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**COVID-19 GUIDANCE FOR KEEPING SAFE AT WOMANKIND**

**Managing the risks of coronavirus exposure in the centre is everyone’s responsibility. The guidance explains the practical measures we all need to comply with in order for us to ensure our building is a safe place to work and access therapy.**

**We are committed to:**

1. Keeping the number of people in our centre to a minimum at any one time. All visits are by appointment only.
2. Regular and frequent cleaning of the centre.
3. Making sure we follow the recommended hygiene measures. We will have hand sanitisers in each of our therapy rooms, as well as at the entrances to our centre.
4. Ensuring our rooms are ventilated. We will keep windows open during sessions, and ventilate rooms between sessions. We advise you to wear warm clothes on colder days.

**We ask you to:**

1. Wash/sanitise your hands to protect yourself and others.
2. Get vaccinated, if you haven’t already done so.
3. Stay at home and cancel your appointment if you develop Covid-19 symptoms. (please be aware these are the same guidelines for your therapist). Get tested and self-isolate if required. If you are well enough to access therapy, we can arrange an online session.
4. Bring and wear your own face mask/covering to wear in the communal areas. Womankind can provide face masks if needed.
5. If you are unvaccinated and attending one of our groups, take a lateral flow test which must be negative before coming into Womankind. If you are unvaccinated, you will also be required to wear a face covering during group therapy sessions.
6. Wait outside and ring the intercom when it is your appointment time. Unless otherwise advised, you will need to arrive no more than five minutes before your appointment and wash/sanitise your hands on arrival. Your therapist will come out to meet you.
7. Bring your own drinking water if required, as we are unable to supply this until the pandemic is over.

**These guidelines are subject to change**

**Updated February 2022**