



COVID-19 Appointment Procedure - v1

Procedure Brief and Purpose

Sion Physio & Sports Performance (SPSP) is committed to preventing the spread of COVID-19 and as such has implemented the following appointment procedures to ensure the safety of our staff and the safety of the athletes/clients that attend our clinic. Any breaches of these policies or procedures are to be reported to the COVID Officer for Sion Physio & Sports Performance.

The content of this document is subject to change inline with guidance and advice from Public Health England, UK Government, the Chartered Society of Physiotherapists, and Physio First.

Appointment Procedure

Staff

Travel - staff are requested to travel in their own car or walk/cycle to the clinic where at all possible. If they must use public transport then they must strictly adhere to PHE and UK Government advice on face coverings, social distancing and hand hygiene

Pre-clinic questionnaire - all staff are to complete the pre-clinic questionnaire prior to arriving at the clinic but must be completed on the day of the clinic and not before.

Pre-clinic symptom and temperature check - on arrival at clinic all staff will be required to double check and document this, as well as testing their temperature with the forehead thermometer. If all symptoms clear and no temperature spike then the staff member is allowed to set up and start clinic

Clinical clothing - staff are asked to travel to clinic in non-clinical clothing and then change into clinical clothing after arrival at clinic. At the end of the clinical day, clinical clothing is to be placed directly into a laundry bag and then washed separately to normal household washing at the maximum temperature the materials can withstand.

Pre-appointment clean - the room is to be aired and all surfaces and touch points cleaned with detergent and disinfectant prior to the first athlete/client arriving

Between appointment and post clinic clean - the room is to be aired for 10-15 minutes between appointments, with all surfaces, patient items basket and touch points cleaned with detergent and disinfectant prior to the next athlete/client arriving.

Hand hygiene - there will be hand washing facilities in the treatment room and alcohol-based hand rub at entry and exit points throughout the clinic.

PPE - staff are to follow the below rules for PPE:

- Cleaning - IIR face mask, apron, gloves
- Athlete/client contact - IIR face mask, apron, gloves and visor
- Admin - to be done away from clinic where possible, if done at clinic to be done with IIR face mask, with frequent hand hygiene

Registered Company Number: 11353548

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Waste disposal - all PPE and clinical cleaning waste to be put into clinical waste bins and disposed of through current clinical waste disposal contract.

Athlete/Client

Pre-appointment questionnaire - will be emailed to athlete/client to complete on the day of the appointment but must be done prior to arrival at the clinic

Travel - athletes/clients are asked to travel in their own car or walk/cycle to the clinic where at all possible. If they must use public transport then they must strictly adhere to PHE and UK Government advice on face coverings, social distancing and hand hygiene

Pre-appointment checks - on arrival at the clinic, the athlete/client will be asked to verbally confirm that they are not experiencing any COVID-19 symptoms and have their temperature checked. If all clear the athlete/client will be allowed entry to the clinic and treatment room.

Hand hygiene - there will be hand washing facilities in the treatment room and alcohol-based hand rub at entry and exit points throughout the clinic.

Face coverings - all athletes/clients are requested to wear a face covering when at the clinic and for the duration of the appointment. If you are exempt from wearing a face covering for medical reasons, then please contact the clinic in advance to inform us.

Clothing - athletes/clients are asked to wear appropriate clothing for the appointment that allows for visualisation of the area to be assessed/treated but also allows for movement. Any other clothing and bags will be placed in a plastic basket in the clinic room. This allows for targeted cleaning, but also minimises contact of clothing/outside items with surfaces in the treatment room.

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](#).

Room Cleaning

Practitioner - all surfaces, patient items basket and touch points will be cleaned by the practitioner before and after clinic, and between patients.

Professional clean - this will happen between each clinical day.

COVID-19 Officer - Simon Edwards

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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

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