow for proper disinfection between clients.
* The room will be thoroughly cleaned between each client with hospital grade disinfectant.
* A single use sheet will be draped over the couch to hold your belongings (clothes, wallet) while you are in session. It will be removed and replaced with a fresh sheet between each person.
* All linens will be securely stored in closed containers, so they are not exposed to any airborne particulates.
* I will change my clothes between each client so that there is no possibility of cross contamination should your arm or leg touch my clothing during routine stretching.
* Restrooms will be cleaned after each use
* As always, I will thoroughly scrub my hands, forearms, and elbows before and after each session.
* Two HEPA filters will be running in the treatment room at all times. This may increase the noise level a bit, but I feel it is important at this time to sacrifice silence for the added protection of air filtration.

**Please Sign and Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_