

Holistic Hugs Covid Policy

This policy will be reviewed and updated regularly.

It has been put together to assure clients, the public and myself that I am taking all necessary precautions to help protect you and myself from contracting covid-19 and minimising risks to the best of my ability.

You, the client, are at the heart of everything I do but I also have a responsibility to our families, friends and the wider public.

- I will carry out a risk assessment before any in-person session.
- All equipment will be wiped down and/or freshly laundered prior to the beginning of the session.
- Pillows will be replaced by rolled up fleece blankets for ease of laundering.
- Please do not attend if you have been unwell or been in contact with someone diagnosed with or experiencing symptoms of covid-19 before the session. Please let me know if you need to cancel for this reason. You will receive a full refund.
- Please shower before arrival.
- Please bring a spare set of clothes and change on arrival. It is important to change back to your travel clothes following the session and before you leave the venue. Please bring a plastic bag to put your clothes into for the session and to take them home to wash afterwards.
- I would advise that on your way home please don't stop at family or friends but proceed home for a shower first.
- Please wash your hands, arms, face and neck for 20 seconds immediately prior to and following an in-person session.
- If you have long hair please tie it back.
- Please refrain from touching your face after washing it. If you do please wash your hands again.
- Please bring your own drink of water/flask and snacks.
- I will only honour one (1) booking per day. This enables the room and equipment to be cleaned afterwards and myself to shower.
- Face masks **must** be worn at all times during the session. You can choose either a fabric mask or a non-reusable mask – whichever you find most comfortable.
- If using a fabric mask please ensure it has been freshly laundered for the session and you haven't used it to stop off anywhere on the way to your booking.
- Non-reusable masks will be bagged and disposed of properly following the session.
- If you need to cough or sneeze please do so into the crook of your elbow. If you sneeze /cough into a hanky or your hand please wash them thoroughly immediately afterwards.

We will work together to ensure we are comfortable at all times regarding our masks and physical closeness.

I understand that these procedures rely on trust between myself and you, the client, but together we can make this work.