

Social Distancing & Clinic procedures:

We are following the guidelines of the Government and the Massage therapy Association (CMTA). We have implemented the following:

Prior to a treatment: a pre-Screening quiz must be completed. Either on the phone, or via a link on this webpage.

Treatment rooms before and after each treatment, the rooms are cleaned and disinfected. **When not in use**, bathrooms and treatment room doors are locked to avoid anyone contaminating the space.

Scheduling: We will continue with 15 to 30 minutes between each client to clean and prepare.

Clients are requested to wash/sanitize hands upon arrival and wear a mask in a face up and side lying positions. We have masks if you need along with hand sanitizer at the front entrance.

Disinfectant: We continue to use Cavicide as our main contaminant cleaner since 2008. (Hospital grade cleaner)

Separate lotion bottles: 6 rotating bottles of lotions for each room are cleaned & decontaminated. A different bottle is used for each client then sent to be cleaned/ decontaminated.

Therapist wears a mask and gloves(as usual) and may have a face shield. After each client scrubs/disposable gowns are changed hands and arms washed.

Entrance door : We have a touchless sensor that will automatically open the door ...just wave your hand over the switch (If you are not feeling comfortable we also have our secondary manual entrance left side of the clinic)

Bathrooms are cleaned after each use and the person who uses the bathroom is the only one allowed to use it until they leave the building or until it is cleaned. (This is to avoid any cross contamination).

What you should know

- Surfaces frequently touched with hands are most likely to be contaminated. These include doorknobs, handrails, elevator buttons, light switches, cabinet handles, faucet handles, tables, countertops and electronics.
- We don't know exactly how long the virus causing COVID-19 lives on different surfaces. However, evidence suggests it can live on objects and surfaces from a few hours to days, depending on the type of surface.

Choose a product that cleans and disinfects

- When cleaning and disinfecting public spaces, choose products that clean and disinfect all at once (e.g., premixed store-bought disinfectant cleaning solutions and/or wipes when available).
 - Cleaning with soap (or detergent) and water lowers the number of germs on surfaces. Cleaners don't necessarily kill germs, but cleaning can remove germs and lower their numbers. This can play a role in reducing the risk of spreading infection.
 - Disinfecting products kill germs on surfaces using chemicals.
- We Use only [approved hard-surface disinfectants](#) that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada. If an approved disinfectant isn't available due to supply issues, use a [diluted bleach solution](#).

Create a cleaning and disinfecting procedure

Business owners and operators of community settings should develop or [review protocols and procedures for cleaning and disinfecting public spaces](#). They should:

- be aware of [occupational health and safety requirements](#)
- know and meet the requirements under the [Workplace Hazardous Materials Information System \(WHMIS\)](#) about hazardous products in the workplace
- have or establish processes for cleaning and disinfecting the site, including precautions for if an employee or visitor develops [COVID-19 symptoms](#)

This will help determine where improvements or additional cleaning and disinfecting may be needed.

The following directions will help prevent the spread of infection.

- Clean surfaces before using disinfectant.
- Read and follow manufacturer's instructions for [safe use of cleaning and disinfection products](#) (e.g., wear gloves, use in well-ventilated area, allow enough contact time for disinfectant to kill germs based on the product being used).
- If using gloves, wash hands with soap and water for at least 20 seconds after removing gloves. If soap and water aren't available, use an [alcohol-based hand sanitizer](#) containing at least 60% alcohol.
- Damp cleaning methods (damp clean cloths and wet mops) are preferred over dry methods (dusting and sweeping). Damp methods of cleaning are less likely to distribute virus droplets into the air.
- Put used disposable cleaning items (e.g., mop heads, cloths) in a lined garbage bin before disposing of them with regular waste. Reusable cleaning items can be washed using regular laundry soap and hot water (60-90°C).
- In addition to routine cleaning and disinfecting, surfaces that are frequently touched with hands should be cleaned and disinfected more often, as well as when visibly dirty.
- Shared spaces such as kitchens and bathrooms should also be cleaned and disinfected more often.

