

Soma Institute of Neuromuscular Integration® Clinic

Covid-19 (SARS-CoV-2) Safety Protocols

For our mutual protection clinic models are to stay home if they are not feeling well.

PPE Requirements For Clinic:

- A N95, KN95 or Surgical face mask is required to be worn by the student and instructor for the duration of each session.
- Clinic models are expected to wear face covering for the duration of the session -- from arrival to departure and during the session. Models are expected to arrive with one on and if they do not have it one will be provided.
- Students will wear changeable coverings (smock/apron/lab coat) or wear different clothing for each model session.
- Students and instructors will wear a face shield and/or safety glasses during sessions
- Models can optionally wear eye protection

Sanitation Guidelines:

- The student workspace will be cleaned and disinfected before and after each session.
- All room fixtures and touch point areas will be cleaned and disinfected as well as tables, chairs and other surfaces and equipment
- EPA N list approved disinfectant sprays or cloths will be used depending on the surface being cleaned.
- Massage tables are disinfected before fresh sheets are placed on them. This will include spray on the table/cradle and/or wipes on the legs. After use, the table and all accessory equipment will again be cleaned and disinfected.
- Gloves will be used for cleaning and disinfecting to minimize adverse impact on the students hands.
- Fabric furniture items have been removed to minimize risk, as they cannot be adequately cleaned between uses.
- Thorough hand washing is done before and after each session. Paper towels are used on knobs and doors when transitioning between restroom and the workspace.
- Hand sanitizer will be used for every entry to and exit from the workspace by student, instructor and clinic model.
- Hand sanitizer will be administered by touchless dispensers or the student to prevent additional touch surfaces.
- Clinic models are asked to use hand sanitizer regularly between hand washings.
- As much as possible doors will be left open to improve airflow. They will remain closed if there is foot traffic or unwanted entry to the classroom areas.
- A high quality HEPA air filter is in use each day. Filters used are rated for clearing minute virus size particulates.
 - The HVAC system in the building will be appropriately equipped and stand alone air purifiers will be used throughout the workspace.
- Clinic models are asked to leave removed clothing on provided wall hooks or in a closable plastic bag or container (provided by the clinic model) away from the massage table.

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[Sanitation Guidelines continued.]

- Sanitation will follow the highest requirements and recommendation standards outlined by:
 - CDC— <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
 - OSHA— <https://www.osha.gov/SLTC/covid-19/healthcare-workers.html>,
 - WA L&I— <https://www.lni.wa.gov/forms-publications/F414-164-000.pdf>
 - University of Washington— "COVID-19 Prevention: Enhanced Cleaning and Disinfection Protocols"

Session Guidelines & Protocols:

- Clinic models are to stay home if they are not feeling well.
- Clinic models that are high risk or with underlying conditions such as a suppressed immune system, cardiovascular disease, diabetes or chronic lung disease may not receive treatment until further notice.
- A sign is posted on the outside of the treatment areas reminding clinic models of face coverage requirements and that health will be evaluated prior to entry.
- Clinic models that cannot comply with the mask requirement may not receive treatment until further notice.
- Clinic models are to wear a mask into the building and throughout the entire session. Clinic models will remain masked, unless specifically asked to remove their mask for treatment.
- Model clinic times will be staggered and spread across several days to limit the number of people in the facility. Model appointments will be in two week intervals.
- Clinic models are required to sign a Health Disclosure and Acknowledgment of Risk statement.
- Clinic models are encouraged to bring only the minimum belongings necessary for the session, leaving all else at home.
- The clinic model will be notified when they can enter the building for their session.
- If clinic models or students experience any sense of feeling ill or have a change in signs of health they are to inform each other immediately.
- If during the session a student or clinic model begins to feel ill they are to immediately report that to the student and the session will be ended.
- **Clinic model Screening:**
 - Models are encouraged to self-screen between sessions and to report any signs or symptoms BEFORE arriving at the clinic.
 - Everyone entering the Soma Institute Clinic is required to provide accurate and truthful COVID-19 related exposure risk and sign/symptom information.
 - The clinic model will be greeted outside the building by their practitioner.
 - 36-24 hours prior to each model session, the clinic model is expected to complete a screening questionnaire.
 - If not previously completed, prior to entrance to the facility, the practitioner will verbally conduct the screening questionnaire with the clinic model and record answers.
 - The clinic model will be checked prior to entering the building for COVID-19 symptoms as well as checked for signs of health (temperature using non-contact thermometer).
 - Anyone with symptoms of COVID-19 or outside of the normal range of signs of health will be asked to leave and provided with guidance for self care.
 - All information from the screening and health checks will be recorded for each session and kept with the clinic model records. As usual, all records are secured in compliance with HIPAA standards.

