



Jo Caiger
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5th January 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: 5th February 2021 (or after significant change)

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 utilising The Sanderum Centre's current Risk Assessment Covid-19 document, whilst adhering to the government guidance outlined in "Working Safely during Covid-19 in offices and contact centres. Guidance for employers, employees and the self-employed."

“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 Individuals who are <i>extremely</i> 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 or loss of smell and taste, they <i>should not</i> attend face-to-face counselling sessions and should stay at home.</p> <p>If advised that anybody has developed CV-19, and has recently attended face-to-face counselling at Thame Talking Therapies (TTT) at The Sanderum Centre (TSC), the TSC Management Team will contact the relevant Health Authority to discuss the case, identify people who have been in contact with them and take advice on any actions or precautions, that should be taken</p>	Clients who are <i>extremely</i> clinically vulnerable should inform their individual practitioners and suitable and sufficient appropriate arrangements should be made for remote therapy via video or telephone.
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Spread of Covid-19	Practitioners Clients	Social distancing	The Sanderum Centre have provided continual reminders of the importance of

		<p>The Sanderum Centre (TSC) have implemented floor signage throughout the building to comply with the 2M rule.</p> <p>Thame Talking Therapies (TTT) have arranged the seating in the therapy room to ensure compliance with the 2M rule 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 until collected by their Thame Talking Therapies (TTT) practitioner who will accompany clients to and from the therapy room.</p>	<p>social distancing, both in the building and outside of it. Signage and posters are displayed at eye level, to act as a reminder about 2M distancing.</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. Visitors must sign in</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. Particularly in areas of high use, such as door handles, light switches, chairs etc. using appropriate cleaning products and methods</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>

		<p>Handwashing 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>	All occupants in the building, needs to adhere to regular handwashing for 20 seconds with water and soap
Hazard	Who is at risk?	Control measures	Further controls
Spread of Covid-19	Practitioners Clients	<p>PPE Following guidance from the BACP, the use of face coverings is now appropriate for clients receiving therapy face to face, to ensure the safety of the client and the therapist.</p> <p>Although Thame Talking Therapies (TTT) are able to maintain the two-metre distance between practitioner and client in the therapy room, there may be increased risk to practitioner and client due to the face to face position and prolonged exposure of a therapy session.</p> <p>With regards to social distancing mitigation (“two metres, or one metre with risk mitigation where two metres is not viable), mitigation requires the use of a face mask (type 2 surgical) in addition to a</p>	

		<p>clear visor that covers the face, when the two metre distance cannot be maintained.</p> <p>Practitioners and clients will now therefore be required to wear a face covering during face to face counselling sessions. There are exceptions to the use of face coverings for certain individuals – this can be discussed with your practitioner.</p> <p>Heating + cooling within offices**It is recommended by industry specialists to use air conditioning units on the lowest fan settings. It is also recommended to turn off units once the room is cool. Natural ventilation is the best possible means i.e. open windows.</p>	
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