

COVID-19 PROTOCOL

For working with Tom Marshall

The health and safety of my clients and my family is my priority. If you have any questions or concerns, we will discuss them before your appointment. *If you are not comfortable with this protocol for any reason we can reschedule after the COVID-19 pandemic.*

For appointments with Tom Marshall, you are required to have been following CDC guidelines when in public: Wearing masks, social distancing and washing hands often.

Facemasks are required before entering the office, and until you leave.

If you arrive early, please wait in your car until your appointment time or call Tom on his cell phone (805-813-5777) to make sure no one else is in the office. The waiting room is closed for the duration of the pandemic.

The office will be sanitized before and after appointments, including all working and contact surfaces and the restroom. The air and all surfaces will be sanitized with ozone and ionization at safe low levels when occupied, and at higher levels when no one is in the office. The HEPA air filter is also running when office is occupied.

There will be hand sanitizer to use whenever needed, and after making payments.

Every time you arrive, I will take your temperature with a non-contact thermometer and measure your blood oxygen with a pulse oximeter. These devices will be thoroughly sanitized after each use.

You will be asked these COVID-19 related questions each time you come in for an appointment:

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1. Have you had a fever in the last 24 hours of 100°F or above? Yes No
 2. Do you now, or have you recently had, any respiratory or flu symptoms, sore throat, or shortness of breath? Yes No
 3. Do you now, or have you recently had, any chills, muscle aches, new loss of taste or smell, or new rashes or lesions? Yes No
 4. Have you been in contact with anyone in the last 14 days who has been diagnosed with COVID-19 or has coronavirus-type symptoms? Yes No

I understand that Hellerwork Structural and Movement Integration therapy involves hands-on manipulation of fascia and close physical proximity during a 90-minute session, and that this may be associated with an elevated risk of disease transmission, including COVID-19. By signing this form, I acknowledge that I am aware of the risks involved and give consent to receive Hellerwork from Tom Marshall.

Signature _____ Print Name _____

Date _____ Temperature _____ Oximeter _____ Pulse _____