



COVID 19 updated health and safety policies and procedures

Healthy Happy Soul Therapy (HHST) follow the requirements of Health Department of Australia and Health & Safety Policies and Procedures of the venues where HHST are. Clients need to take own responsibility for yourselves to abide the condition of entry and keep a physical distance from others. Please check the websites of the venue where you are going to attend a session or an activity for update.

Health Happy Soul Therapy (HHST) COVID 19 Health & Safety Policies and Procedures

Our priority is minimise the spread of COVID-19 to protect and safeguard our community.

Therefore everyone must adhere to the policies and procedures of the center where you are going to attend as a condition of entry. Please check the websites of the venues where you attend session or activity for update.

HHST practitioners must:

- ✧ Complete the COVID 19 training by NSW health:

<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-controltraining>

- ✧ Abide by the restrictions of COVIS 19 and follow the rules for gatherings in NSW.

(<https://www.nsw.gov.au/covid-19>)

- ✧ Abide health and safety policies of by centers/venues where HHST holds for session / activity.
- ✧ Limit number of people in each session. In June, HHST only offer one clients or a couple clients in each session. A Small group session might start from July with limited number of people for each session. HHST will follow the update of the rules of NSW to decide how many people for one session.

- ✧ All therapy services only offer with hands off or distance healing.
- ✧ Yoga mats will spray or wipe after each time use.
- ✧ Stop to offer eyes mask, pillow, cushion and blanket. If offer blankets, each blanket will be only use once on the day.
- ✧ Wash hands after each session and provide hand sanitizer in the room.
- ✧ Use on line booking or tap (cashless) to reduce contact.
- ✧ Leave windows open during session and the day, if there are windows in the room.
- ✧ Spray space after each session.