

Covid-19 safety protocols for face-to-face treatment at The Yoga Bar, Twickenham.

Update on 19/12/202 for Tier 4.

In accordance with guidance from Public Health England and the Chartered Society of Physiotherapy I can continue to offer face to face appointments which is great news.

I am continuing to offer remote consultations as my initial approach; however, I know that many patients will require a face to face assessment. Deciding on the most appropriate form of treatment will be done by working together and understanding your symptoms and concerns and how we keep everyone safe.

A huge benefit in being based at The Yoga Bar is being able to utilise the reopening of their studio and their strict control measures so that we can maintain social distancing during your visit.

To visit:

- Appointments must be scheduled by phone or email only.
- You must be completely asymptomatic (free of fever, cough, altered smell or taste, or breathing difficulties).
- You must not be self-isolating due to symptomatic family members.
- You must not have been in contact with any confirmed Covid-19 positive patients.

Attending for your appointment:

- Please attend alone if possible (unless a child or vulnerable adult).
- Please wear a mask on when you come in, although you will not need to wear it for the whole of our session.
- Please sign in using the QR code for NHS test and trace or provide your details manually for test and trace.
- I will be wearing appropriate PPE.
- I will be unable to provide towels, but will of course have couch roll etc. You are welcome to bring your own towels.
- We are reducing the number of appointments/classes to restrict patient/student numbers in the waiting room. Please attend punctually at the time of your appointment and avoid waiting in the practice unnecessarily.
- We are also extending appointment times to allow for any over running and increased cross infection control between patients:
 - please try to maintain social distancing in the communal areas as marked.
 - we will ask you to hand sanitise on entering.

Please note that by attending your appointment you are agreeing to adhere to our new safety protocols, and you are confirming that you are free of Covid-19 symptoms. Namely, that you don't suffer from high temperature, shortness of breath, new continuous cough, altered sense of taste or smell and that you have not been in direct contact with any confirmed Covid-19 positive patients.