

# Olivia Boot Simpson

## Covid 19 Safety Measures for Sway Alexander Technique Practice

Sway Alexander Technique Practice is following Covid 19 government guidelines for close contact work and the advice of the Complementary and Natural Healthcare Council (CHNC).

The measures in place are designed to protect the community and the guidelines are to minimise the chance of transmission through the teaching practice.

Please read and digest the following to prepare for your lesson:-

- Masks – for your safety the Teacher shall wear a Type 2 medical grade mask and visor. All pupils are asked to wear a Type 2 mask too unless they are exempt for medical, trauma or age reasons. If you are exempt, please discuss this before booking your lesson. The Teacher cannot guarantee to teach you unless this prior to booking the lesson. The Teacher may at any point even with the Pupil on the doorstep, refuse to teach a mask exempt pupil if they have concerns re virus transmission rates or feel that they or the Pupil may be at risk from proceeding.
- Clothing – if you have already been out before your lesson, or had someone who is not in your household visit you at home, please change into fresh clothing before coming for your lesson. Please come straight from home to the lesson without contact with anyone outside your household to minimize the risk of transfer of the virus.
- Hand sanitizer will be available in the porch and in the Teaching Room. Pupils will be expected to use this prior to the lesson.
- Appointment timings – Lessons will be booked with 30 minutes between each person, to allow for adequate cleaning. If you are running late, lessons will not be able to overrun easily. If you arrive early at the Practice, please stay in your car until your appointment time in order to minimize time spent in shared areas of the house (the porch and hallway).
- Lesson duration – following the advice to keep the lesson time to what is needed and no more, the lesson will last for 30-40 mins. For AT Hyoid trauma work, it is likely to be appropriate to book a double lesson. Please ask for further information if you think this might serve you?
- Personal Belongings – Please keep the personal belongings you bring to your lesson to a minimum. I will provide a container for you to place your coat and bag in. This will be cleaned between pupils. If you feel confident leaving this in the porch, that will help with space in the room. If there are other members of the household in the building at the time and you would rather keep your belongings with you then we can bring the container with us.
- Water & Pen - Please bring your own water, and a pen if you feel the need to write the lesson in your diary. We will be unable to provide these.

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## Cancellation

Please do not attend your lesson if:-

- You feel unwell in any way even if mildly so.
- You have developed a new continuous cough
- A high temperature
- Or a loss or change in taste and smell

If you feel unwell on your journey to the Practise, please turn around and reschedule your lesson. If when you arrive the Teacher has any doubts as to your infection status, they reserve the right to cancel the lesson there and then.

CHNC advises the taking of client temperatures on arrival using a no contact thermometer. The Teacher may ask to take your temperature before your lesson unless there for any reason you may be exempt from this.

Cancellation charge – There will be no cancellation charge for pupils who cancel due to suspected Covid symptoms. The Teacher will also cancel at short notice (even on the doorstep) if they or one of the household and bubble start to experience symptoms.

There will still be a cancellation charge for appointments missed for no reason, or late cancellations which are not Covid based.

## Changes to lesson type

The R-rate and the number of infections is likely to go up and down. So, the Teacher reserves the right to switch to outdoor or Zoom lessons at any point. If the Teacher feel's uncertain re: your vulnerability and feel it may not be safe for us to work in person, they reserve the right to refuse to teach you indoors. However, ***it is your individual responsibility to know your vulnerability and to assess your risks involved in coming for a lesson. If you are in any doubt as to whether you should be coming in-person for a lesson, please take advice from your doctor or consultant.***