

---

## COVID-19 Pandemic Information & Policies

---

### Best practices for safety and health

---

COVID-19 has created some difficult challenges in the operation of a massage/manual therapy business. Several changes and new procedures will be in place for your next appointment to lower our risk of exposure.

### Your rights & responsibilities as a client / patient

---

You will be required to wear a face mask — both to enter the office building and while you're in session — and sanitize your hands upon arrival. Please bring your own face mask from home. I may have a limited number of masks available if you forget yours. Hand sanitizer will be provided. Your face mask will need to be worn the entire time you are within my treatment space. There are no exceptions.

If you have your own water bottle, please bring it in with you; best practice is to limit contact and exchange as much as possible.

My office is in a multi-therapist practice, and many clients come and go every day. Consider our waiting room to be closed, or used sparingly at the very least; practice social distancing if there are other people waiting there as well. Alternatively, you may remain in your car until five minutes prior to the appointment time, or wait outside the main office door on the covered landing. You can request to be texted as soon as I am ready for your session. Also, most of my colleagues in this office are mental health providers, and they (and their clients) may follow different protocols than the ones governing massage.

Entryways, hallways, and restrooms are not cleaned or sanitized by me, but by the owner of the building. I have no control over how these areas are maintained. If you have any concerns while in these places, please let me know.

Outside shoes and clothing will need to be kept in designated places. Please wear clean clothes and shoes and if possible, take a shower before arriving. Please make every effort to come directly from home to the office to reduce the possibility of picking up contagions.

You will be required to complete a health history (or revisit their existing one on file) and fill out a “COVID-19 Prescreen” Client Disclosure form prior to receiving care — and I'll need to take your temperature when you first come in. (I have an infrared no-contact device.) New forms will be emailed to you prior to your appointment so you can take time to fill them out completely. Please bring the forms with you to your next appointment. Do not email because the security of your personal information cannot be assured in electronic form. (Forms will be available in the office for you to fill out if you do not have access to a printer.)

The requirement to cancel your appointment 24 hours will be suspended if you show any signs/symptoms of COVID, or suspect that you have been exposed to someone suspected/at risk.

You can request that I wear nitrile (non-latex) gloves during the session; it's not mandatory, but available if you'd like an additional level of protection.



While supine (face up) or side-lying, you may request eye protection. Sanitized safety glasses will be available.

Talking during upper body work (shoulders, arms and neck) while supine should be restricted to treatment feedback.

If you have difficulty breathing due to the mask, your position will be modified to see if we can alleviate the problem (for example: if prone is a problem, side-lying positioning is an option.) If a position change does not work, we may end the session early.

**If you have tested positive for the coronavirus, please inform me immediately.** I may be required by law to notify local health departments that you have been to our office. If I must make a report, I will only provide the minimum information necessary for these requirements.

## My responsibilities as a therapist / practitioner

---

I promise to be as transparent about my practice and procedures as I can be, and I'll answer any questions you may have (to the best of my ability, of course).

During your entire treatment session, I will be wearing a mask, eye protection, and scrubs that will be changed or sanitized in between every client.

Surfaces and items handled during each session will be cleaned and sanitized between every client. I will run an air purifier to clear the air between sessions, and we may run it during sessions. With the additional safety protocols for handling linens, cleaning and changing protective clothing, I will take additional time after every session without anyone being present in my treatment room to ensure proper sanitization.

Light blankets will be provided for every session. Heavier blankets may be available, and/or the table warmer can be used to provide warmth.

Intra-oral and face massage will be suspended until further notice.

I will check the Covid-19 Data Dashboard for the state every day to ensure no new large outbreaks of COVID-19 have occurred in King County, and that a certain percentage of hospital beds are available (surge capacity).

If the surge capacity goes below 20% in King County, I will temporarily close my practice to follow the Governor's Guidelines in Proclamation 20-24.1. You will not be charged for canceled appointments and rescheduling will occur when my practice is able to reopen.

I will update my policies, practices, and/or procedures as new information and guidelines are released by the agencies that govern Washington businesses, Healthcare providers, and massage therapists. I will do my best to keep you informed of these changes when as it is relevant to do so.

---

## General Information on Covid-19

---

The final portion of this document provides information I ask you to acknowledge and understand regarding the COVID-19 virus. The COVID-19 virus is a serious and highly contagious disease. The World Health Organization has classified it as a pandemic. You could contract COVID-19 from a variety of sources. I want to ensure you are aware of the additional risks of contracting COVID-19 associated to receiving massage.

COVID-19 is different from the flu and other common illnesses. The COVID-19 virus has a long incubation period. You or I may have the virus, not show symptoms and yet still be highly contagious. Determining who is infected by COVID-19 is challenging and complicated due to the limited availability for virus testing, that infected individuals could be asymptomatic, or symptoms can be similar to other conditions people may experience.

Due to other people being in the building and clinic who I am not screening for COVID-19, there is some elevated risk of you contracting the virus simply by being in the building. While I will be maintaining strict adherence to protocols for Personal Protection Equipment, cleaning and sanitation from the CDC, OSHA and the WA Department of Health, my treatment room is a shared space with other clients. With all precautions followed, there is still risk.

If I (or if I learn that someone in my office building) tests positive for the coronavirus, I will notify you so that you can take appropriate precautions.

A weak or compromised immune system can put you at greater risk for contracting COVID-19. Your updated health history must be completed and/or updated before each treatment. Please disclose any and all conditions, whether past or current, on your updated health history. It is important to determine if you have any condition that might compromise your immune system.

Clients with underlying conditions that cause a suppressed immune system should not receive treatment until further notice. I'm sorry, but this is for your health and safety; not enough is known yet about this virus to perform massage safely without more evidence-based data.

It is also important that you disclose any indication of having been exposed to COVID-19, or whether you have experienced any signs or symptoms associated with the COVID-19 virus. Some symptoms of COVID-19 can mimic other conditions like allergies and other illnesses. Regardless, if you are experiencing these symptoms, you must report them prior to your arrival. Please answer all the questions below. Please understand that we may ask you to consider rescheduling or postponing treatment based on your health history.

My goal is to provide a safe environment for massage/manual therapy clients and to advance the safety of our local community. I understand that these new protocols and procedures may seem clinical and cold. I assure you that I will do my best to give you the same friendly, engaged and caring treatment experience you are used to that will also keep us all safe.

If you have questions about anything in this document, please feel free to give me a call or send me an email so I can provide clarification or discuss issues specific to your situation.

Darin Stumme, LMT

Owner, Rock Solid Massage & Bodywork, PLLC

WA DOH license MA 60402201 • NPI 1619303120

3515 SW Alaska St • Seattle, WA 98106 • [darin@rocksolidbodywork.com](mailto:darin@rocksolidbodywork.com) • 206.3532012