

## **Covid-19 Screening Questions**

When you visit Spacecreate Counselling for a face to face appointment, please could you look at the following questions:

1. Have you tested positive for Covid-19 in the last 7 days?
2. Are you waiting for a Covid-19 test or the results?
3. Do you have any of the following symptoms:
  - New, continuous cough, (this means coughing for longer than an hour, or 3 or more coughing episodes in 24 hours)
  - High temperature or fever
  - Loss of, or change in, sense of smell or taste?
4. Do you live with someone who has either tested positive for Covid-19 or has had symptoms of Covid-19 in the last 14 days?
5. During the last 14 days have you been notified by NHS Test and Trace you are a contact of someone who has tested positive for COVID-19 (and you don't live with that person)?

### **What do I do now?**

If you have answered **YES** to any of these questions, you may need to defer your visit – please speak to your therapist about this.

## **Covid-19 Risk Assessment**

### **Introduction**

Following the recent government Covid-19 lockdown, we are open for face to face session but with some limitations. The limitations have been put in place to reduce the risk of transmission and keep both the practitioner and client safe.

### **Risk Assessment Overview**

In order to reduce the risk of infection between the therapist and client, it is important that certain procedures are implemented, assessed and measures put in place to reduce the infection risk.

We are transparent about our risk assessment process because you, as a client will have to play a part in the risk process. As a result, we must trust you and your ability to be equally as transparent.

The pandemic and risk of infection requires that we consider the risk of infection and, in addition, your mental health as a result of the risks and restrictions that the pandemic brings. It may not be reasonable or appropriate to offer face to face session to some clients even after all possible precautions have been taken to reduce infection. The therapist reserves the right to make this decision based on the facts at their disposal.

## **RISK ASSESSMENT**

### **Physical safety and risk of infection**

#### **1. Reducing risk of contamination and spread before / during/ after session**

##### **ACTION:**

- Each room will be cleaned and disinfected before appointments
- The therapy chairs, table and other surfaces will be wiped down with antibacterial wipes
- Only the therapist will open and close any doors with a clean tissue or wipe and use hand sanitizer
- A 'sneeze' screen will be in place between the therapist and client and parties will sit 2m apart where possible
- After each client leaves, windows and doors will be left open for at least 5 minutes to air the space
- An antibacterial wipe should be used if you do need to touch any door handles
- Clients should bring their own drinking water (or alternative) as none can safely be provided at present
- Hand sanitiser and tissues are available throughout the session for clients to use if required

Other information:

To maintain confidentiality, it is not possible to leave the doors open during sessions.

## **2. PPE of therapist and client**

### **ACTION**

- Hand sanitizer and tissues will be available throughout the session

## **3. Social distancing in relation to entering / leaving and seating arrangement**

### **ACTION**

- The client will notify the therapist via text (or alternative method) that have have arrived and wait until the therapist asks them to enter.
- The therapist will open the door fully and step back to allow the client to cross the threshold safely
- Hand sanitiser will be available for the client to use on arrival
- The therapist will indicate to the client where to be seated and the chairs will be 2 metres apart where possible
- On leaving, the therapist will open doors using a clean tissue and be followed by the client – maintaining social distancing where possible

## **4. Session length – impact of time spent in therapy room**

### **ACTION**

- In order to allow sufficient time to properly disinfect the room before the next client, from this point on, all face to face session will be strictly 50 minutes.

## **5. Ongoing Review**

### **ACTION**

Each party holds an obligation to be aware of and report to the other, any factors which may occur which could increase the risk of infection during the time face to face sessions.

**INDIVIDUAL RISK ASSESSMENT OF FACE TO FACE SESSION**

Your therapist will carry out a short risk assessment using questions (or similar) from those on the Client Screening page. This may be over the telephone, via email or in writing and will be as follows:

Name of Client:.....

Date of Assessment:.....

Has the therapist been exposed or had risk of exposure to COVID? YES/NO

- The therapist is not aware of being exposed to COVID. YES/NO
- The therapist has maintained social distancing when out in public to the best of their knowledge and adhering to government guidelines. YES/NO
- The therapist has not knowingly increased this risk. YES/NO

Has the client been exposed or had risk of exposure to COVID? YES/NO

Give details:

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Does the therapist have any symptoms which are known to be associated with COVID however minor? YES/NO

Does the client have any symptoms which are known to be associated with COVID however minor? YES/NO

Give details:

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Does the client have an underlying health condition which could increase their vulnerability to contracting COVID 19 e.g. are they classed as a vulnerable party or are they shielding? YES/NO

Agreement to undertake the risk

To be agreed by the therapist and the client

After consideration of the risk assessment outcome both parties are prepared to take the risks associated with face to face session provision for this client.

Signed:  
(therapist)

Date:

Signed  
(client)

Date:

#### Agreed outcome and approach

The information contained above sets out the information provided to the client before their agreed commitment to face to face therapy sessions. It also contains information provided by the client to the therapist. Both therapist and client have considered the information, and each have made the decision to proceed with face to face sessions.

Both parties have committed to report any occurrences or new information which comes to light during the time of face to face sessions which could increase the risk of infection, at which point a further risk review will be carried out.