



## **Therapeutic Sound Association Covid-19 Guidelines 1st August 2020**

As lockdown is beginning to ease in many countries here are a few guidelines for starting/re-starting your case studies and practice (1-2-1) as safely as possible:

- We are not allowed to do any voicework until further notice - if doing Passive Voice
- Send out an email asking your clients if they've had COVID 19 symptoms or been in contact with someone who has had symptoms or been tested positive. Explain that if they have any symptoms not to come for their treatment, to let you know
- Ask your client to wait outside your house/building before the treatment and to text or call to let you know they are there
- It would be a good idea to take your clients [temperature](#) before they enter (here is a link to a monitor - you may be able to find cheaper ones)
- Minimise the number of rooms your client goes into
- Ask clients to bring their own bottle of water to the session
- Wear PPE - we advise a [face shield](#) and gloves
- Anything that touches the client's body (Himalayan bowl for example) needs to be cleaned with antibacterial cleaner before and after each session or use a piece of couch roll between the client and your instrument. If concerned do not do bowls on the body
- Do not put a covering on your couch and wipe down the couch between each use. Put couch roll on the pillow and replace it every time
- Ask your clients not to touch the instruments
- Clean all door handles and surfaces touched by the client after the session including the toilet if this was used