

Therapy Rooms Enfield – Covid-19 Safety Procedure

The following procedure has been put together to give users of Therapy Rooms Enfield some safety guidance during the Covid-19 threat. Users of the building will acknowledge their responsibility for their own safety and will ensure their clients adhere to this procedure.

Therapist arrival

The first therapist to use the building each day will:

- enter the building as normal
- sanitise their hands
- take the hand sanitiser from the kitchen and position it on the windowsill outside the front door as per the photograph below:



- use antibacterial wipes to clean the front door handles inside and out

When subsequent therapists arrive they will:

- sanitise their hands before unlocking the door
- enter the building and walk straight into their room

Client arrival

A sign has been attached to the door asking clients to sanitise their hands before ringing the doorbell. They are asked to then stand back 2 metres from the door until it is answered.

The therapist will open the door and walk back to their therapy room, asking the client to follow them from a distance. The client will close the front door and follow the therapist into the therapy room, closing the door behind them.

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Therapy sessions

The furniture in each therapy room has been positioned so that it is 2 metres apart. Furniture must be left in this position at all times.

The therapist will use the same chair throughout the day. We suggest the following therapist chair in each room:

- Yalom – armchair
- Perls – armchair
- Ainsworth – tub chair furthest from the door

Waste bins will be removed from the therapy rooms and clients should be asked to take any tissues they use home with them for disposal.

Client departure

At the end of the session the therapist will ask the client to leave the room first. The client will open both the therapy room door and the front door on their way out. Following their departure the therapist will:

- use antibacterial wipes to clean the front door and therapy room door handles
- use antibacterial spray on the seat that the client has used
- wash or sanitise their hands

Therapist departure

At the end of the therapist's day the therapist will:

- use antibacterial spray on the seat that they have been using
- use antibacterial wipes to clean any light switches and door handles that they have used
- leave the therapy room door open and only touch the front door in order to leave the building

The last therapist to leave the building will bring in the hand sanitiser from outside and will leave it in the kitchen.

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Use of kitchen / waiting room

The waiting area will be out of use during the Covid threat which means that clients will not be permitted to have a friend or relative wait for them while they are in session.

The kitchen may be used by one therapist at a time. Following use the therapist should wash all crockery, cutlery etc and should wipe down surfaces, cupboard door handles etc.

Use of bathroom

The toilet and wash basin will be in use as normal and anti-bacterial hand soap has been provided. The shower will be out of use.

We will clean the bathroom at the end of each day that the building has been used.

Further information

- We will monitor room bookings as they come in and will talk to therapists who book rooms at the same time to discuss whether they would prefer to move to a different time or stagger their arrival times in order to avoid contact with one another. We don't anticipate this as being a major problem given that before lockdown we had very few bookings at the same time on the same day.
- Additional hand sanitiser is available in Ainsworth room and also on the staircase between Yalom and Perls rooms.
- We will no longer supply water so therapists should ask clients to bring their own with them.
- If any of our room users feel unwell with any potential covid symptoms they should cancel their room bookings. There will be no cancellation charges in this case.