

Covid Related Shared Commitments, Terms & Conditions

Being indoors and within 6 feet of others increases risk of exposure. While properly fitted face masks, increased ventilation/airflow, cleaning/disinfecting protocols and other precautions may help to create a safer environment, they do not remove risk entirely. Clients must understand and assume risks associated during time spent indoors in the suite and massage studio prior to booking their appointment.

Please notify me if you have received a vaccination shot within the last 48 hours of their appointment, as we may adjust the session to account for any potential immune responses or pain/swelling at the injection site. (We will verbally go over common immune system responses to vaccine before their appointment. And make sure they know pressure and other adjustments that will be happening before any hands on work begins).

The following guidelines are currently in effect during the COVID-19 pandemic:

- All applicable Virginia guidelines for current Safe at Home Phase and any current Executive Orders must be followed. The most recent guidelines [Phase 3 Safer at Home Guidelines](#) have expired, but are still being following in the studio
- Increased ventilation by opening windows with fans pulling air out for approximately 15 minutes between sessions or until CO2 monitor levels drop to green levels.
- Humidifiers provided and maintained to keep humidity in room at recommended levels to mitigate risk
- MERV rated air filters changed within manufacturer recommendations (less than 90 days) or more regularly if needed

- All touched surfaces will be wiped down between clients using [EPA-registered disinfectant](#) specific for use against SARS-CoV-2 (the virus that causes COVID-19).
- Properly fitted, approved face masks fully covering your mouth and nose must worn by both client and massage therapist at all times. (Approved masks include niosh approved N95 masks (top recommendation), KN95 masks. and K94 masks (next best recommendation) and ASTM Level 3 procedural/surgical masks (least recommended but may be best suited for some based on availability and fit). It is always recommend you where the mask with the highest level of protection and the best seal over your mouth, chin and nose, based on availability. Individual masks are available (1 per client) and can be brought outside to you before your appointment if you do not have one. If you need recommendations on where to find masks for purchase, please reach out.
- Front door to suite and massage studio will remain locked, as the waiting areas are currently closed. Client must call upon arrival as clients are not permitted to enter indoors without a properly fitting, approved face mask.
- COVID-19 screening questionnaire must be reviewed prior to client entering and may include the following questions (subject to evidence-informed updates):
 - Appointments need to be cancelled or rescheduled if you currently experiencing any of the following symptoms:
 - A new fever (100.4°F or higher) or a sense of having a fever

- A new cough that you cannot attribute to another health condition
 - New shortness of breath or difficulty breathing that you cannot attribute to another health condition
 - New chills that you cannot attribute to another health condition.
 - A new sore throat that you cannot attribute to another health condition
 - New muscle aches (myalgia) that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)
 - A new loss of taste or smell
 - A positive test for the virus that causes COVID-19 disease within the past 10 days
 - Close contact (being within 6 feet for a total of 15 minutes or more over a 24-hour period, or having direct exposure to respiratory secretions) with someone with suspected or confirmed COVID-19 within the last 14 days
- During your time in the suite and massage studio, client and massage therapist agree to:
 - Immediately notify client or massage therapists if potential symptoms of COVID-19 develop

- Practice proper hand hygiene
- Except during your massage where touch is required and distancing is not an option, appropriate physical distance will be maintained as much as possible (at least 10 feet for establishments with physical activity, singing, or cheering and at least 6 feet for all other settings),
- Limit physical contact between yourself and others, as much as possible
- Wear a face covering when entering, exiting, traveling through, and spending time inside the venue/facility