

CORONAVIRUS PRECAUTIONS

We are working hard to keep the centre, our clients and staff team as safe as we can and to take all the steps necessary to help stop the spread of the virus. The health and safety of everyone who accesses the centre is always our highest priority and these measures are being taken to protect everyone:

1. Asking everyone who attends to have their temperature taken;
2. Use the sanitising gel at the front of the centre, and wash their hands with soap and water after using the toilet, when in the changing rooms and when leaving the centre;
3. Asking all visitors to complete a short questionnaire before entering the building (attached);
4. Making our suppliers aware to ensure that they and any of their contacts, have NOT been in one of the countries where there has been an outbreak;
5. Asking anyone who has symptoms to NOT come to the centre.

We ask parents, carers, staff, visitors and children **not** to come into centre if:

1. You, or a close family member, have returned in the last 14 days, from an area outside of the UK;
2. You or a member of your household have symptoms of Coronavirus (high temperature (you feel hot to touch on your chest or your back), a new continuous cough, or a change to your sense of smell or taste) whether these have been confirmed or not;
3. You have worked in an environment or been in contact with anyone who has tested positive for COVID-19 in the last 14 days;
4. You have been told to isolate due to potential contact with a positive COVID-19 case;
5. You have travelled on public transport without a mask;
6. You have attended a public gathering where it was not possible to maintain two metre distance and you did not wear a mask, eg. sports event, peaceful protest, etc;
7. You have been advised by a medical practitioner or other to self-isolate.

Thank you for your support.

Kind regards

Dr. Heather Epps PhD MSc MCSP HT Grad Dip Phys

Director and Consultant in Paediatric and Aquatic Physiotherapy

Accredited Bobath and Aquatic Physiotherapist and Accredited ATACP Tutor
Children's Neuro Physio

CORONAVIRUS PRECAUTIONS QUESTIONNAIRE

Lynden Hydrotherapy and Physiotherapy supports children and adults with complex needs, many of whom have underlying respiratory conditions. Due to the risks associated with Coronavirus, before entering the centre you will need to:

- a. Have your temperature taken;
- b. Answer the following questions before admission to the centre:

1. Have you travelled outside the UK within the last 14 days?

Yes No

2. Have you worked in an environment where you have been in contact with anyone who has tested positive with Coronavirus in the last 14 days?

Yes No

3. Have you travelled on public transport? Yes No

If yes, did you wear a mask? Yes No

4. Have you attended a mass public gathering in the last 14 days, eg. sports event, peaceful protest?

Yes No

If yes, did you wear a face mask and keep two metres away from others?

Yes No

5. Do you have a:

Temperature Yes No
(hot to touch on your back or chest)

A new continuous cough Yes No

A change to your sense of smell or taste Yes No

If you have answered **Yes** to any of the above questions or have not worn a mask, been able to socially distance where appropriate, we unfortunately will not be able to allow you onto our premises today.

If you have answered **No** to all of the above, please use the hand gel provided before entry and wash your hands frequently while on site.

Thank you for your assistance on this matter.

Name:

Date:

Signature:

Preferred contact number:

(please note this is purely if we should need to communicate with you for track and trace purposes)