



COVID-19 Safety plan

At TC Lifestyle Rehabilitation Centre, your health and safety is of utmost importance to us. The following guidelines have been implemented:

1. **Restriction of entry.** If you're feeling ill, you must stay home. There are no exceptions to this rule. If you have been required to self-isolate, you will also be denied entry. We will happily reschedule your visit when it is safe to do so.
2. **Clean your hands.** All individuals who enter the clinic will be required to wash their hands before and after their session. Please follow hand washing guidelines.
3. **Cleaning policy.** At TC Lifestyle, cleaning policies and procedures will be routinely implemented. Areas of risk have also been identified and will be routinely cleaned and disinfected.
4. **Cover your cough or sneeze into your elbow.** Please use extra precaution to avoid external contact of any bodily fluids.
5. **Make spaces safer.** Plexiglass has been added to our front desk. We also will limit the number of individuals entering the treatment space during your session as much as possible. Signage to assist with following guidelines has also been posted.
6. **Practice physical distancing.** Stay 2 metres apart from all individuals in the clinic. As therapists are sometimes unable to treat and maintain physical distancing, therapists will be wearing personal protective equipment.

Each client's individual risk will be routinely screened and discussed for your safety and comfort level. We appreciate any feedback you may have.

As these are unprecedented times, we reserve the right to modify these policies at any time.

Thank you for your cooperation!