

# Preparedness Plan – The Highland Backrub

## State of MN Minimum Guidelines for preparedness followed at GMB:

- Limit number of clients inside the business at any time to allow 6 feet of distance between persons except when providing services
- Limit occupant capacity to no more than 50% not to exceed 5 persons
- See clients by appointment only; do not allow walk-ins
- Require workers, and request that clients who can, to wear masks at all times. *Be aware that masking, while mandated, is subject to health conditions that could override masking.\*\**

## Additional modifications for safety:

- We create, wherever possible, a 15 minute buffer between clients for passing.
- Ionizing air purification technology has been implemented 24/7, which **instantly** removes all virus particles that migrate from mouths, noses or used client/staff masks.
- 2 hand washing sinks are available to all clients and staff
- Cups are disposable
- Paper towels for cleaning are disposable
- All surfaces, rooms and door handles are cleaned between client visits
- All bedding is made of cloth and is washed
- All cleaning supplies are anti-bacterial/anti-viral
- Therapists will not be working if they are or have been sick within 14 days of your scheduled visit

## Client Responsibility SAFETY PRECAUTIONS:

**We ask that clients cancel their appointment if they are sick or running a fever.** Call Annette: 612-221-0131 if you need help with cancelling.

- Bring your own hydration. Water will be provided upon request.
- Come right in and, if needed, use the bathroom and/or wash your hands.
- Take a seat in the Waiting Area while your therapist fully cleans your treatment bay.
- Arrive within 5 minutes of your appointment to avoid passing others.
- 15 minutes are scheduled between clients in an attempt to reduce client-to-client contact.
- Clients are free to monitor their own distancing safety standards.
- There is the possibility that your appointment may be moved to a new day or to an alternate therapist to ensure that a healthy therapist provides your service.

## **We do not recommend using a face covering while lying face down on the table for safety reasons:**

Wearing a face covering inherently causes a decrease in O<sub>2</sub> in the blood and lungs, the re-breathing of CO<sub>2</sub>, and the inhaling of exozymes and other internal viral components. For this reason we cannot recommend using a mask while lying face down.

**If you don't like to be in public without a mask on for any length of time, you will not want to get bodywork until your comfort level returns because we cannot compromise your health by allowing you to mask while lying face-down.**