



COVID-19 Safety Guidelines

Before Your Appointment

- Please fill out the Health Declaration form I send you before each session
- If you elect to wear a mask when you are within 2m of another person (you will be within 2m of me during our treatments), bring your own. If you do not have your mask, I have masks for sale for 2\$
- In order to minimize contact in the gym and in the treatment room please attend your appointment alone, if you require a translator or other support person you may bring them with you

Arriving For Your Appointment

- Please arrive no more than 2 mins before your scheduled appointment time, take off your shoes, and wait for me at the front door of the gym
- I will come get you and bring you hand sanitizer or if you prefer, I have a sink where you can wash your hands with soap and water
- While you are waiting at the front door please practice physical distancing
- If you have the Jane App on your phone you may scan the QR code to check yourself in and I will know you are here

During Your Appointment

- My treatment room is large and private so physical distancing from others at the gym will not be an issue
- I clean my hands consistently throughout the day and wear a mask when within 2m of you

Between Appointments

- Hard surfaces are cleaned with Cavicide, soft surfaces with BioTEXT, both approved by Health Canada for use against COVID-19
- All pillowcases and towels are single use and are laundered with bleach between each use
- I am constantly monitoring my health and will cancel my appointments if I have any COVID-19 symptoms