

COVID-19 Clinic Regulations & Policies



Arrive on time to your appointment. Do not bring anyone with you, unless you are underage and require a guardian/parent, or if you require physical assistance.

If you must arrive early, make sure it's only by 5 min. Take a seat on the benches in the entrance of the clinic or grey chairs. *Do not bring any outside food/fluids.*



Sanitize your hands immediately when entering the clinic. Please avoid touching your face. You will find hand sanitizer throughout the clinic. We encourage you to use it as often as needed during your visit.



Complete a **Covid-19 Symptom Self-Assessment** one-day prior to your appointment, bc.thrive.health

You and your RMT will complete a Covid 19 Assessment & Consent form. It must be signed at each appointment.



Your RMT will take you to **wash your hands in our clinic with soap and water** prior to your session starting. Please wash and/or sanitize your hands before leaving our office.



Respect **6 feet physical distancing** when not receiving massage therapy.

PPE: If you would prefer to wear a mask, feel free to bring your own. If you don't have a mask and would like to wear one, we will provide one for you. However, please be mindful PPE supplies are very limited. Your **RMT will initiate a PPE conversation** with you at each visit. Your RMT will wear a mask and gloves at his/her discretion or by patient request.



Place all of your personal belongings in the **clean white bin** in each treatment room. There is one bin for each client. The bins are disinfected and sanitized at the end of each shift.

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The table, chair, door handles, and all hard surfaces in treatment rooms will be cleaned with CAVICID or 10:1 bleach after each patient. The common area hard surfaces, door handles, POS machine, and furniture will be frequently sanitized with an approved 10:1 bleach solution through out the day.

Drink station and reading material have been removed from the office.



We will not be accepting cash at this time. You may use the POS machine. We can process your session with our practice software, if we have your credit card information on file.

We will only be providing e-receipts during this time.



Keep it light! In respect of our valued clients, team, and front line workers we kindly ask you to not engage in COVID-19/vaccine discussions. This is a safe and inclusive space for all.

Help us help you by following our regulations and policies governed by CMTBC and the provincial government.

Thank you for your patience and continued dedication and support to our clinic-xo