

In response to the Covid-19-Coronavirus, Bear's Den Massage has implemented the following policies and protocols. These policies and protocols will remain in effect until there is a verified vaccination for Covid-19-Coronavirus and is widely available to clients. Bear's Den Massage will continue to monitor Local, State, Federal and Industry, standards, regulations, and laws. Bear's Den Massage will continue to update this plan as applicable.

Before Client Appointments

1. The Daily Sanitization Plan & Checklist will be Completed. Bear's Den Massage will be following all required sanitation and disinfection protocols mandated by the Commonwealth of Massachusetts, CDC, DPH, OSHA, DPL as well as Bear's Den Massage's own internal policies.
2. Upon arrival for client appointments, clients will be required to text message Bear's Den Massage they have arrived. Once the waiting room, treatment room and office are cleaned and sanitized after the last client appointment, Bear's Den Massage will send a text message to the client waiting to inform them they are cleared to enter the office.

During Client Appointments

1. Per DPH regulations all clients must wear a face mask for the duration of their time in the office. Clients are encouraged to bring their face mask to their appointment. A disposable face mask will be provided if client's do not have their own. All clients will have to wear a face mask while completing forms, during the intake interview, check in, using the rest room and checking out at the end of the appointment. A protective washable barrier will be placed on the massage table face cradle to protect the therapist from any nasal/respiratory droplets from entering the air.
2. The Massage Therapist will wear a face mask when any client is in the office for the duration of that time as well as the treatment time.
3. All Clients will be required to complete a New Intake Form, and a COVID-19 Informed Consent & Acknowledgement upon Reopening, regardless of the completion date of their Original Intake Form.
4. All Clients will be screened before each appointment. A Covid-19/Coronavirus Assessment/Screening Form will be completed by the Massage Therapist and filed in the client's record. If a Client is found to any of the symptoms listed on the assessment, the client's appointment will be rescheduled to a later date and be rescheduled only if the client can produce documentation of Covid-19/Coronavirus Testing/Results.
5. Clients will only be seen one at a time per session. No visitors, children, spouses, friends, family, will be allowed in the treatment area, waiting area or bathroom while therapy is in progress or another client is in the office.

During Client Appointments-Continued

6. Clients will be required to place any items (cell phone, wallet, keys, etc.) they carry in-not in bag, in the metal container on the wall in the client area of the treatment room.

After Client Appointments

1. The Daily Sanitization Plan & Checklist will be Completed. Bear's Den Massage will be following all required sanitation and disinfection protocols mandated by the Commonwealth of Massachusetts, CDC, DPH, OSHA, DPL as well as Bear's Den Massage's own internal policies.

Other Considerations

1. ALL CLIENTS must agree to the new protocols and procedures in place or the scheduled appointment will be terminated and rescheduled to a time when the client can agree to follow all mandated & Bear's Den Massage polices & protocols.
2. Face massage will not be performed during the Covid-19 Pandemic unless it is medically necessary.
3. Outcall Appointments will be not conducted during the Covid-19 Pandemic.
4. Once in the treatment room, conversation will be kept to a minimum except for any treatment related communication that is required during the appointment.

References:

1. <https://www.fsmtb.org/media/2319/fsmtb20200519guidelinesforpracticecovid-19.pdf>
2. <https://www.mass.gov/doc/covid-19-reopening-control-plan-template/download>
3. <https://www.mass.gov/doc/compliance-attestation-poster-english/download>
4. <https://www.mass.gov/info-details/safety-standards-and-checklist-close-contact-personal-services>
5. <https://www.mass.gov/doc/sector-specific-workplace-safety-standards-phase-ii-step-2-for-close-contact-personal-0/download>
6. <https://www.mass.gov/doc/close-contact-personal-services-protocol-summary/download>
7. <https://www.mass.gov/info-details/reopening-mandatory-safety-standards-for-workplaces>
8. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>