

## **Covid-19 Policy, updated 24<sup>th</sup> February 2022**

As all official restrictions lift in the UK, and the requirement for self-isolation ends, clients can be assured that I am still mindful of minimising risk of covid-19 infection.

None of the following is compulsory, but I visit many clients in their homes, and some people may be clinically vulnerable to covid-19, so I hope that you can support me in doing all I can to protect all my clients, their families, and my own family from illness.

### **If I have covid:**

If I have a positive covid test I will cancel and reschedule all face-to-face appointments, including outside sessions and classes. I will follow previous NHS guidance about self isolation (January-February 2022): namely that I will only resume face-to-face sessions after 2 consecutive days of negative Lateral Flow Tests from day 5 post-infection. (If tests are not available I will wait 7 days post-infection and only resume sessions provided that I no longer have a fever).

If a member of my household tests positive for covid, I will contact all clients with sessions booked within the next 7 days to advise of the situation, and to offer a reschedule / change to video session at the client's discretion. Provided tests are available I will test myself every morning during this period.

### **If YOU have covid:**

If you test positive for covid 19 or have symptoms suggesting that you may have the virus, please contact me to advise ahead of any sessions or classes. This is so that we can protect other class attendees and clients.

All individual sessions will be rescheduled. While rescheduling classes is not always possible, every effort will be made to give you extra time when you can return to classes, and all information will be provided on handouts.

Please do not attend a class, including outdoor classes, with other people if you know or suspect that you may have covid, as other attendees may be vulnerable to complications from infection.

### **If a member of your household has covid:**

It is greatly appreciated if you will take a Lateral Flow Test on the morning of your session before attending to confirm that you have not caught covid from your family member.

If you are attending an outdoor private session or class, please take all possible steps to minimise potential transmission to others (hand sanitising on arrival, maintaining 2 metre distance from other people, avoiding direct contact with other dogs or equipment in the class. Face coverings may be worn if you wish).

If we have a home visit booked, please advise me that a household member has covid before I arrive at your home. We will discuss the best way to proceed (e.g. moving the session outdoors, switching to a video session, rescheduling the session).

Thank you for your support and understanding as we navigate these complicated and difficult times!