

Covid-19 Safety Plan for: Physical Preparation

Physical Preparation is excited to be open and providing physiotherapy. In order to ensure the safety of everyone, we have implemented several Covid-19 guidelines in accordance with Work Safe BC.

Patient Safety Measures

- A Covid-19 screening and consent form must be filled out prior to your appointment to receive treatment.
 - Should the status of your health change please inform us
- Patients are required to come to the facility at their scheduled appointment time only to avoid traffic in the waiting area.
- We kindly ask that patients do not bring family members or other visitors with them to avoid increasing the amount of people in the clinic at a given time, unless the patient is under the age of 16 and needs to be accompanied by a guardian or is an individual with mobility restrictions that requires assistance
- Hand sanitization is required upon entry to the clinic
- A face mask that covers your mouth and nose is required during the entire appointment
- If you are not feeling well or exhibiting any of the sign/symptoms of Covid-19 we ask that you not attend our clinic and contact your doctor or health care provider

Staff Safety Measures

- The staff at Physical Preparation will be screening themselves daily as well to ensure they are fit to work
- If they staff exhibit any symptoms of Covid-19 they will get tested and follow public health guidelines as required

Facility

- All staff, clients and visitors will be required to wear a face mask that covers their mouth and nose during the entire appointment
- We are limiting occupancy to just the patient (plus guardian when required) and physiotherapist
- All appointments will be one on one with cleaning time between patients
- Social Distancing will be implemented when able
- Payment will only be via credit card to reduce contact and exposure risk

Positive Testing

- If a staff member or patient tests positive for Covid-19, all those who came into contact with the individual who tested positive will be confidentially informed
- If a staff member has tested positive, they will self-isolate for the 14 day period
- If a patient has tested positive they will be required to abstain from in person visits for the 14 day self isolation period, with the option of virtual physiotherapy