



Jo Caiger
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24th September 2021

Risk Assessment: Covid-19 – face-to-face counselling in line with current government and professional guidelines

Site Address: Thame Talking Therapies, The Sanderum Centre, 30A Upper High Street, Thame, OX9 3EX

Next Review Date: After significant change which requires necessary adjustments

In line with our responsibility to protect practitioners and clients, Thame Talking Therapies has created and reviewed the below risk assessment to identify the known risks relating to Covid-19, consider controls and mitigation based on current available UK government guidance. We will monitor government guidelines continually as the situation evolves and implement changes to existing controls wherever necessary. This risk assessment will be formally reviewed when any such changes occur.

This risk assessment has been constructed to protect our clients and practitioners entering our therapy room at The Sanderum Centre as far as is reasonably practical.

This risk assessment has been written adhering to current government guidelines.

“Practitioners” are Jo Caiger, Catherine Ghouse and Devi Maybanks

“Clients” are those engaged in therapeutic services with Thame Talking Therapies practitioners

Hazard	Who is at risk?	Control measures	Further controls
Spread of Covid-19	Practitioners Clients	<p>Protection of Vulnerable People</p> <p>Individuals who are extremely clinically vulnerable, practitioner or client, are strongly advised not to attend face-to-face counselling sessions. In addition, those at a higher risk should take extra care in observing social distancing.</p> <p>Self-isolation for symptomatic individuals If anyone, practitioner, or client, becomes unwell with a new continuous cough, high temperature, loss of smell and taste, or any other Covid-19 symptoms. they <i>should not</i> attend face-to-face counselling sessions and should stay at home.</p> <p>If anybody has developed Covid-19 and has attended face-to-face counselling at Thame Talking Therapies (TTT) within the 48 hours prior to either symptoms developing or a positive test, they should contact their practitioner. Practitioners will contact their clients should they develop symptoms or receive a positive test within 48 hours of seeing clients.</p> <p>If clients or practitioners are self-isolating, remote sessions may be offered by arrangement.</p>	Clients who are extremely clinically vulnerable should inform their individual practitioners and suitable and sufficient appropriate arrangements should be made for remote therapy via video or telephone.

Hazard	Who is at risk?	Control measures	Further controls
Spread of Covid-19	Practitioners Clients	<p>Social distancing Thame Talking Therapies (TTT) will continue to arrange the seating in the therapy room to ensure a minimum of 2M distance at all times.</p> <p>Restriction of movement and access Clients to arrive for their appointments on time (not too far in advance of the appointment time) to minimise waiting times and overcrowding in the reception area.</p> <p>Clients to wait in reception area at The Sanderum Centre (TSC) until collected by their Thame Talking Therapies (TTT) practitioner who will accompany clients to and from the therapy room.</p>	<p>Thame Talking Therapies (TTT) can angle chairs in the therapy room away to minimise direct face-to-face contact if appropriate.</p> <p>All visitors to the building are recorded and records retained.</p>
Hazard	Who is at risk?	Control measures	Further controls
Spread of Covid-19	Practitioners Clients	<p>Cleaning Frequent cleaning and disinfecting of objects and surfaces that are touched regularly.</p>	<p>Thame Talking Therapies (TTT) will allow at least 15 minutes between appointments to ensure the therapy room is cleaned and disinfected between clients.</p> <p>To encourage good ventilation in the therapy room, Thame Talking Therapies (TTT) will open the window during and between sessions.</p> <p>The Sanderum Centre (TSC) provide nightly professional cleaning services.</p>
		Handwashing	All occupants in the building are encouraged to adhere to regular handwashing for 20

		<p>Foot-controlled sanitisers have been provided by The Sanderum Centre (TSC) at the entrance to the building.</p> <p>The Sanderum Centre have provided handwashing facilities and supplies in all WCs. Drying of hands with disposable towels (as provided).</p> <p>Thame Talking Therapies (TTT) will provide hand sanitiser in the therapy room.</p>	<p>seconds with water and soap and use the hand sanitiser stations on arrival in reception.</p>
Hazard	Who is at risk?	Control measures	Further controls
Spread of Covid-19	Practitioners Clients	<p>PPE</p> <p>Following professional guidelines, the use of face coverings during therapy should now be considered on a case-to-case basis to ensure the safety of the client and the therapist.</p> <p>Thame Talking Therapies (TTT) are able to maintain a minimum of two-metres distance between practitioner and client in a well-ventilated therapy room to minimise exposure during the session.</p> <p>Although masks are no longer legally required within The Sanderum Centre (TSC), clients and practitioners are encouraged to wear face coverings in areas where social distancing isn't possible, such as reception, corridors, staircases and WC's.</p>	