



# Ultraactive Sports Massage COVID-19 procedures

At Ultraactive Sports Massage your health and safety is my priority.

**NHS**  
COVID-19

QR code posters are displayed at the premises for you to scan in before your appointment via the NHS COVID-19 App



## Hand Washing

Thoroughly wash your hands (or hand sanitise) before you arrive. Hand sanitiser is provided outside the door.



## Masks

Masks are compulsory for treatment, in accordance with the guidance from the Governing Bodies. Full PPE will be used by myself.



## Making Space

All Social distancing measures will be adhered to.



## Belongings

Please restrict the amount of belongings you bring, plastic boxes will be provided for your items.



## Arrive on Time

I need to dedicate extra time to your appointment slot to allow for extra cleaning after the previous appointment, and for re-applying PPE.



## The Massage

To cut down on the risk of infection and make cleaning easier I will no longer be using any fabric such as couch covers or blankets. I will provide towels to drape over you.



## Payment

If possible please book your appointment online and pay via Stripe or Paypal. Stripe is preferred.



## Water

Water is no longer provided, please bring your own.



If you develop symptoms of Covid-19 or come into contact with anyone that has developed symptoms or tested positive for the virus at any point between making your face to face appointment and the day itself you **MUST** cancel. You will not be charged in this case no matter how late the cancellation.