



# Association of Reflexologists

## Covid-19 Secure Policy for Mobile Therapists–

### *A sign you can trust.*

The Association of Reflexologists was established in 1984 and today it is the foremost aspirational and independent professional association for reflexology in the UK. The letters MAR after a reflexologists name identifies them as one of our members – a sign that they have met the strictest standards of reflexology practice, they are insured to practise and that they are committed to continually developing their skills and knowledge.

The Association of Reflexologists Covid-19 Secure Workplace Policy Logo is there to offer you assurance that your reflexologist is following Government guidelines and the AoR Covid-19 Secure Workplace Policy for working responsibly and safely during these unprecedented times.

We are all having to change the way we live but even with the adaptations our members will be making we remain confident that you will still receive a wonderful hands on treatment for improved wellbeing. This is a time when our emotional and physical health need some nurturing and support.

### **Why is Covid-19 such a concern?**

Covid-19 appears to be a highly infectious virus and is thought to have spread to nearly every country in the world. Governments are particularly worried about this as it's a new virus that appears to be unpredictable.

As we plan to navigate the roadmap to recovery you can be assured that AoR members displaying the above logo will be following all government guidelines and AoR Covid-19 Secure Workplace Policy to minimise risk of cross infection.

### **What does the AoR Covid-19 guidance include?**

AoR Members will:

1. Work within their Governments Guidelines
2. Have prepared for and complied with the AoR Return to work document
3. Comply with the AoR Covid-19 Secure Hygiene Guidelines for mobile therapists – details strict hygiene practices for the therapist. You can request to see a full copy from your therapist.
4. Changes that will be made include the following:
  - a. You will be asked to complete a **risk assessment form** before each treatment to ascertain if it is appropriate for you to have a treatment. This will also include an assessment of risk to the therapist when visiting your environment to treat you, and as a result you may be asked to take specific precautions to help your therapist (such as ensuring they do not need to touch surfaces, and so on)
  - b. **Hand washing** –You may be asked to make provision for your therapist to wash their hands on arrival, before and after treatments. Alternatively your therapist may provide and use hand sanitiser (with a minimum of 60% alcohol).
  - c. Our members will have clean, **dedicated clothes/uniforms** for treatments that will be changed between clients.
  - d. **Cleaning** – all equipment or materials (such as lafuma, towels, coverings or sanitisers etc will have been fully cleaned before they are brought into your home.

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- e. Depending on the latest government guidelines, your reflexologist is likely to be wearing a **facial covering** and you may be asked to wear one too – even a scarf is fine (ideally double layer cotton).
- f. **Chair or couch** – your therapist may bring a treatment chair/couch or may request that the treatment is carried out on an armchair or sofa. They will contact you to discuss this before the treatment.
- g. **Clean linen and towels** will be used for each client-. However you may be asked to provide a clean towel and blanket as advised by your therapist,
- h. **Soft furnishings** – you may also be asked to provide a pillow but if your therapist is able to bring one this will be completely covered.
- i. **Waste** will be taken away by the therapist and disposed of in line with Government Guidelines
- j. **Laundry** any linens or towels provided by the therapist will be taken away and washed in line with Government Guidelines

As a client you will be required to:

1. Complete a risk assessment before each treatment.(Your therapist will contact you to complete this)
2. Ensure that the therapist is not put at potential risk; this includes minimising any requirement for them to touch surfaces, and ensuring that, as far as possible, no one else in the building comes into contact with the therapist.
3. On arrival declare if anything has changed with your health or within your family unit.
4. Wash your hands (or use hand sanitiser provided by the therapist) on their arrival; make provision for your therapist to wash their hands safely on arrival and at the end of the treatment if possible; alternatively they may use hand sanitiser.
5. You may be asked to wear your own face covering. Your therapist will let you know before your treatment if this is the case.
6. Provide your own water. The therapist will provide their own water.
7. Provide your own pillow, blanket and towel (if requested by the reflexologist)
8. Inform your reflexologist if you develop symptoms of Covid-19
9. Arrange contactless payment if possible

Hygiene and your safety is of paramount importance to us, if there is anything you are unsure about please contact your therapist to discuss.