

This Moment Matters Compassionate Touch & Cuddle Therapy Covid Policy

Reviewed 01/12/21

This policy will be reviewed and updated regularly.

Whatever our views on covid I have an obligation to put procedures in place that help to minimise the spread to the best of my ability. This is vital for me to continue to offer this service whilst also supporting people that I serve as an end of life doula.

- I will carry out a risk assessment before any in-person session.
- Both Cuddle Facilitator and Client will be required to arrive 30 minutes early for a lateral flow test (provided by This Moment Matters). Due to the closeness of this work I cannot facilitate a session unless this is undertaken.
- All equipment will be wiped down and/or freshly laundered prior to the beginning of the session.
- Please do not attend if you have been unwell or been in contact with someone diagnosed with or experiencing symptoms of covid-19 in the 2 weeks prior to the session or are in a period of quarantine. Please let me know if you need to cancel for this reason and we can reschedule.
- Please shower before arrival.
- If you intend to make a stop on your way to or from a session please bring a spare set of clothes to change into.
- Please wash your hands, arms, face and neck immediately before and following an in-person session.
- If you have long hair please tie it back.
- Please refrain from touching you face after washing it. If you do please wash your hands again.
- Please bring your own drink of water/flask and snacks.
- I will only honour one (1) booking per morning or afternoon. This enables the room and equipment to be cleaned afterwards and myself to shower.
- Face masks will be optional due to the testing procedure at time of session. Please wear your mask until the test result is complete. This rule may change at short notice so please ask before booking.
- If you need to cough or sneeze please do so into the crook of your elbow. If you sneeze /cough into a hanky or your hand please wash them thoroughly immediately afterwards.

I understand that these procedures rely on trust between myself and you, the client, but together we can make this work and hopefully it won't be too long until this policy isn't necessary.