



Counterpoint

M A S S A G E

COVID-19 policy and procedure overview

Cleaning procedures:

- All linens/blankets will be placed in a lined, lidded hamper after each client use and laundered off-site. Clean linens/blankets are stored in the cabinet or closed bins.
- Massage equipment (massage tables, face cradles, pillows/bolsters) has impermeable covers and will be disinfected after each client use.
- All high-touch surfaces (doorknobs, light switches, client chair, clipboards, pens) will be disinfected at the beginning of the workday and after each client session. This includes the restroom and common areas at the Beacon & Graham location. Common areas at other locations are cleaned by building staff and we cannot guarantee the frequency of disinfection outside of the treatment room.
- General use surfaces (countertops, office tablet, kitchen area) will be disinfected before and after use by each new person (i.e. with each client contact, or at the beginning and end of each practitioner shift).

PPE and hygiene:

- Clients will apply hand sanitizer upon entry to treatment room (Madrona) or building (other locations).
- Clients and practitioners are required to wear masks at all times indoors. Masks may be self-provided or supplied by Counterpoint Massage.
- Practitioners will wear goggles or face shield and impermeable or changeable apron during client sessions. Used vinyl aprons will be disinfected after each session; used cloth aprons will be placed in lidded hamper with other linens and clean ones donned before the next session.
- Practitioners will wash hands up to elbows thoroughly with soap and water before and after each massage session.

Social distancing and access:

- Please arrive alone to your appointment. Only clients will be allowed access during the session.
- At Pacific Medical Center, chairs in waiting areas have been placed at appropriate distances to minimize contact with other patients waiting. At other locations, only client and practitioner will be interacting.
- We schedule a minimum of 30 minutes in between appointments to avoid overlap of clients leaving and arriving.

Health screening, exposure disclosure, and contact tracing:

- Please stay home and contact us if you are not feeling well on the day of your appointment! We do not impose cancellation fees in the case of illness.
- Updated screening policies are in place for the time of your appointment and are outlined on our website and in appointment confirmation emails. These include temperature check with contactless thermometer, answering questions about other known symptoms, and signing our updated treatment consent and risk acknowledgment form.
- Clients will contact us as soon as possible upon exhibiting symptoms or testing positive for COVID-19 within 14 days of an appointment.

- If there is a positive COVID-19 case with staff or client, all exposed parties will be notified within 24 hours. The affected Counterpoint Massage office will close until staff has been confirmed healthy with a negative test.