

Sports Massage - steps to keep you safe

Before

Appointment



I will text to make sure you are symptom free on the day

Cancel if you suspect Covid

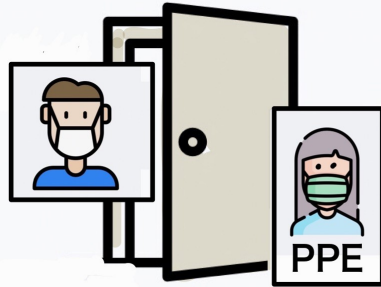
Temperature ❌

New cough ❌

No taste/smell ❌

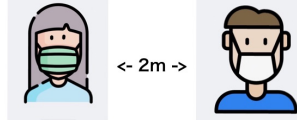
= ok to treat ✅

Please wait outside the building



Bring a mask to wear, if you don't have a mask you can buy one from me.

Up to the treatment room



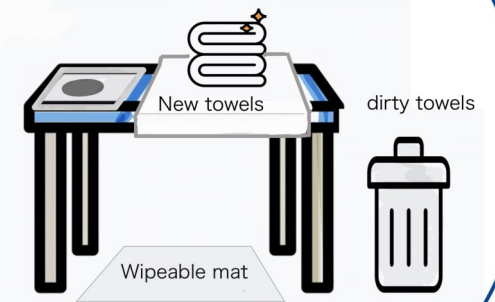
try not to touch stair hand rail



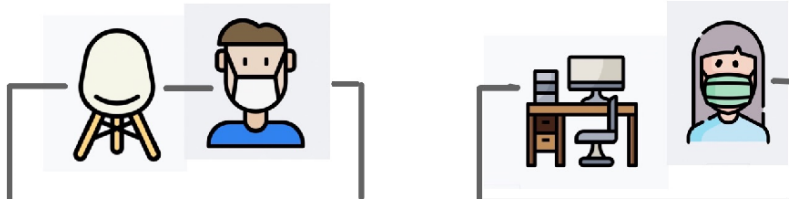
Use hand sanitiser on entry & exit

Everything clean & disinfected

Disposable face ring



Re booking next appointment



Use track & trace app & report if you become unwell

← 2m →
Safe distance



Cash in envelope

Or bank transfer

Treatment as normal



* Mask

* Fresh apron every person

* Clean towels every person

* Hands washed

Changing for treatment



Wipeable chair



Stay on mat



Place clothes on rail