



Southern Music Therapy Covid-19 Level 2 Safety Plan for Therapy Sessions

Southern Music Therapy has come up with a safety plan to ensure that both our team members and our clients stay safe and well during face-to-face sessions. Some clients will still have online sessions to stay safe and well. Please discuss this with your therapist.

1. Please only attend your session if you are well

If you arrive for sessions and are unwell you will be sent home immediately.

You will be asked two questions before the session:

- Do you have a cough, sore throat, shortness of breath, runny nose or temporary loss of smell, with or without fever?
- In the last two weeks, have you been in contact with others who have been unwell or who have or suspected to have COVID-19?

If you answer Yes to any of these questions you cannot have a session and need to go home.

2. Maintain at least 1 m distance between yourself and the therapist

Your therapist will avoid touching you and **keep at least 1 m distance** from you at all times.

Your therapist will not wear a mask unless you are less than 1 m away from them. (eg bringing a client to/from the therapy room)

When you and your therapist are singing, they will stay 2 m away from you to reduce the virus spreading.

3. Prevent the virus from spreading

You will be required to use **hand sanitiser** before and after a session.

Remember to:

- cough or sneeze into your elbow or by covering your mouth and nose with tissues
- put used tissues in the bin or a bag immediately
- wash your hands with soap and water often (for at least 20 seconds)
- avoid touching your eyes, nose or mouth
- clean surfaces regularly

The therapist will make sure all instruments and equipment and surfaces in the room are regularly cleaned especially after every session.

If a client later tests positive for Covid-19, the therapy room will be cleaned thoroughly.

4. Using Masks:

Masks will be used at St John of God if the therapist is bringing the client to and from therapy session as there will be less than 1 m distance.

Masks will generally not be used during therapy sessions, but you and the therapist must be at least 1 m apart always.

Group therapy sessions are allowed so long as physical distancing is in place and groups are no larger than 10 people.

5. Contact tracing

Anyone who attends a session that does not have their details on file must give their details to SMT in case they need to be contacted later.

This document will be regularly reviewed and updated by Southern Music Therapy.

Thank you for your cooperation!

Southern Therapy Team