

COVID-19 Protocols for A Touch Soothing at 160 South Blvd Current as of 5/30/21

Intention of Protocols

As I wrote this out, I realized that I had been following quite a few of these protocols already. So my regulars should be able to adjust with ease. However, even though these protocols are liable to change, I will maintain a strict protocol since I see a lot of high risk clients maintaining shelter in place protocols. My only close interactions with others outside of my practice and household is with my chiropractor and acupuncturist. As of June 16th, 2021, I will be fully vaccinated.

Requirements For Massage

- **Face Mask must be worn at all times.**

Intake and Assessment

- **Online Bookings:** When the client is booking online, please fill out the intake forms in regards to COVID-19 Symptoms and the client's treatment plan honestly. If the client says yes to any recent symptoms of a compromised immune system, we will reschedule no sooner than TWO weeks. When the client is parked at 160 South Blvd, call or text Marjorie Pomeroy at 650-263-7471 before leaving the client's car. We will have the temperature check and make sure the client has their mask on.
- **Phone Bookings:** When the client is booking via phone call or text, Marjorie Pomeroy will ask the client the intake questions pertaining to COVID-19 Symptoms while booking. If the client says yes to having any recent symptoms of a compromised immune system, we will reschedule no sooner than TWO weeks. When the client is parked at 160 South Blvd, call or text Marjorie Pomeroy at 650-263-7471 before leaving the client's car. We will have the temperature check and make sure the client has their mask on.
- **Treatment Planning:** Marjorie Pomeroy will reserve the right to alter treatment plans to decrease the risk of spreading respiratory droplets. Marjorie Pomeroy will also encourage silence during treatments. She will gladly talk to the client outside of the treatment room!
- **Temperature Scanning:** Before entering the building, the client's temperature will be scanned. 100.4 degrees Fahrenheit is considered to be the temperature needed to reschedule for a later date.

Payment

- In order to limit risk of contamination, Marjorie Pomeroy prefers to accept payments through the online booking system, Venmo (@Marjorie-Pomeroy), and her contactless card reader. Cash/check payments will still be accepted.

Face Masks

- Face masks must be worn at **all times** by both practitioner and client.

- **All times** means lying face down on the massage table too. Marjorie Pomeroy will provide a skirt on the headrest and table to give an extra barrier for her and the client.

Protocols for the 160 South Blvd Office

Personal Items

- Clients will not be allowed to enter the building with any personal items that can't be stored in pockets or a small purse that must be worn cross body or around the waist. There is a washable chair for the client to place their belongings on.
- Please leave outerwear in the car.

Session Protocol

- **Entering the Building and Treatment Room:** Marjorie will guide the client into the building and to the bathrooms to wash their hands. Once clean, the client can make their way to the treatment room.
- **Undressing:** Clients are asked to refrain from touching anything that isn't their clothes, hand sanitizer pump, and the massage table. **Please leave outerwear in the car.**
- **During Session:** Clients need to do their best to refrain from touching their faces. Marjorie will encourage silence during the session to reduce both face masks from coming off due to talking. She will gladly talk to the client after the session!
- **After the Session:** Marjorie will leave the room to wash her hands. The client can get dressed and wash their hands before meeting her outside of the building to do the follow up.

Room Maintenance

- The room will only have essential items in it. This means: massage table, bolster, stool, corner cabinet, standing lamp, remote controlled LED candle lights, clothes bins, air purifiers, heater, cabinets, sanitary paraffin wax system, hand vacuum, hand sanitizer, cleaning products, and music player.
- At the beginning of the work day, Marjorie will wash her hands before sanitizing all door handles she and the client will use. Have the air purifiers run for at least a half hour before the first session. Sanitize the table and let it air dry before putting sheets and skirts on it. Once the music and lights are on, she will go back to her car to wait for the first client.
- After each session, Marjorie will wipe down the clothes bin, bolster, and table shield to have them air dry during the hour gap between clients or for overnight. She will wipe down the standing light's switch. She will take off the sheets, headrest skirt, and table skirt off the massage table and into the dirty laundry bin staying in the backroom of the building. She will wash her hands and wipe down the dirty laundry bin lid. If Marjorie Pomeroy has another client, she will put on new sheets and skirts when the massage table has dried. If the previous session was the final session of the day, the table stays bare.

- The work day concludes with Marjorie wiping down the standing light before turning it off, turning off the LED candles and music, and wipe down the door handles before leaving the building.
- Professional cleaners clean the building on Monday afternoons including Marjorie's room. She has observed their safety protocols and approves of them.

Linens

- Linens are washed by PurpleTie while the blankets are washed by Marjorie
- Linens will be stored in seal tight plastic bins.
- Marjorie will always handle the linens with washed hands and a face mask.
- Once dirty, they will go into their respective dirty laundry bin. The bin will be sanitized while the sheets are in the wash.