- Follow the manufacturer's instructions for cleaning regularly used electronics like keyboards, tablets and smartboards. If electronics can withstand the use of liquids, disinfect them with 70% alcohol, like alcohol prep wipes.

OUR CLEANING & DISINFECTING PROCEDURES:

BATHROOM 1 (MAIN FLOOR)

DEEP CLEANING: Cleaning & disinfecting all surfaces & areas within facility

- FLOOR
- WALLS
- DOOR & DOOR HANDLE
- 2 NO TOUCH DOOR OPENERS
- EMERGENCY BUTTON
- MIRROR
- SINK, FAUCET HANDLE, COUNTER TOPS
- HAND SANITIZER DISPENSER
- PAPER TOWEL DISPENSER
- TOILET & TOILET PAPER HOLDER
- TRASH CANS
- SOAP & SANITIZER BOTTLE
- SHELVES & ALL DECORATIVE OBJECTS
- STRAIGHT GRAB BAR
- LIGHTSWITCH, AIR VENTILATOR SWITCH
- CLOSET DOOR & HANDLE
- RADIATOR & ELECTRICAL OUTLETS

HIGH TOUCH CLEANING: High touch surfaces and areas are cleaned & disinfected more frequently.

- MIRROR
- SINK FAUCET & HANDLES, COUNTER TOPS
- HAND SANITIZER DISPENSER
- DOOR & DOOR HANDLE
- NO TOUCH DOOR OPENER
- EMERGENCY BUTTON
- TOILET & TOILET PAPER HOLDER
- SOAP & SANITIZER BOTTLE
- PAPER TOWEL DISPENSER
- STRAIGHT GRAB BAR
- LIGHTSWITCH, AIR VENTILATOR SWITCH
- CLOSET DOOR & HANDLE

CLEANING & DISINFECTING PROCEDURE:

BATHROOM 2 (TOP FLOOR)

DEEP CLEANING: Cleaning & disinfecting all surfaces & areas within facility

- FLOOR
- WALLS
- DOOR & DOOR HANDLE
- MIRROR
- SHOWER STRAIGHT GRAB BAR
- SHOWER (GLASS DOORS, SHOWER FAUCET, HEAD & HANDLE)
- SINK, FAUCET HANDLE, COUNTER TOPS
- HAND SANITIZER DISPENSER
- PAPER TOWEL DISPENSER
- TOILET & TOILET PAPER HOLDER
- TRASH CANS
- SOAP & SANITIZER BOTTLE
- STRAIGHT GRAB BAR
- LIGHTSWITCH, AIR VENTILATOR SWITCH
- RADIATOR & ELECTRICAL OUTLETS

HIGH TOUCH CLEANING: High touch surfaces and areas are cleaned & disinfected more frequently.

- MIRROR
- SHOWER (GLASS DOORS, SHOWER FAUCET, HEAD & HANDLE)
- SINK FAUCET & HANDLES, COUNTER TOPS
- HAND SANITIZER DISPENSER
- DOOR & DOOR HANDLE
- TOILET & TOILET PAPER HOLDER
- SOAP & SANITIZER BOTTLE
- PAPER TOWEL DISPENSER
- STRAIGHT GRAB BAR
- LIGHTSWITCH, AIR VENTILATOR SWITCH

CLEANING & DISINFECTING PROCEDURE:

ROOM 1 (MAIN FLOOR)

DEEP CLEANING: Cleaning & disinfecting all surfaces & areas within facility

- FLOOR
- WALLS, WINDOW & BLINDS
- DOOR & DOOR HANDLE
- MIRROR
- SWITCHES (LIGHT, VOLUME, AIR CONDITIONER, ERV)
- SPEAKER, CLOCK
- HAZARD WASTE BIN & TRASH CANS
- DRESSER, TABLE
- CHAIRS & ROTATING STOOL CHAIR
- GLOVE & TISSUE COMPARTMENT
- RADIATOR & ELECTRICAL OUTLETS
- MESSAGE TABLE (SHEETS, HEADREST CUSHION, BOLSTERS, PILLOWS, TOWELS)
- ULTRASOUND MACHINE, TABLE & EQUIPMENT
- ENERGY RECOVERY VENTILATION (ERV)
- DUCTLESS AIR CONDITIONER
- RADIATOR, ELECTRICAL OUTLETS

HIGH TOUCH CLEANING: High touch surfaces and areas are cleaned & disinfected more frequently.

