



COVID-19 Protocol for all users of BCMB

Covers	Teaching of diploma and CPD courses, clinics and office staff
Date written	3 December 2021
Version	1.0
Review date	May 2022 or as required following updated guidance from government

BCMB has adopted a rigorous evidence-based approach to mitigating risk throughout the Covid-19 pandemic. In doing so, we have carefully followed all Government guidance as well as the findings of SAGE (Scientific Advisory Group for Emergencies) in the UK and the CDC (Center for Disease Control) in the USA. We also follow and have helped to formulate guidance from our professional body, the Massage Training Institute.

This document has been revised in the light of the Omicron variant of Covid-19, first discovered in South Africa in November 2021. It will cover:

- A. Procedure before arrival at BCMB
- B. Entering BCMB premises
- C. Behaviour in teaching/clinic rooms
 - a. Teaching
 - b. Ventilation
 - c. Massage
 - d. Equipment
- D. Wider building use – kitchen, toilets, office
- E. Exiting the Building

A. Procedure before arrival at BCMB

- All users are asked to conduct a Lateral Flow Test (LFT) 2 days before coming into BCMB. These are free: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>. If the LFT is positive, users should self-isolate and arrange a PCR test



through NHS Test and Trace. If the PCR test is negative, they may still attend BCMB.

- Users who cannot attend due to a positive test will be supported as follows:
 - Students who miss diploma classes will have catch up tuition arranged at no cost.
 - Students who miss CPD workshops may roll over their booking to a future workshop.
 - Clients for the graduate clinic may arrange their session for a future date.
 - Clients for student clinics can receive a free session at the next clinic they attend, as long as it is within 1 year.
 - Clients of private practitioners at BCMB must liaise with their practitioner

B. Entering BCMB premises

- Shoe racks have been spaced out so there is less congestion when removing footwear. Racks have been marked with tape to keep shoes separate – 4 pairs per rack.
- In the cloakroom, every other peg is marked as not in use. Lockers are available for valuables.
- Users are encouraged to sanitise their hands.
- Users are encouraged to “check in” using the BCMB’s QR code from the NHS Test and Trace app.

C. Behaviour in the teaching/clinic rooms

a. Teaching

As outlined in the BCMB overall plan (<https://bristolmassage.co.uk/wp-content/uploads/2020/09/BCMB-Overall-Plan-8.9.20.pdf>) courses at BCMB are conducted on a “blended” basis, with a combination of online learning and face to face contact, mostly in small groups. Group sizes are flexed according to the activity involved, how long it lasts and what works for the tutor team on that course.



This might include a whole group experience provided it does not last too long. This follows Government guidance for Higher Education:

(<https://www.gov.uk/government/publications/higher-education-reopening-buildings-and-campuses/higher-education-reopening-buildings-and-campuses#response-to-local-outbreaks>).

Hands-on massage can take place in groups of up to 12, provided that works for the students and tutors concerned. Up to 6 massage tables will be set up per room so that up to 12 students can work in pairs in both Blue and Orange rooms. The precise spacing and number of tables will depend on current government guidelines.

b. Ventilation (Teaching and Clinics)

Good ventilation is a very important safeguard against Covid-19. This is maintained by open windows wherever possible and air purifiers with HEPA filters.

c. Massage (both teaching and clinics): PPE and cleaning

- The latest Government guidance mandates the use of face coverings in massage centres: (<https://www.gov.uk/guidance/working-safely-during-covid-19/shops-branches-and-close-contact-services> Section 7.2). All users of BCMB must wear face masks when conducting massage treatments. We ask all students and practitioners to wear Type IIr masks which must be changed after every session. Clients should wear face masks when supine (face up).
- Should clients request it, further PPE in the form of visors, gloves and aprons are also available.
- Masks should also be worn when moving around the building. In the teaching room, masks may be removed when students are sitting down and more than 1m apart.
- In addition, all users are asked to sanitise their hands regularly.

d. Equipment

Each table is covered with a wipe clean couch cover and has two pillows with wipe clean covers. Drapes are brought in by students or practitioners, in order to reduce cross contamination and make in-house laundry manageable.



Each room also has enough of the following items for a set per massage table, if required:

- Hand sanitiser
- Gloves
- Type IIR Masks
- Aprons
- Cleaning spray
- Blue roll
- Couch roll
- Massage oil

There is also spare PPE and cleaning stock in the storeroom.

Students and practitioners

- Change masks after each massage session, which may be a few hours if the mask hasn't been touched between massages.
- Wipe down the face cradle, couch cover and massage oil bottle between each massage.
- Practitioners, including graduate clinic, should ensure they have enough PPE in the room for their session(s).

Tutors:

- Keep stocks replenished when teaching, including student clinics.
- Reminders throughout day of importance of mask wearing as required.
- Will demonstrate techniques on tutors, or on different students, in the interests of diversity, respect for students' boundaries and to share the advantage of students receiving work from the tutor.
- Ensure that there is good ventilation throughout the day. This will mean opening windows and checking the air purifiers at regular intervals.



D. Wider building use – kitchen, toilets, office

General

Posters are displayed reminding people of importance of handwashing, mask wearing etc. All unnecessary clutter has been removed – cushions, rugs, etc.

Kitchen

Users can have access to refill water jugs, kettles etc. For teaching, Orange room has a drinks station set up in Green room. Blue room will have a drinks station set up in the room.

Toilets

Sanitiser and handwash are available with posters reminding of importance of good handwashing practice. Cleaning spray and blue roll will be available for students & tutors to use after each use.

No fabric towels – paper hand towels only.

Drinks stations

Drinks stations will have sanitiser, mugs, water jugs, 1 x kettle, Tea and coffee.

Office

Closed to students except for use of the card machine to purchase items. Keep wearing masks in office, except staff when office well ventilated and 1m+ apart.

E. Exiting the building

Tutor will prop the door open when weather allows

- Users leave the same way they came in and sanitise hands on way out
- Once all students or clients have left, tutors/practitioners will dispose of PPE waste.