

A health and safety plan is required to operate.

1. Describe the type of signage you will have and locations.

We have the following signs posted:

- This room is thoroughly disinfected between each client- posted on exterior door
- Keep everyone safe, Please wash your hands- Posted in bathroom
- Face coverings are required for clients and therapists. Please let me know if you need a mask. - Posted on exterior door
- Thank you for letting me serve you. Please apply hand sanitizer before leaving. Posted on interior near exit/touchless hand sanitizer
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2. Describe the PPE you will provide to your employees and clients:

- 3 layer disposable face masks will be available for clients
- Therapists will be provided with washable bamboo 3 layer face masks and also have use of disposable masks as an option
- Therapists will change aprons and shirts between clients
- All linen, including blankets and towels will be 1 use only and placed in a lidded laundry hamper in a separate enclosed closet. To be washed at the end of day, on hot and dried hot
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3. Describe your plans for training employees and temporary workers on the use of PPE; disinfection; sanitation and other cleaning techniques.

As part of massage therapy in general, we are taught how to avoid cross contamination and be hygiene and disinfect. We have implemented and trained on disinfecting all surfaces, and avoiding contact with anything unnecessarily. We wrap our linens up into a bundle, put in a lidded hamper, then rewash hands and hand sanitize before getting new linens to remake our table. Then clean all surfaces and wipe down our new vinyl chairs for clients as well as high contact surfaces (ie door handles, facets, toilet handles, etc) using an EPA approved disinfectant.

We also will open doors to ventilate the room between each client, while cleaning, and we have a Dyson hepa-filter air purifier that will be ran through the day during treatments

Always working high to low so not to recontaminate.

4. Describe your plans for protecting your employees' health

Provide plenty of options to ventilate room, new work clothing to change between clients, and an onsite shower in case of anyone feeling as though they need to rinse off after a client.

Also, implementing client prescreening and the option to refuse service if they feel compromised or unsafe.

5. Describe your plans for protecting the health of clients

We have informed people of the risks of receiving massage, as it is sustained close contact in an enclosed space for an extended period of time.

We require all clients and therapists to wear a mask. We are very firm on this for the safety of both client and therapist.

We will be diligent about checking our own health daily (and canceling if needed) as well as checking the health of every client entering our studio, and allowing for them to cancel or reschedule with short notice.

6. Describe how you will prevent crowds gathering at your facility.

Only 1 therapist and 1 client at a time, not enough space for this question to be applicable to our situation.

7. Describe how you will enforce physical distancing at your facility.

We are allowing extra time between clients to clean and disinfect, but also so clients don't have overlapping contact.

8. Describe the payment methods you will use (contactless is preferred).

We are encouraging all appointments to pay with a credit card and have the option to require prepayment for all appointments, if we choose.

Worksite Specific Plan for COVID-19 Prevention
Business Name: Bamboo Garden Spa & Massage Studio

Measures take to Prevent Virus Spread:

*Therapist completes a temperature self-check and symptom screen using CDC guidance prior to coming to work and will cancel any appointment if he/she has a temperature above 100 degrees or is exhibiting symptoms of COVID-19.

*Therapist washes his/her hands and uses hand sanitizer regularly. This includes between appointments, immediately before and after a massage session, after changing linens and cleaning/disinfecting.

*Therapist wears a fresh shirt and apron, as well as face mask for each session

*All linens are changed after each appointment and stored in a lined, covered laundry hamper.

*Clean linens are stored in a clean, covered cabinet.

*Appointments are staggered to allow time to clean/disinfect

*All high-touch and commonly used surfaces are disinfected between clients with an EPA-registered disinfectant.

*Therapist and client will maintain social distancing as much as possible and will refrain from unnecessary contact. No hugging or hand shakes

*Signage is posted showing face covering and hand sanitizing requirements.

*Face masks/coverings are required for the therapist and client during the entire session and while in close contact. Face masks are provided for clients as needed.

*Occupancy will be limited to individuals with appointments.

*Clients will be pre-screened before appointment. Clients can reschedule or cancel if they show any symptoms or have been in contact with anyone who is sick.

*Cleaning and sanitizing is routinely completed before and after each client. Deep cleaning is completed at the end of each day. All linens, washable face coverings, and clothing will be handled with care and washed and dried on HOT.

