

Individual appointments – Safety procedures

New safety procedures are in operation at Herbert Place:

- Appointments will be spaced 20mins apart to allow for room ventilation and cleaning between sessions.
- On arrival you will be asked to complete a Screening Check form for Covid-19, and a temperature check (non-contact). (Pre-screening is now a public health recommendation for anyone attending for appointments in private health-care practice).
- A face mask is required during appointments, for both client and practitioner.
If you have any concerns about breathing difficulty while wearing a mask, please let me know in advance in order to arrange an alternative solution.

Along with other practitioners at Herbert Place, I will be taking every measure to ensure your safety, adhering to HSE guidelines, and WHO *Environmental Cleaning and Disinfection* course protocols, including:

- Thorough washing and sanitizing of hands before and after each session.
- Temperature check.
- Provision of disposable coverings (for head support cushions), tissues and hand sanitizer.
- Cleaning and sanitizing of Feldenkrais table and accessory equipment before and after each client.
- Wearing of face mask during appointment (with additional face visor if working around head / neck area)
- Dedicated clothing and shoes for work.
- Windows will be left open during the session for optimum room ventilation.
- Maximum 2 people in Reception area at any time: please text on arrival.
- Herbert Place Reception area, door knobs, bathrooms etc. cleaned with antibacterial wipes regularly throughout day.

If there is anything else you would like to see implemented for your health and safety, please email abbe@feldenkraisdublin.ie