



Reducing the risk from Covid 19 during face-to-face meetings. I'd be grateful if you could read through the following and let me know that you are happy to agree to the following arrangements...

1. You will let me know and not come to a session if you are showing any of the main symptoms of Covid 19 (new persistent cough, high temperature, loss of smell or taste, etc.) or have been in physical contact with anyone who has had a positive test result or shown any of these symptoms over the previous fortnight.
2. You are willing to observe social distancing advice while we are together.
3. I too will cancel our session if I have any symptoms or discover I've had contact with someone who's had symptoms or a positive test result.
4. If we are unable to meet face-to-face for any of the reasons outlined above, I am happy to go ahead with your session via phone or Zoom - or to re-arrange should that be your preference.
5. I will arrange the sessions so that we are sitting 2m apart and I will ensure the heater/fan unit is set so the flow will direct the air in the space between us to the opposite corner of the room. The windows will remain open (even in winter!) – so please do bring coats/jumpers/blankets.
6. I will spray the chair with an anti-bacterial, empty the bin and wipe down surfaces between sessions.
7. To further limit risk I won't be offering refreshments – so please bring a drink with you to the session if you'd like to.

Please feel free to talk to me about any questions/concerns/requests you may have about the information above.

Many thanks, Juliana