



COVID-19 POLICY - v1

Policy Brief and Purpose

Sion Physio & Sports Performance (SPSP) is committed to preventing the spread of COVID-19 and as such has implemented the following policy and staff procedures to ensure the safety of our staff and the safety of the athletes and clients that attend our clinic. Staff are requested to follow these guidelines strictly and report any breaches to the COVID Officer for Sion Physio & Sports Performance.

The content of this policy is susceptible to change with changes in guidance and advice from Public Health England, UK Government, the Chartered Society of Physiotherapists, and Physio First (the CSP's private practice arm).

Scope

This policy applies to all staff employed or contracted to SPSP, who physically work onsite at our clinics or on behalf of SPSP at partner sports clubs and sites.

Policy Elements

Staff

Virtual First Approach - we request our staff to initially take a virtual first approach to try to mitigate the risk of any face to face contact. However, we do appreciate that face-to-face appointments are required at times and these will be judged on a case by case basis to ensure that the health and care of the athlete/client is paramount.

Practitioner illness - if any practitioner demonstrates any signs or symptoms of COVID-19 before, during or after a clinic then they will report it to the SPSP COVID Officer, follow PHE advice on self-isolation and seeking a test for COVID-19. Any patients that have been to the clinic at the time of this practitioner will be contacted to inform them of the situation and the potential need for self-isolation and seeking a test.

However, all staff are required by SPSP, PHE, the CSP and UK Government to adhere to PPE guidelines (outlined below), which are aimed at protecting the practitioner and the athlete/client

High risk travel locations - all staff that travelled to or through a high risk area (as determined by the UK Government Foreign office or local lockdowns) will be required to quarantine for the required amount of time as dictated by UK Government (currently 14 days).

Travel for work - all travel for work will be judged be subject to a needs analysis and any non-essential travel will be cancelled. All staff are suggested to use their own cars and not to travel with passengers that are not of their household or bubble. If they must take public transport

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then following PHE and UK Government advice on face coverings, social distancing and hand hygiene.

Athletes/Clients

Illness - if an athlete/client becomes ill before, during or after an appointment they are requested to contact the clinic to inform them of the situation and to follow PHE advice around self-isolation and seeking a COVID-19 test. All athletes and clients will be required to complete a pre-appointment questionnaire for all appointments (detailed in the appointment procedure document), which will help the practitioner to judge if you will still be able to attend for the appointment. No athlete/client will be able to attend if they have not completed the pre-appointment questionnaire.

General Hygiene Rules

Frequent hand washing - all staff and athletes/clients are required to follow PHE and UK Government guidance on hand hygiene using soap and water, or with an appropriate alcohol based hand rub (ABHR) - [guidance here](#).

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Policy is correct as of 12th September 2020

Policy is subject to change as PHE, CSP, PF and UK Government advice changes