

With ongoing self-analysis's and commitment to improving standards, along with industry guidelines for proprietary schools in our career training, new standards have been created and trained effective 5/23/2020 and will be continuing into classes the week of 5/25/2020 until further notice. These standards will be available on the consumer disclosures section of our website and/or attached in Moodle for student and staff reference.

Clinic Week 2 & Beyond:

Beginning May 22nd, per state reopening phase 3, groups of up to 100 people are deemed to be allowed to gather safely.

As of May 22nd, per state reopening phase 3, it is Recommended but not required that all residents wear face coverings

Since state reopening phase 2, all hands-on providers were required to wear face coverings and for work stations to meet social distancing guidelines (inside pre-delineated booth curtains), and for clients to wear face coverings to the extent possible (not required face down on table).

In the event that any individual suspects that they have been exposed to COVID-19 they should self-isolate. If anyone has a fever or has developed symptoms of illness, they should not attend campus and will be sent home.

FSMTB is not recommending the mandatory and regular testing of massage professionals.

Informational signs regarding proper hygiene recommendations are printed, and posted to entrances, at reception, around the waiting room for clients as well as common areas for student therapists, and at hand wash locations.

Students in hands-on class and clinic should not shake soiled linens. Scoop, do not fluff. (this primarily applies to class days before storing their linens back in bags but is also pertinent to clinic during transport to laundry.

At each student's discretion, they might wish to bring an extra set of clothing to wear after classes/clinic. If so, the students should change their clothing and place contaminated clothing in a leak-proof trash bag for transport home. They should remove this clothing from the trash bag when they are ready to wash it and to wash their hands demonstrating proper hand hygiene.

Any Hands-on client in class and clinic should have a face mask (though it may be displaced when prone to aid respiration. If the clinic client does not have an acceptable face mask, IWC will provide the client with a disposable face mask (\$1 charge to session fee as advertised).

Alcohol based hand sanitizer is available for students, staff and clients at all times in several locations including the front desk, union, classroom. Its regular use is encouraged but as a secondary precaution to regular and thorough hand washing.

IWC will not use no-touch thermal temperature scans to confirm entering people do not have a fever due to research in appendix below. Though it is being used by some facilities, medical instrument research has shown skin surface testing is unreliable at identifying individuals with a fever and that the current technology regularly produces unnecessary false positives in healthy individuals.

Students, staff and clients arriving to campus wearing medical gloves, will be offered a new pair, as gloves may be contaminated with respiratory droplets from the client touching their nose or face (These replacement gloves are available at No Charge in many areas throughout the facility including the lobby, classroom and hand wash area.).

Considerations for COVID-19 do not require special glove use. Gloves might be worn when handling potentially contaminated laundry, but are not necessary so long as the practitioner practices correct hand hygiene, reducing environmental waste.

Front Desk Staff should disinfect their hands directly after handling client payment materials such as credit cards, cash and receipts.

IWC is employing separated /reduced seating, and one-way traffic in halls where reasonable. ((Massage students may pass through the small classroom on their way to the hand-wash and pass South through the main hallway back to the classroom. This pattern is being used effectively during clinic. It is offered during class days but not required due to feasible limits in accessing the entire facility.))



SELF-MONITORING FOR SIGNS AND SYMPTOMS OF COVID-19

- » **Students, staff, and faculty should self-monitor** for the signs and symptoms of COVID-19 every day.

- » **Take your temperature before the workday and then again in the afternoon** (*when viruses tend to spike temperature*).

- » **COVID-19 causes a wide range of symptoms.** Treat any new symptom as suspicious. The most common symptoms are mild cold or flu-like symptoms, especially a cough, sore throat, and shortness of breath.

- » Should a school community member develop a temperature or symptoms of illness, **they should stay home from school and self-isolate for 14 days** or seek to obtain COVID testing so that they can be cleared of infection and return to school.

Cleaning:

Alcohol based hand sanitizer is being offered to clients before they leave the session room, before they pass through common areas of the facility.

Clean Clinic Sheets are in a closed bin following the hands wash area. This is to avoid settling of oral droplets on clean linens. Clean clinic linens are being kept in a plastic bin whose sides are to be wiped with disinfectant in case of contact or respiratory droplets by students/staff reaching in for session linens

Disinfectant soaked towel buckets are to be wiped with disinfectant in case of contact or respiratory droplets by students/staff reaching in for or returning disinfecting towels. If any towel shows any residue following cleaning, deliver it to a staff member to replace rather than returning to the bucket. If any towel does not feel moist to the touch with disinfectant, alert a staff member that will add disinfectant to permeate all towels. The buckets will not contain standing fluid due to increased risk of chemical spill.

Therapists in clinic are offered an individual drying towels. Paper towels have been made available at the hand wash area and a trash can with closing lid for paper hand towel disposal. Paper towels are not as environmentally sustainable and the community drying towels remained clean since they were only used after handwashing but we have determined the small chance of respiratory droplets while drying justified the conversion to paper towels at this time.

Similarly, facial tissue is available for each hand-on booth to use for the curtain clip. Clips may be disinfected using the disinfection soaked towels, and also may be exchanged for new clips as needed to maintain disinfection.

