

Evan Vandersluys, RMT

Sinclair Wellness Centre | 757 W Hastings St #228, Vancouver, BC V6C 1A1

Return to Work Protocol - Updated 08.19.2020

I am looking forward to reopening and serving again in the community at Sinclair Wellness Centre. The health and safety of the clinic's common areas, my individual workspace, my own health and the health of my patients are all top priority to me. Listed below are important measures I've put in place to create a safe environment as part of my return to practice as mandated by the College of Massage Therapy of British Columbia. I will be starting again at Sinclair Wellness Centre from June 5th working 11-7pm Friday, Saturday, Sunday, Monday, Tuesday. I will be off Wednesday/Thursday.

Patient Screening

- Verbal and digital COVID-19 pre-screening questions and consent required for all patients. All patients will have to confirm the following:
 - They have not left BC in the last 14 days.
 - They are not currently sick with COVID-19.
 - They have not come into contact with someone who is sick with COVID-19 in the last 14 days.
 - They have gone through the [BC COVID-19 Symptom Self-Assessment tool](#) online within 24 hours of the appointment via emailed clinic questionnaire
 - They have washed their hands for at least 20 seconds or used hand sanitizer upon entering the clinic space.
 - They consent to treatment knowing that while I have taken measures to minimise risk of viral transmission, the nature of massage therapy means that physical distancing is not possible in the treatment room.

- In the current environment of COVID-19 risk, informed consent requires that patients are informed that:
 - any massage therapy treatment involves some risk of COVID-19 transmission;
 - the RMT is following a protocol to reduce or mitigate risk, but that risk cannot be reduced to zero;
 - the patient consents to treatment despite some risk; and
 - the RMT documents the patient's consent.

Required Protocol

- One day prior to the patient's appointment, I will connect personally with every patient to complete the [BC COVID-19 Symptom Self-Assessment Tool](#). During this conversation I will tell patients to stay home if they are experiencing any symptoms of COVID-19,

including fever, chills, cough, shortness of breath, sore throat, loss of sense of smell. If patients are experiencing these symptoms and have not been tested for COVID-19, I will recommend that they do so and call 8-1-1.

- As an RMT, I must use the BC COVID-19 self-assessment tool daily, and will be asked to stay home/cancel appointments if experiencing COVID-19 symptoms.
- At my clinic location I will have Personal Protective Equipment (PPE) readily available for patients and myself including: eye goggles, single use face masks, and gloves. It is required to respect a patient's individual personal boundaries and support their requests for PPE to be worn by either individual.
- I have increased the time between patients to 30 minutes to allow for plenty of time for thorough consent and communication, as well as enough time to continue our standards of cleaning and sanitizing high touch areas in between each patient.
- I will continue to relax my 24 hour cancellation policy to ensure honesty and compliance with pre-screening questions.
- All practitioners who share the practice environment have a common understanding of new operating procedures and that all practitioners consistently apply the procedures.
- **Donning and doffing mask:** wash hands with soap and water prior to putting on a mask, prior to taking off a mask, and after disposing of a mask in the laundry or garbage (cloth or paper/disposable). This will be completed given that it is required for patients to wash their hands before entering the treatment room. RMT's hands should already be washed when putting on a mask as they would have done this after treatment and cleaning the room as per the required protocols set out in this return to practice document for my workplace locations. Patients should throw away the mask properly outside of the treatment room and then immediately wash or sanitize their hands. A new mask will be worn for each treatment.
- Physical distancing will be in place and clearly marked in the hallway, bathrooms, and outside treatment rooms by maintaining 2 metres / 6 feet of distance in clinic/work areas other than the treatment room.
- We will require all patients to complete proper hand washing and/or sanitized before entering the treatment room and before leaving the building. Therapists have always been required to wash their hands properly before and after treatments which will continue to be mandatory. At Sinclair Wellness Centre, therapists hands will be washed outside but sanitized upon returning to the room and before touching the client on table. Therapist will verbally confirm with patient at time of re-entry that hands will be sanitized.

- Alcohol based hand sanitizer will be available at Sinclair Wellness Centre reception and inside treatment room.
- I will include in my communication to the public that coronavirus can be spread by touch if a person has used their hand/s to cover a cough or a sneeze. This information should also be shared by the RMT to the patient when explaining our requirement for no face touching.
- I will suggest patients use a tissue if an itch must be addressed. Tissues will be provided to therapists and patients at both my workspaces.
- If I am prone to sweating during work at Georgia Athletic Club, a head band will be used, or a hand towel will be available to wipe the forehead and face as required to avoid sweat from dripping into eyes necessitating touch.
- Extra throw blankets and water glasses will be removed until further notice as these can not be immediately sanitized after every use. Patients and therapists will be asked to bring their own water. Table covers and heat pads should not touch the patient directly to allow for continued use. Blankets and sheets will be changed between clients and shoulder bolsters and pillows will have vinyl protectors sanitized between patients..
- It is required of RMT's to clean and disinfect all high-touch surfaces in between patients, regardless of appearance. Sinclair Wellness Centre will provide appropriate cleaning supplies for all RMT's.
- Linens will continue to be single use only, then laundered externally in hot soapy water. RMT's hands are required to be sanitized and clean before handling clean sheets.
- It will be required that patients must arrive unaccompanied unless the patient is a minor who requires parent/guardian, or infirm and needs assistance. They should only arrive a few minutes prior to their treatment to limit gatherings. The patient will be met at the entrance by the therapist.
- The RMT will be scheduling 30 minutes between each appointment to thoroughly clean the treatment room. They are required to:
 - Sanitize the treatment table and table adjustment levers after each treatment.
 - Clean the face cradle (one more time) and armrests (if used) in front of the patient, to maintain trust.
 - Clean equipment and supplies (table levers, lotion bottles, etc.) immediately after each patient.
- The RMT will continue to clean and disinfect all contact areas several times a day. The RMT and support staff will ensure that soap is available for hand washing, clean material

for drying, and wipes (or paper towels, tissues) are available for doors and touch-surfaces.

- I will be required to be particularly conscientious about others' safety protocols while also maintaining my own protocol as I work with a variety of other professionals in the Health and Wellness Industry. I am working tirelessly to make sure I stay on top of any new protocols or requirements to make sure I remain open for the community.

Should you have any queries or further questions you can email hello@evanvrmt.com or call me at 1- 604-725-2222

Stay safe and stay well,

Evan Vandersluys, RMT