



Southern Music Therapy Covid 19 Orange Light Safety Plan

Updated 23rd April 2022

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 have online sessions to stay safe and well. **We can do this via Zoom so please discuss with your therapist.**

1. Screening for COVID-19 symptoms prior to face-to-face appointments.

Please only come if you are well. If you arrive for sessions showing any symptoms of illness you will be sent home immediately.

You will be asked the following questions when you arrive for your session:

- Do you or any other household member have a confirmed COVID-19 infection?
- Do you have any [COVID-19 symptoms](#) ie: Do you have new or worsening respiratory symptoms including one of the following: cough, sore throat, shortness of breath, coryza (runny nose) or temporary loss of smell, with or without fever?
- Are you a close contact of a COVID-19 case?

If you answer **Yes** to any of these questions, you will not be able to have a face-to-face session.

2. Contact tracing.

- Please scan in with the QR code and sign the register. Also show your vaccine pass.
- Any visitor or caregiver will need to scan or manually sign in, wear a mask and provide proof of vaccination. This is so we can keep our contact tracing records up to date.

3. Physical distancing.

- You are not required to maintain physical distance from others in the traffic light system. But it is still worthwhile keeping a safe distance from people you do not know

while out and about. This will help reduce the spread of COVID-19 if it is in the community.

4. Preventing the spread of the virus.

- You will be asked to sanitise your hands before and after a session.
- Please cough or sneeze into your elbow.
- Put any used tissues in a bin or bag immediately.
- Wash hands with soap and water often.
- Avoid touching your eyes, nose or mouth.

All instruments, contact points and surfaces will be cleaned and disinfected after each session.

5. Mask Wearing.

- Masks will be worn by all our therapists.
- Masks to be worn where possible by clients.
- Children under 12 do not need to wear a mask

6. Mask Exemptions

- There is an emergency.
- You have a physical or mental health illness or condition or disability that makes wearing a face mask unsuitable.
- You need to prove your identity.
- You need to communicate with someone who is deaf, hard of hearing, deafblind or has a disability which makes it hard to have effective communication.
- You need to take medicine.
- You need to eat or drink.

If a client later tests positive for the Covid 19 we will suspend all face-to-face sessions immediately and conduct a review. A thorough clean will be done on the therapy room. These guidelines will be reviewed regularly in line with our current health and Safety Practices. We are committed to implementing all current, required legal practices within the traffic light system. This means that if anything changes, we will adapt quickly to make any changes to our sessions.

Thank you

Southern Music Therapy Team