STAFF will clean floors at the end of the day, spraying with an EPA registered disinfectant. Vacuuming of carpeted floors should be done with a HEPA air filter vacuum bag. Wear a face mask and vacuum when there are no people in the space.

Hygiene and disinfection standards are EVERYONE'S JOB. All individuals including students are encouraged to engage in enhanced cleaning during any available time and when they notice anything that needs attention. All individuals are encouraged to share any perceived enhancements that may be made in continued pursuit of increased hygiene and disinfection by sharing them with their direct supervisor, instructor, coach, and/or manager.

In the classroom, the front row of tables will remain pushed back to distance the front row of students so that the instructor may choose to dictate, to project the voice better without a mask during lecture portions. Plenty of tables are available for students to distance while sitting so only students comfortable with proximity to the instructor should choose front row seating. Plenty of classroom space also allows for students to distance themselves from each other according to their comfort.

IWC is continuing cleaning of commonly touched surfaces, such as workstations, countertops, railings, door handles, and doorknobs. We are using EPA registered virucidal cleaning agents at dilutions per the label, 0% dilution for most.

While COVID-19 is present in the community, these changes to session procedures are advised:

- » **Friends and family of the client are not allowed to wait** in the reception area while the client receives massage, unless they are that client's legal guardian.

 - » **Both the practitioner and client must wear a face mask during the session.** The client must also wear a face mask from the time they enter to the time they leave the facility.

 - » The CDC suggests that COVID-19 infected respiratory droplets can be dispersed when people talk. For this reason, **talking is limited to communication about pressure, warmth, and comfort** while in the enclosed space of the session room.

 - » **Intra-oral or nasal massage is prohibited** at this time because it increases the risk of COVID-19 exposure.

 - » Because a face mask is worn for the duration of the massage, **safe face massage is not possible and therefore prohibited at this time.**
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While information is still limited, the CDC indicates that these underlying conditions place people at higher risk for severe illness from COVID-19:

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|------------------------------------|---|---------------------------------|
| » <i>People 65 years or older</i> | » <i>Heart conditions</i> | » <i>Diabetes</i> |
| » <i>Chronic lung disease</i> | » <i>Compromised or suppressed immunity</i> | » <i>Chronic kidney disease</i> |
| » <i>Moderate to severe asthma</i> | » <i>Severe obesity (body mass index of 40 or higher)</i> | » <i>Liver disease</i> |

- > **Have you been asked to self-isolate or quarantine** by a doctor or a local public health official in the last 14 days?

- > **Have you experienced any cold or flu-like symptoms** in the last 14 days (*fever, cough, shortness of breath or other respiratory problem*)?

- > **Have you had close contact with or cared for someone diagnosed with COVID-19, or someone exhibiting cold or flu-like symptoms** within the last 14 days?

- > **Have you been tested for COVID-19?** What type of test did you have? When were you tested? What was the result?

Following is a disclaimer accompanied by the above illustrations outlining COVID standards being added to clinic intake forms:

Intake health disclosure:

I understand that close contact with people increases the risk of contagion. By signing this form, I acknowledge that I am aware of the risks involved and give consent to receive massage from this practitioner. I understand that my name and contact information might be shared with the state health department in the event that a client or practitioner at this facility tests positive for COVID-19. My contact details will only be shared in the event they are relevant based on suspected exposure date, and only for appropriate follow-up by the health department.”

Appendix:

“Several new products meant to facilitate temperature measurement have recently been introduced. Their accuracy is in question as they are compared against traditional methods, with varying results.”

<https://www.uspharmacist.com/article/temperature-measurement-for-patients-with-fever>

“Since surface temperature is more susceptible to changes in the surroundings, it is considered less accurate and is recommended for use only when there is difficulty in measuring the core temperature.”

https://www.mdd.gov.hk/english/emp/emp_gp/files/thermometer_eng.pdf

“The temperature of the surface of the skin varies with the environmental temperature, with the temperature of the body and with conditions in the skin and in the structures lying beneath it.”

<https://jamanetwork.com/journals/jama/article-abstract/1155856>

“Fever strips, ear thermometers, and digital pacifier thermometers are inaccurate, and therefore should not be used.”

<https://pediatrtrust.com/fever-management/>

ADDITIONAL FOR STAFF:

A staff member (receptionist) will greet clients at the primary entrance to the building.

If any arriving person indicates they have developed cold or flu-like symptoms or other symptoms suggesting illness, they are to be sent home IMMEDIATELY.

Confirm that the client has an acceptable face mask. If the client does not have an acceptable face mask, provide the client with a disposable face mask (\$1 charge to session fee as advertised).

Offer each arriving person to **sanitize their hands upon arrival.**

Front Desk Staff should disinfect their hands directly after handling client payment materials such as credit cards, cash and receipts as these surfaces may be contaminated.

For Reference, From the AMTA:

WHEN DO YOU ANTICIPATE REOPENING?

- Within next month 6%
- Several months after restrictions 7%
- Do not anticipate reopening 1%
- State/City lifts restrictions 75%
- Place of employment opens 11%

