



Quantum Metta School of Massage Covid-19 Risk Assessment

RISK	RISK MANAGEMENT
Pre-attendance at School	<ul style="list-style-type: none">• Massage Schools have been given the green light to return to teaching as outlined by the Government, the GCMT and our Professional Associations.• The school insurance is valid to cover the teaching activities outlined by these bodies.• PPE and cleaning products will be available.• Covid-19 screening will take place before each face to face class.• Students will be advised that their details may be released to NHS Test and Trace for contact tracing if necessary.
Students attend school	<ul style="list-style-type: none">• Students will be asked to arrive on time and wait outside the building. In bad weather or early arrival, students will be asked to wait in the reception area.• Students will be asked to wash hands on entry to the building and change into 'indoor' clothing.• Students to bring only what is required for the teaching/learning session.• Students and teachers will maintain social distance and wear facemasks as advised.• Students and teachers will wear full PPE for massage.
Students entrance to premises	<ul style="list-style-type: none">• The teaching room will be prepared by teachers to include hygiene measures, socially distanced seating and massage tables.• Students will be advised to leave shoes outside the classroom or place in bin-liners.• On entry to the room, students will be advised where the hand cleansing area is and where to sit.
Bathroom facilities	<ul style="list-style-type: none">• The bathroom is cleaned before the start of each day and checked during the day.• Soap pumps, hygienic wipes, paper towels or hand-dryers will be available.• Reminder signage will be posted.



Quantum Metta School of Massage Covid-19 Risk Assessment

	<ul style="list-style-type: none"> •
Surface areas including desk, and learning areas	<ul style="list-style-type: none"> • Classroom furniture and equipment will be kept to only essential items required for teaching and learning. • Cleaning will take place before, during and at the end of the day.
Storage of belongings	<ul style="list-style-type: none"> • Students and teachers will have an allocated space to store their belongings in a wipeable container.
Massage couch, linen, equipment	<ul style="list-style-type: none"> • Students will provide their own drapes. • Massage tables will be cleaned before and after use. • Couch paper will be changed after every use. • Only wipeable bolsters will be used. • Disposable face cradle covers changed after every use. • Visors wiped after every use. • Floors will be cleaned each day.
Following attendance	<ul style="list-style-type: none"> • Disposable PPE, used couch roll and cleaning wipes will be placed in a foot operated, lined lidded bin. • Students and teachers to inform the school if in contact with anyone with Covid-19 or if symptoms develop.
Ventilating clinic/practice room	<ul style="list-style-type: none"> • Windows and doors will be open during cleaning, breaks and when possible during teaching sessions.
Tutor and student hygiene protocols	<ul style="list-style-type: none"> • Students and teachers to <u>wash hands</u> up to elbows with soap and warm water (for at least 20 seconds) on entry to the building, before and after massaging and after cleaning activities. • Change into indoor uniform. Store travel/outdoor clothing in a bin liner. • Before massage practice, hygiene protocols followed as above. • Before massage practice, student therapist and teachers must put on full PPE and wear at all times when dealing with the student receiving massage. • Student receiving massage to wear a mask.



Quantum Metta School of Massage Covid-19 Risk Assessment

	<ul style="list-style-type: none"> • Change back into travel/outdoor clothing before leaving the building.
Use of massage medium	<ul style="list-style-type: none"> • Oil in wipeable plastic bottles will be available per massage station and not used by other students.
Personal Care	<ul style="list-style-type: none"> • Students and teachers to be screened for Covid-19 before the teaching day via email. • Be mindful of self-care of hands given the extra hand washing and wearing of gloves.
Client Consultation	<ul style="list-style-type: none"> • Face-to-face consultations must be minimal and conducted at least 1 metre apart. • Students to provide own pen for signatures. • Aftercare advice must be conducted at least 1 metre apart or sent electronically if this isn't possible.
Covid-19 specific contra-indications	<p>People with the following health issues are considered a Covid-19 RED FLAG and may require GP consent to treat:</p> <ul style="list-style-type: none"> • Those shielding vulnerable family members, front-line NHS staff, carers and those who have been in contact with anyone with Covid-19. • Anyone currently receiving treatment for cancer, suffering lung conditions or is post-operative. • Anyone experiencing post Covid-19 circulatory complications (deep vein thrombosis, micro-embolisms, stroke symptoms or pulmonary embolism). • Aged 70 years or above. • Pregnancy. • Heart and/or respiratory conditions. • Supressed immune systems. • Diabetes. • BMI over 39. <p>Teachers, using professional judgement and clinical reasoning, to decide if the session is appropriate. If it does go ahead full documentation of the protocols and rationale will be recorded.</p>