

During this unprecedented time of Covid 19, I had to reevaluate the way I work. My profession in health, bodywork and skincare has been greatly affected. It will require a new way of performing what I do and a new protocol of keeping you safe. Please know the safety of my clients are my number one priority. I've been in contact with the Florida Department of Health, American Massage Council, Associated Bodywork & Massage Professionals and American Massage Therapy Association to stay on top of the latest information relating to my industry. I'm following their guidelines and have adopted the protocol of Chiropractors and Acupuncturists as I move forward in re-opening my studio.

There is no doubt that the importance of what I do has never been reinforced as it has been in the last few weeks. The outpouring of love and support from all my beloved clients has been truly heartfelt. I know you're in pain, you aren't sleeping well, and your stress level has hit an all time high. I know you are ready to get back to normalcy, to feel good in your body again and find balance. I am here for you.

What am I doing to keep you safe:::

*I will be wearing a mask and asking all clients to wear masks. You may pull mask your down when you are lying prone on massage table. You must wear your mask lying face up. Please bring your own, but I will have a few extra in case you forget.

*I will be asking you to wait in your cars until I text you and greet you at the door.

*I will be asking clients to wash hands prior to the session for extra precaution. I will be washing my hands prior to as well as hand sanitizing as needed.

*I will be implementing a 30 minute sanitizing protocol in between clients rest room included.

*I will be stripping down padding on the table after each client. This includes fleece table covering and fleece face rest covering. A new one will be provided with each client.

*I will be storing all used laundry in a bin outside the studio. All sheets are washed with hot water and bleach.

*I have thoroughly cleaned and disinfected my studio with hospital grade disinfectants.

*I am asking you to come alone. Please plan on only one client in the studio at a time and only bring essentials. Keys, phone and wallet.

*I will use gloves if I feel they are necessary during service.

*I will check clients temperature with touchless thermometer. Anyone with temperature of 100 degrees or higher will be rescheduled.

This current situation is unique to what I do. I owe it to you and ourselves to be as safe as I possibly can. Massage is vital in providing health benefits that are key to pain management, longevity, vitality and a healthier life. Study upon study has proven the benefits of regular massage: pain relief, better movement, improved sleep, stronger immune support and overall healthier mind body and spirit.

Precautionary Liability and Consent Release Form for COVID 19

Due to the infectious nature and pandemic outbreak of COVID 19, this additional intake form must be completed before each massage therapy and skincare session. Please know I am taking precautions with the intake of each client. COVID 19 can be asymptomatic and still contagious without noticeable symptoms. There is no way to completely protect ourselves from this virus. I have attached a checklist of precautions for you to see how I am disinfecting and sanitizing my studio between each client. Please complete the following thoroughly so we can protect each other.

1. Have you been tested for Covid 19? Y/N When? _____
2. Have you experienced ANY symptoms of COVID 19? Fever Y/N Temperature Reading _____
3. Chills Y/N
Nasal or Sinus Congestion Y/N
Sudden onset of Body Aches Y/N
New rashes or changes in Skin Y/N
Changes on Toes or Purple toes Y/N
- Cough Y/N
Sore Throat Y/N
Shortness of Breath Y/N
Sudden loss of Taste and Smell Y/N

I understand the above symptoms and affirm that I, or anyone else in my household, have not experienced the symptoms listed above in the last 14 days.

I affirm that I, or anyone else in my household, have not been diagnosed with COVID 19 in the last 30 days.

I affirm that I, or anyone else in my household have not knowingly been exposed to anyone diagnosed with COVID 19 within the last 30 days.

I affirm that I, or anyone else in my household, have not travelled within the last 30 days.

I affirm that I, or anyone else in my household, have taken precautions during mandatory quarantine and have been following recommended guidelines of safe distancing hand washing, sanitizing and wearing face masks when going outside of home, such as, all essential facilities and not limited to: grocery stores, Dr. offices, restaurants, chiropractors, visiting elderly family members, post office, etc.

I affirm that I am willing to wash or sanitize my hands upon entering and post massage and will wear a face mask at all times in studio and during my session.

I understand that this business and massage therapist cannot be held liable for any exposure to the virus or any contagion caused by misinformation on this form or health history provided.

By signing below, I agree to each statement and release the massage therapist and business from any liability for unintentional exposure or harm from COVID19.

Your Massage Therapists and Skincare Specialist and this establishment agree to abide by the same standards and affirms the same. I also affirm that we have improved and expanded our sanitation protocols to thoroughly fight the spread of COVID 19

Signature_____ Date_____

Kindest regards,

Tracy Hickson @ Shine Your Light Self-Care Services