

Holistic Hugs Covid Policy

Reviewed 14/06/21

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.
- The client will be required to arrive 30 minutes early for a lateral flow test. Due to the closeness of this work I cannot facilitate a session unless this is undertaken.
- All equipment will be wiped down and/or freshly laundered prior to the beginning of the session.
- Please do not attend if you have been unwell or been in contact with someone diagnosed with or experiencing symptoms of covid-19 in the 2 weeks prior to the session or are in a period of quarantine. Please let me know if you need to cancel for this reason and we can reschedule.
- 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 immediately before 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 morning or afternoon. 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. These will be non-reusable masks and supplied by myself. These will then 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.

It is likely that only non face to face cuddles will be permitted. This is something that I will constantly review but please bear this in mind when booking. There are still plenty of wonderful cuddle positions available.

I understand that these procedures rely on trust between myself and you, the client, but together we can make this work and hopefully it won't be too long until this policy isn't necessary.