

Soma Institute of Structural 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, clinic model and instructor for the duration of each session.
- Clinic models are required 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.
- Instructors and Students are required to wear a second outer mask during each session. Student secondary masks will be changed between sessions.
- Teachers, Students and 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 and face cradle. After use, the table and all accessory equipment will again be cleaned and disinfected.
- Thorough hand washing is done before and after each session. Paper towels are used on knobs and doors when transitioning between the restroom and the workspace.
- A high quality HEPA air filter is in use each day. Filters used are rated for clearing minute virus size particulates.
- 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, 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.

- 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.
- 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.
 - A maximum of 36-24 hours prior to each model session, the clinic model is expected to complete a Wellness Screening questionnaire. Entrance to the facility will be denied unless the health screening has been completed.
 - 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.
- 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 requested to bring their own blanket or covering.
- 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 outside.
- 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*")

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) 680-3053x3 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) 680-3053x3 and emailing clinic@soma-institute.org with details.**

- 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 and criteria for return to work with exposed/infected individuals.
 - 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.
- 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.
- The Soma Institute will follow any Guidelines/Proclamations with respect to operational feasibility. Students, clinic models and staff will be notified of closures and reopening timelines as needed.