- MIRROR
- DOOR & DOOR HANDLES
- SWITCHES (LIGHT, VOLUME, AIR CONDITIONER, ERV)
- GLOVE & TISSUE COMPARTMENT
- DRESSER, DRAWERS, TABLE & COUNTERTOPS
- CHAIRS & STOOL
- MESSAGE TABLE & EQUIPMENT

CLEANING & DISINFECTING PROCEDURE:

ROOM 2 (TOP FLOOR)

DEEP CLEANING: Cleaning & disinfecting all surfaces & areas within facility

- FLOOR
- WALLS, WINDOW & BLINDS
- DOOR & DOOR HANDLE
- MIRROR
- SWITCHES (LIGHT, VOLUME, AIR CONDITIONER, ERV)
- SPEAKER, CLOCK
- HAZARD WASTE BIN & TRASH CANS
- DRESSER, TABLES AND DRAWERS (EQUIPMENT INSIDE)
- CHAIRS & ROTATING STOOL CHAIR
- WOODEN TIER SHELF, BASKET, & ALL DECORATIVE OBJECTS (ARTWORK)
- GLOVE & TISSUE COMPARTMENT
- RADIATOR & ELECTRICAL OUTLETS
- ULTRASOUND MACHINE, HYDROCOLLATOR UNIT, TABLE & EQUIPMENT
- MASSAGE TABLE (SHEETS, HEADREST CUSHION, BOLSTERS, PILLOWS, TOWELS)
- ENERGY RECOVERY VENTILATION (ERV)
- DUCTLESS AIR CONDITIONER
- RADIATOR, ELECTRICAL OUTLETS

HIGH TOUCH CLEANING: High touch surfaces and areas are cleaned & disinfected more frequently.

- MIRROR
- DOOR & DOOR HANDLES
- SWITCHES (LIGHT, VOLUME, AIR CONDITIONER, ERV)
- GLOVE & TISSUE COMPARTMENT
- DRESSER, DRAWERS, TABLE & COUNTERTOPS
- CHAIRS & STOOL
- MASSAGE TABLE & EQUIPMENT

CLEANING & DISINFECTING PROCEDURE:

ROOM 3 (TOP FLOOR)

DEEP CLEANING: Cleaning & disinfecting all surfaces & areas within facility

- FLOOR
- WALLS, WINDOW & BLINDS
- DOOR & DOOR HANDLE
- MIRROR
- SWITCHES (LIGHT, VOLUME, AIR CONDITIONER, ERV)
- SPEAKER, CLOCK, ARTWORK
- HAZARD WASTE BIN & TRASH CANS
- DRESSER, TABLES AND DRAWERS (EQUIPMENT INSIDE), COUNTERTOPS
- CHAIRS & ROTATING STOOL CHAIR
- GLOVE & TISSUE COMPARTMENT
- RADIATOR & ELECTRICAL OUTLETS
- ULTRASOUND MACHINE, HYDROCOLLATOR UNIT, TABLE & EQUIPMENT
- MESSAGE TABLE (SHEETS, HEADREST CUSHION, BOLSTERS, PILLOWS, TOWELS)
- MESSAGE CHAIR
- ENERGY RECOVERY VENTILATION (ERV)
- DUCTLESS AIR CONDITIONER
- RADIATOR, ELECTRICAL OUTLETS
- MOBILE FILE CABINET
- COMPUTER, TABLE (MOUSE, KEYBOARD)

HIGH TOUCH CLEANING: High touch surfaces and areas are cleaned & disinfected more frequently.

