



HEALING HUGS
Providing holistic touch therapy

Covid-19 Policy

This policy will be regularly reviewed and revised to comply with government guidelines.

This policy acts to inform and assure clients on all the necessary precautions Healing Hugs is taking to protect them, and cuddle practitioners, from contracting Covid-19.

The following measures are being taken:

- 1) An updated risk assessment has been completed to identify and diminish the risks of participating in cuddle sessions
- 2) The Cuddle Practitioner will take a minimum of 2 Covid-19 lateral flow tests per week to ensure they do not have Covid-19
- 3) Clients will be required to sign a waiver form before every cuddle session to ensure they are not at a high risk of serious illness from Covid-19
- 4) All clients are asked to not attend a session if they are unwell or if either themselves or one of their household have contacted Covid-19 in the past 2 weeks
- 5) All soft furnishings will be wiped down and/or laundered prior to each cuddle session, the cuddle therapy room will also be thoroughly cleaned
- 6) Clients will be asked to wash their hands immediately prior to and following a session and hand sanitiser will be provided and available all times
- 7) A maximum of two bookings per day is current in place, enabling the room and equipment to be cleaned afterwards and myself to have a shower
- 8) Face masks must be worn at all times during the session by both client and practitioner. A disposable medical facemask will be supplied for every session

I understand that some of these measures may be awkward, especially wearing a mask during cuddle sessions, however, I will work to ensure we are comfortable at all times regarding our physical closeness. Although I look forward to entering a more normal reality, I know that, together, we can make this work in the meantime to keep one another safe.