

Illness Guidelines

It is important that we both enter into face-to-face work with the awareness that the Covid-19 (and other illnesses) are still around and can still affect us. Although legally there are no rules around this anymore I am still aware of the implications illnesses have on you, my client and me a self-employed individual so I want to safeguard us all as much as I can without being over cautious.

With this in mind, I have written these guidelines:

Before you come to a face-to-face session you agree to ask yourself the following questions:

1. Do I have a new continuous cough?
2. Do I have a high temperature?
3. Do I have a change or loss of taste or smell?
4. Am I well enough to come to a session?

Please do not attend your face-to-face session if you are unwell or think you may have an illness you could pass on to me. If you are unsure please ask me. You can either have a session online or via phone if you are feeling well enough or you can cancel.

Usual cancellation policy of 48 hours before the session applies.

I will also be answering these questions and if I am unable to meet you face-to-face I will offer you a session online. If I cancel you won't be charged.

We both agree that if we have been in close contact with a Covid-19 case we will move our session online.

What precautions have I implemented?

I will provide hand sanitizer for you to use and this is your choice.

I will wash my hands between each session.

We will keep a window or two open so there is fresh air circulating, please bring warm clothes or blanket if the weather is cooler.

On your first session (individual or couples) I will provide you with a water bottle, please bring that or other bottle with you to each session thereafter if you think you may need a drink

I will provide tissues but please take them away with you.

I will spray The Caravan Clinic with anti-bacterial spray before and after your session.

I have a toilet for emergency use, but please use your own toilet before you leave for our session if possible. (Please don't be uncomfortable during the session it is fine to use the toilet if you need to).

A final word... I am here to



support you. If you have any

issues with these guidelines or they make you feel uncomfortable, please let me know as everything is negotiable.

Updated: 14/09/22

