



Covid-19 Risk Assessment

In line with the UK Government's guidance provided to businesses on safely reopening during the Covid-19 pandemic, I outline below the measures taken by myself, as your therapist, as well as the landlord (Canvas) of the property of my office, to keeping you safe during in-person sessions together:

Reducing risk of contamination and spread before/during/after a session

1. The therapy chairs, door handles and other surfaces to be wiped with antibacterial wipes
2. Clients are able to use the on-site toilets (shown by the therapist) and antibacterial wipes are available to clean down the door handle, toilet seat, flush area and tap area after use
3. Each client will be buzzed straight into building once therapist is ready so there is no waiting in any areas with others
4. Only the therapist will open and close any doors with a clean tissue and use hand sanitiser. This is with the exception of the main arrival door after your first visit (as I will come to greet you at the main door for the first time) for which there is hand sanitiser next to the buzzer and push door
5. The consulting room is of plenty big enough to keep us safety more than 2 metres apart and our chairs will be arranged to fulfil a minimum 2 metre distance
6. After each session, windows and doors left open for at least 5 minutes to air the room
7. Clients should preferably bring their own drinking water though there is fresh filtered water and clean glasses on site
8. Hand sanitiser and tissues are available throughout the session for clients to use at will
9. The windows can be opened for ventilation for the duration of your session. The impact of this may be an increased traffic noise so we can collaboratively decide on this action
10. Each session will be end a few minutes early to allow for the cleaning of the room
11. All payments are taken prior to the session and online so no cash is being accepted



12. The working agreement, and this risk assessment will be read and agreed prior to meeting in-person so there is no contact between pens and paper etc
13. Test and Trace. In order to aid the NHS Test and Trace system, Canvas (landlord) has installed QR codes at the main entrance, whereby clients can scan the code and provide their name and contact details safely so that a record of visitors on site each day can be maintained. This information is securely stored by Cardonet (GDPR compliant) on behalf of Canvas for 21 days

Individual Risk Assessment of Face to Face Session

As your therapist I can confirm I have maintained social distancing and protected myself through the wearing of a mask and regular hand washing every day. I am not aware of being exposed to Covid-19 and have not knowingly increased my risk of getting the infection in any way. I am not shielding nor have any underlying medical conditions that may increase my vulnerability to Covid-19.

It is important I am transparent about my risk assessment process because you, as my client, have a part to play in the risk process. As a result, I must trust you and your ability to be equally transparent. When you book online at www.shecanshine.com/booking you will be asking to confirm the following question:

Have you been exposed to or had a risk of exposure to Covid-19 / Have any symptoms of Covid-19 / Are classed as vulnerable or shielding?

Agreement to undertake the risk

To be agreed by the therapist and the client

After consideration of the risk assessment outcome both parties are prepared to take the risks associated with in-person sessions provisions for this client

Both parties have committed to report any occurrences or new information which comes to light during the time of face to face sessions which could increase the risk of infection, at which point a further risk review will be carried out

The client confirms their agreement to this risk assessment by booking online at www.shecanshine.com/booking