

**Therapy Stars Ltd**  
**Standard Operating Procedure (SOP)-PILATES**  
**Covid-19**

**If Face to Face Class appropriate:**

Prior to first Face to Face Class:

- Client contacted to complete Screening forms and Risk Assessment via telephone, video session or email.
- During this, Client given reminder of where to find SOP and what to expect at Clinical Pilates class.
- Completed copy of Risk Assessment sent to Client.
- Finally Consent form and link to SOP (via email) sent for Face to Face Class and Client asked to submit.

On arrival at clinic:

- Please come dressed in appropriate clothing for your Pilates class (including socks) and with a bottle of water.
- Client should only approach clinic at specified time of class.
- Client should wait outside front door for Physiotherapist to indicate that they can enter and maintain Social distancing from any other Clients.
- Client will be asked Covid-19 screening questions again prior to entry to clinic.
- Clients will enter one by one with Facemask fitted (unless exempt) whilst maintaining social distancing of 2m+. Facemasks must be supplied and disposed of by Client.
- Client will be asked to perform Hand Hygiene-to either wash hands with soap and water for more than 20 seconds and/or to use provided hand sanitiser.

During Pilates Class:

- Our Pilates mats and/or Therapy plinth will have been positioned to maintain 2m+ Social distancing-the mats/plinth must NOT be rearranged without permission from the Physiotherapist.
- Please fill up the mats from the front of the clinic (Therapy Stars sign on the wall) FIRST to minimise movement around the clinic.
- Please keep your Facemask in place until you are on your Pilates mat and ready to start your class.

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- Each mat will have a corresponding plastic box—please place shoes and any personal belongings (keys/bags etc) in these boxes and leave them there for the remainder of the class.
- Your Physiotherapist will be wearing a facemask when walking around Clinic, but will remove this once on her mat.
- Any spoken information will be shared whilst maintaining a 2 metre distance between Physiotherapist and Client.
- Physiotherapist will conduct Pilates class as appropriate, but will be unable to offer any tactile feedback during the session.
- Your Physiotherapist will have access to full PPE if necessary as per PHE guidelines: This consists of Type 2R fluid resistant face masks, visors/ goggles, gloves and apron. All of these will be disposed of after each Client contact.

### On exiting the Clinic:

- Client will retrieve personal belongings from plastic box and refit facemask.
- Please use the disinfectant wipes provided to wipe down your own mat/ equipment and box and dispose of them in the bin provided.
- Every Client will again be asked to perform Hand Hygiene as they leave—to either wash hands with soap and water for more than 20 seconds and/or to use provided hand sanitiser.
- Once the Client have exited the building, the Physiotherapist will remove PPE and dispose of it in the appropriate bin provided.
- Physiotherapist will then wash their hands as per WHO guidelines.

### In between Class:

- There will be at least a 15 minute gap in between any Classes or Client appointments in order to allow for thorough cleaning to take place.
- All contact surfaces including door handles, hand soap/sanitiser pumps, treatment plinth, mats and any equipment will be cleaned with Clinell (or equivalent) wipes or spray.
- This will then be disposed of in the appropriate available bin.
- Carpet will be sprayed with Dettol 2 in 1 spray.
- Physiotherapist will then wash hands as per WHO guidelines.
- Where possible, doors and windows will be left open to increase ventilation.

### Toilet Facilities:

- Toilet facilities will be available to all Clients.

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- Toilet facilities will be cleaned in between each Client or Staff visit.
- Hot and cold water, soap, hand sanitiser and clean, disposable paper towels will be available in the Client toilet.
- Signage is displayed to educate all on proper hand washing and hand sanitising technique. These are located next to the sink.

### Closing the Clinic:

- At the end of the day, all high traffic contact surfaces, such as door handles and light switches, will be given an extra clean.
- Any PPE and/or disposable products used during the day will be double bagged and left for 72 hours prior to being disposed of appropriately.

**IN THE EVENT THAT DURING SCREENING ANY CLIENT HAS HAD COVID-19 SYMPTOMS IN THE PAST 10 DAYS PRIOR TO THEIR APPOINTMENT, WE WILL BE UNABLE TO ALLOW ENTRY TO THE CLINIC.**

**OUR STAFF WILL ALSO NOT BE IN WORK IF THEY HAVE ANY COVID-19 SYMPTOMS. THIS IS TO PROTECT OUR STAFF AND CLIENTS.**

Sian Boffey  
Director

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