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[Session Guidelines and protocols continued.]

- A 6' distance between student and clinic model will be maintained for initial check in and closure.
- Wall hooks will be provided for clothes and the wall area will be cleaned after each use.
- As much as possible, clinic models are asked to change and keep all belongings within the designated work area.
- Clinic models requiring extra warmth are to bring their own blanket or covering in a sealable container or closable plastic bag. The container must be used to transport the blanket/covering to and from the designated work area.
- As much as possible, clinic models will be asked to limit movement within the facility.
- Water dispensers will not be available:
 - Clinic models may not bring water bottles or beverage containers into the Soma Institute.
 - Students may store a water or beverage container in approved locations and may only access and use on approved breaks.
- Restrooms are available to others who interact in the building and should be treated with additional care to minimize risk.
- Restroom door knobs/locks will be cleaned many times throughout the day to minimize risk exposure.
- Hand washing and sanitizing signage is posted in restrooms to encourage good washing practice and standards.
- Hand sanitizer use is encouraged at any time contact is interrupted by touching anything not directly involved in the exchange.
- The student will sanitize their hands whenever they contact something other than the clinic model, linens or table.
- After models leave, the student will clean and disinfect equipment and the facility followed by airing out the space to minimize chemical odor. (See Protocols-StudentInstructor.pdf "*Protocols for Maintaining a Clean and Safe Environment*")

Payment Processing:

- As much as possible, model appointment payments should be processed via credit card stored online with Square, the Soma Institute's card processing service. Clinic models will be instructed on set up.
- Clinic model payments will still be accepted via cash or check. To limit handling, models will be instructed to bring cash payment in an envelope with name and date printed on the outside.
 - Payment will be handed to the student.
 - The student will place payment in a sealed container.

Notification of COVID-19 Exposure:

- In the event a model discovers they have contracted COVID-19 or have been in contact with someone with COVID-19, they are to notify the Soma Institute immediately by:
 - **Calling (360) 680-3053 and email clinic@soma-institute.org with details.**
- The Institute will immediately notify all other students, instructors and models who may have been exposed relative to that model being in the clinic.
- In the event a student discovers they have contracted COVID-19 or have been in contact with someone with COVID-19, they are to notify the Soma Institute immediately by:
 - **Calling (360) 680-3053 and emailing clinic@soma-institute.org with details.**

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[Notification of COVID-19 Exposure continued.]

- In both situations noted above the Institute will duly notify health authorities and documented response protocols will be followed.
 - The Soma Institute has documented response protocols to determine notification, degree of risk relative to exposure, and criteria for return to work with exposed/infected individuals.
 - *Exposure does not equal contamination/infection* – duration, proximity, and adherence to safety protocols (distancing, use of PPE, hand hygiene, etc.) determine whether exposure is high or low risk with respect to contracting Covid-19
 - High risk is determined as exposure for greater than 15 minutes at distances of smaller than 6 feet and/or non-use of PPE.
 - Any confirmation of Covid-19 infection will result in notification of all parties that may have been exposed.
 - All parties will be apprised of risk level to themselves and the Institute/facility and will be provided with guidance on next steps for themselves and the Institute/facility.
 - Individuals who have had high risk exposure will not be allowed to attend the Institute until requirements for safe return have been met.
- If health authorities request model or student contact information, it will be provided (as allowed by HIPAA relative to medical emergency situations). If a model does not wish their information to be included they are to notify the Institute at the time exposure notice is delivered and prior to the Institute reporting to health authorities.
- In the chance of an exposure, the Soma Institute will provide clinic models further guidance. In addition the student and Institute will implement appropriate sanitation protocols.

Surge Capacity Monitoring:

Per regulation, the Soma Institute will check the Washington State Covid-19 Data Dashboard daily to ensure no new large outbreaks of COVID-19 have occurred in King County and that the surge capacity (percent of available hospital beds at any given time) remains above 20%.

- If the surge capacity goes below 20% in King County, The Soma Institute will close per the Governor's Guidelines in Proclamation 20-24.1.
- All parties participating in the student clinic will be notified of closure.
- The Institute will resume clinic sessions when it is again possible to reopen while remaining compliant with the Governor's proclamation and the WA State Health Department.