

updated May 2, 2021

The protocols described below follow the guidance provided by the College of Massage Therapists of British Columbia (CMTBC). They are in line with the principles set out by British Columbia's Provincial Health Officer and by WorkSafeBC. They refer to information provided by the BC Ministry of Health, BC Centre for Disease Control (BCCDC), and HealthLink BC.

The goal of implementing these protocols is to reduce the risk of transmission of the virus that causes COVID-19. They will be followed by Roxoliana Prus (RP, the therapist, she/her), Registered Massage Therapist (RMT), until guidance from the above-mentioned bodies is updated. At that time, RP will adjust these protocols to remain in line with the new guidance.

General

- This plan applies to mobile massage therapy appointments only (i.e. in your own home). Until further notice, the therapist is taking appointments in not more than two locations per work day to help mitigate the risk of viral transmission. This may be for one or more appointments per location. Workplace appointments may still be possible depending on the specifics of the situation.
- RP will speak to all new patients over the phone before the first appointment. Please ask any questions you may have about the risks and benefits of proceeding with massage therapy at that time.
- RP is taking reasonable but thorough measures to minimize the risk of viral transmission. However, physical distancing is impossible to maintain during massage therapy treatments and therefore this risk cannot be reduced to zero. The therapist will ensure that you understand the risks and benefits of proceeding with treatment and will also ensure that treatment is in your best interests. Your voluntary informed consent to treatment is required.

Screening for Symptoms and Risk Factors

- Only pre-screened, healthy individuals are permitted in the treatment space. Until further notice and to ensure honesty when completing the self-assessment, the cancellation policy is relaxed when cancellation is due to reasons associated with COVID-19.
- At the time of booking you will be directed to the BC COVID-19 Symptom Self-Assessment Tool. In order for your appointment to proceed you must confirm that you and your close contacts are healthy, that none of you have a confirmed or potential case of COVID-19, that none of you are waiting for a COVID-19 test result, that none of you are currently self-isolating due to potential exposure to the virus, and that none of you will have travelled away from your home community on Vancouver Island during the 14 days prior to the date of your appointment (if anyone has travelled recently, we will discuss whether or not it is safe for your appointment to proceed).
- If at any time you begin to experience symptoms consistent with COVID-19 (including fever, chills, new cough or worsening of chronic cough, shortness of breath, difficulty breathing, sore throat, loss of sense of smell or taste, headache or body aches, fatigue, loss of appetite, nausea and vomiting, diarrhea), please complete the BC COVID-19 Symptom Self-Assessment Tool or call 8-1-1 and follow the instructions of public health staff. If you have an upcoming appointment, please contact RP and discuss your symptom(s) and the advice given to you by public health.
- Two days before every appointment you will receive an emailed COVID-19 questionnaire. This must be submitted no later than 24 hours before every appointment. The therapist will call you if she has any questions about your responses and/or to remind you to complete the questionnaire. You will be asked to confirm your good health and that of your close contacts when RP arrives for your appointment. RP reserves the right to postpone and reschedule your appointment if your health or the health of any of your close contacts may be compromised.

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- If you are a health care worker treating patients with COVID-19, please complete the BC Health Care Worker Exposures Risk Assessment Tool. If you fall in the no risk or low risk categories and are healthy then you may proceed with treatment; those in the low risk category must wear a surgical mask at all times during appointments.
- The therapist will use the BC COVID-19 Symptom Self-Assessment Tool and document the results on work days. If the therapist or anyone in her household begins to experience symptoms that could be caused by COVID-19, the therapist will immediately self-isolate and call 8-1-1 for instructions.
- If you become sick within 14 days following an appointment with RP or allege that you caught COVID-19 from the therapist, she will immediately self-isolate and call 8-1-1. She will then follow public health's directions for self-isolation, contacting recently seen patients, and cancelling upcoming appointments.

Physical Distancing and Ventilation

- For the duration of the therapist's time in your home, all other members of your household are asked to remain in a separate area of your home from the treatment area (e.g. on a different floor, in a different room, or outdoors as reasonable). Exceptions may be discussed at the time of booking. Two metres distance will be maintained between you and the therapist for as much of her time in your home as possible.
- Please consider opening window(s) and/or door(s) for improved ventilation. This may be before, during, and/or after appointments.

Enhanced Cleaning

- Equipment, supplies, and touch surfaces in direct contact with patients will be cleaned and disinfected after each treatment (e.g. blood pressure cuff). All parts of the massage table and associated supplies will be cleaned and sanitized after each treatment. Equipment, supplies, and touch surfaces used solely by RP will be cleaned and sanitized after each treatment. Please be patient and allow the therapist the time she needs to clean and sanitize/disinfect all of the necessary items before leaving your home. This is for the safety of all her patients and their families.
- The therapist will not touch any unnecessary items inside your home. She can disinfect any surfaces that she touched before leaving your home.
- Items in direct contact with patients that cannot be laundered in hot water or disinfected after each treatment will not be used. The carrying case for the massage table will be left outside of patients' homes as often as is practical.
- All linens (including blankets and laundry carrying bags) are single use, and are laundered in hot soapy water. Parts of the washer that are not submerged during the wash cycle will be sanitized before removing clean laundry. Touch surfaces on the washer and dryer will also be sanitized at that time. The therapist will wear a cloth face cover to load the washer and wash her hands with soap and water after handling used laundry. She will handle clean laundry only after washing her hands with soap and water and store it out of reach of any potential respiratory droplets.

Hand Hygiene and Face Touching Avoidance

- As is standard practice, RP will wash her hands, wrists, and forearms immediately before and after treatment. Additionally, RP will clean her hands often while in your home. You will be asked to wash your hands before and after treatment.

- If someone uses their hand(s) to cover a cough or sneeze, it is possible to spread the virus that causes COVID-19 by touch. Use a clean cloth or tissue to touch your face if necessary (i.e. to address an itch) and sneeze into a clean cloth or tissue or the crease of your elbow. Immediately wash your hands with soap and water.

Personal Protective Equipment

- Masks that cover the nose and mouth help to contain respiratory droplets. These are designed to help protect other people near the wearer by minimizing the spread of these respiratory droplets.
- Current public health expectations in British Columbia are that everyone who is able to wear a mask will wear one in shared indoor spaces; when RP enters your home she considers it to be a shared indoor space for the duration of your appointment. RP will wear a clean mask while in your home. You are also expected to wear a mask for the duration of your appointment. Please clean your hands before and after touching your face mask and avoid touching it while you are wearing it. If you are exempt from wearing a mask under the current public health orders in British Columbia, please speak to RP about this ahead of time to determine whether or not, or in what way, it may be safe for your appointment to proceed.