- MIRROR
- DOOR & DOOR HANDLES
- SWITCHES (LIGHT, VOLUME, AIR CONDITIONER, ERV)
- GLOVE & TISSUE COMPARTMENT
- DRESSER, DRAWERS, TABLE & COUNTERTOPS
- CHAIRS & STOOL
- MESSAGE TABLE, CHAIR & EQUIPMENT
- COMPUTER EQUIPMENT

CLEANING & DISINFECTING PROCEDURE:

MAIN ENTRANCE WAITING ROOM

DEEP CLEANING: Cleaning & disinfecting all surfaces & areas within facility

- FLOOR (MATS & RUGS)
- WALLS
- DOOR & DOOR HANDLE
- WAVE TO OPEN DOOR SWITCH
- DOUBLE SEATING WITH TABLE
- FACE RECOGNITION BODY TEMPERATURE SCREENING
- HANGING PLEXIGLASS BARRIERS
- SINK & TABLE (WATER PITCHER, GLASSES, PLASTIC STORAGE UNITS)
- TRASH CAN
- CREDIT CARD MACHINE & TABLE
- CLEANING & DISINFECTANT PRODUCTS
- CUBE BOOKCASE TABLES
- HUMAN SKELETON MODEL, SCALE
- FIRST AID KIT
- DUCTLESS AIR CONDITION, AIR VENTILATOR, SMOKE DETECTOR, FIRE EXTINGUISHER
- RADIATOR, SPEAKER, ELECTRICAL OUTLETS
- HAND SANITIZER DISPENSER
- STAIRCASE (HANDRAIL & STAIRLIFT RAIL)

HIGH TOUCH CLEANING: High touch surfaces and areas are cleaned & disinfected more frequently.

- MIRROR
- SINK FAUCET & HANDLES, COUNTER TOPS
- HAND SANITIZER DISPENSER
- SWITCHES
- CREDIT CARD MACHINE & TABLE
- HANDRAILS, PLEXIGLASS BARRIER, TEMPERATURE SCREENING
- DOUBLE SEATING WITH TABLE

CLEANING & DISINFECTING PROCEDURE:

TOP FLOOR WAITING ROOM

DEEP CLEANING: Cleaning & disinfecting all surfaces & areas within facility

- FLOOR (MATS & RUGS)
- ALL DOORS & DOOR HANDLES
- SWITCHES
- WALLS
- DOUBLE SEATING WITH TABLE
- HANGING PLEXIGLASS BARRIERS
- MIRROR CLOSET (MIRROR, PRINTER MINI FRIDGE, VACCUM)
- TRASH CAN
- SMOKE DETECTORS
- GLOVE & TISSUE COMPARTMENT
- GYM EQUIPMENT
- DUCTLESS AIR CONDITION, AIR VENTILATOR, SMOKE DETECTOR, FIRE EXTINGUISHER
- RADIATOR, SPEAKER, ELECTRICAL OUTLETS
- HAND SANITIZER DISPENSER
- STAIRLIFT SWITCH
- CUBE BOOKSHELF & EQUIPMENT
- WIFI MODEM & FLOATING WALL SHELF
- FOLDING ROLLATOR WALKER
- EXIT SIGN

HIGH TOUCH CLEANING: High touch surfaces and areas are cleaned & disinfected more frequently.

- MIRROR
- HAND SANITIZER DISPENSER
- SWITCHES
- HANDRAILS, PLEXIGLASS BARRIER
- DOUBLE SEATING WITH TABLE
- ALL DOORS & HANDLES
- GYM EQUIPMENT

5. Make sure all garbage bins are lined with garbage bags
6. Turn off lights in all rooms
7. Disconnect the wire for the temperature scanner from the unit
8. Turn off the sonos system
9. Turn off clinic ERV system (found in bathroom 1 storage closet)
10. Lock the front door using key

CLINIC CLEANING PROCEDURES:

1. Before any cleaning & disinfecting ensure hands are washed properly, then put on protective gear such as gloves and face mask (gloves can be found in the glove compartment in the waiting rooms and room 1, 2 or 3)
2. Dispose of any waste/garbage in the correct bins
3. All common areas and equipment should be wiped down with wipe cloth using an all-purpose cleaner
4. Where disinfectant is necessary, let the all purpose cleaner dry for 2-4 minutes, before using disinfectant
5. Safely dispose any protection gear and non-reusable cleaning material in the waste bin
6. Any reusable cleaning cloths should be put in the washer for cleaning (separated from other materials)