

## **Protocol working in the massage industry during and after Corona / COVID19**

In accordance with the RIVM guidelines, a number of rules have been drawn up for our safety from the government and the massage industry.

- 1.** I only work by appointment.
- 2.** Please read the health checklist before or after making your appointment. If you have answered 'yes' to one of the questions, please contact me.
- 3.** Come alone.
- 4.** Be on time and no more than 5 minutes early. In between appointments I plan enough time to clean and to avoid meeting another client.
- 5.** We welcome each other with a smile and don't shake hands.
- 6.** We keep as far as possible 1.5 meters before and after the treatment.
- 7.** We both wash and disinfect our hands before and after the treatment.
- 8.** I keep as far away from the face as possible and will therefore not give a facial massage.
- 9.** After each treatment, the practice room is ventilated and disinfected.
- 10.** For each client I have a clean set of sheets / towels and clothes for the Thai yoga massages, etc. So you don't have to bring anything yourself. Everything is washed at 60 degrees at the end of the day.
- 11.** Touch as little as possible in the practice room.
- 12.** I do not wear a splash mask or mask. If you want to wear a mouth mask yourself, I have it ready for you (while supplies last).
- 13.** Pay contactless as much as possible. I don't have an ATM but I can send you a tap or you can transfer the amount to my account. Would you rather pay cash? Then put the money down instead of handing it over.
- 14.** Unfortunately, I am not allowed to offer you a cup of tea or water. You can bring your own bottle of water.
- 15.** The toilet is out of order, keep this in mind before you come.
- 16.** We cough and sneeze in our elbow and then wash / disinfect immediately in our hands.
- 17.** If I have cold or flu-like symptoms or anything that points to COVID-19, I cancel all appointments and will not work again until I am free for 24 hours.
- 18.** If I have been in contact with someone who (probably) has a COVID-19 infection, I will only resume work after 14 days.
- 19.** If you, a family member or housemate have experienced colds, fever or flu-like symptoms in the meantime, cancel or reschedule your appointment. A cancellation for this reason will not be charged.
- 20.** We both take responsibility for this protocol.

\* Despite all the precautions taken, the chance, however small, remains that you will become infected on the way to practice, in practice or on the way back. By making the appointment you agree to this risk.

\* This protocol can be adapted in response to changes in requirements of RIVM and input from professional organizations. Please review this protocol before every appointment

**Relax and enjoy your treatment!**