

Information regarding Covid-19 for Clients attending therapy sessions

Please read prior to your counselling session

Safety Precautions during the Covid-19 Pandemic – Polly Royle Counselling

As long as Covid-19 remains an active public health threat, I will be taking some simple precautions to provide protection for both my clients and myself, for face to face work.

My commitment to my clients:

- If I begin to feel unwell or I am displaying any symptoms, I will inform you immediately and either rearrange your appointment or offer an online session instead.
- I will follow all regulatory requirements relating to social distancing, maintaining a minimum of two meters, at all times.
- I will wash my hands upon arrival at work and between each session.
- If requested by the client, I will wear a disposable 3-ply face mask and/or surgical gloves for the 50-minute counselling session to protect myself and my client.
- I will open all gates, doors to the main building and the therapy room for you at the beginning and end of the session. I will also offer you hand sanitiser at the door.
- Where possible and if confidentiality allows, I will keep a window open during the session. I will also 'air out' the therapy room during sessions.
- Whilst I am still happy to provide water for you, however, in the interest of hygiene I will not be able to give you water in a glass. If you bring your own coffee/drink with you in a disposable cup/bottle I would appreciate it if you could take your drinks container with you when you leave.
- I am sorry, but I will also no longer supply tissues, so all clients are encouraged to bring their own and take away used ones to dispose of at home.
- I will no longer provide pens to sign paperwork so if you wish to write something down please ensure you bring your own.
- I will wipe down chairs, spraying soft furnishings with antibacterial fabric spray, wipe all door handles, equipment and furniture every day and in between sessions with antibacterial cleaner.

My requirements from clients:

- If you feel unwell and suspect you may have Covid-19 please contact me via text or phone if are well enough to do so. Please do not come to your appointment. We can either rearrange your appointment or move your session to an online appointment.
- Please bring as few personal items [bags, backpacks etc] with you as possible.
- **Please do not arrive too early** for your appointment as there is no indoors waiting area for clients at 20 Cambridge Road. (You are welcome to use the chair in the porch). If you are

coming by car, please feel free to use our drive to park as there are parking restrictions in the road.

- On arriving at my house, please could you wait either in your car or in the porch if you are on foot. If you arrive very early you may be asked to remain outside until I have had adequate time to disinfect and prepare the room for use.
- I will come and meet you a couple of minutes before your appointment. Please could you wear a mask as you walk through to the counselling room with me? You may then remove your mask once we are seated in the counselling room. Please maintain a minimum distance of 2 metres at all times.
- **Please try not to be late.** I understand 'life happens' and sometimes a delay is unavoidable, however, under the restrictions of this pandemic, I now have to work to a more strict appointment time so as to minimise movement and contact with others.
- (I apologise for the last 3 points and would be very appreciative of your understanding that I can't give you the flexibility to your appointment time that you may have been used to in the past.)
- Each client must use hand sanitiser upon entry of any building and therapy room. Sanitising gel will be available in the therapy room.
- **Please use your own toilet at home before coming to your appointment.**
- Compliance with all regulatory requirements relating to social distancing. Maintaining a minimum of two meters distance from the therapist at all times.
- Please adhere to the recommended HSE coughing & sneezing guidelines.
- Allow the therapist to open the therapy room door for you upon arrival and leaving.
- I ask you not to touch any surfaces in the therapy room (apart from your chair or sofa).
- If you choose to bring your own drink, please ensure the bottle/cup is taken away with you.
- Ensure that any tissues used are disposed of as above and not left in the therapy room.
- Please note, PPE is not a requirement, however, should you wish to wear gloves and/or a face mask whilst attending and you have one of your own, that you bring it with you from home. PPE will not be supplied.
- When your session is over, I ask that you leave the premises as promptly as possible to allow me to time to clean in preparation for the next client.
- For Contact Tracing purposes, all clients will be required to complete a Covid-19 screening form (sample below) at the beginning of each appointment, which will include a request for permission to allow Polly Royle Counselling to release their First Name and Mobile number to the relevant bodies should such a request be made. I will of course adhere to our contract regarding confidentiality between myself and my client.

This is a period of rapid change for us all and the sources I have taken information from to write this document are updated frequently to reflect the latest information – If you are uncertain of any information requested or given by me, please feel free to check the links provided by the Government, NHS and Public Health England to make sure the details are still relevant. Please feel free to contact me if there is anything further you wish to discuss regarding these measures.

Covid-19 Declaration Form

Consent and Signature required from all Clients

To ensure the Safety & Health of all people interacting with Polly Royle and of any other person living or visiting 20 Cambridge Road, clients must complete this declaration form prior to commencing their first therapy session on or after July 6th, 2020. At any subsequent sessions, your therapist will verify the answers you give below are still applicable.

If you indicate to me you have symptoms of COVID-19 OR you have been abroad in the last 14 days with exception to Northern Ireland, you should not be attending the practice. Where this is the case, you will be asked to leave the premises and advised to seek professional medical help/assistance.

1	Have you visited any of the countries outside Ireland excluding Northern Ireland?	Yes / No
2	Are you suffering any flu like symptoms/symptoms of coronavirus covid-19?	Yes / No
3	Are you experiencing any difficulty in breathing, shortness of breath?	Yes / No
4	Are you experiencing any fever like/Temperature symptoms?	Yes / No
5	Did you consult a Doctor or other medical practitioner?	Yes / No
6	How are you feeling Healthwise?	Well / Unwell
7	Have you been in contact with someone who has visited an affected region in the past 14 days?	Yes / No

In the event that Polly Royle Counselling is asked to provide details of persons who have visited the premises for the purposes of Contact Tracing, I consent to the Pre-release of my 'First Name & Mobile Number' to the requesting body/authority.

Polly Royle Counselling will follow the HSE & NSAI protocols to keep Clients as safe as possible from Covid-19 and will not be held responsible by any individual or group should they contract the virus.

Please tick the box to show you agree

Client Signature: _____

Date: _____

Client Name (Printed): _____

Client Contact Telephone Number: _____



Polly Royle

Psychotherapeutic Counsellor