

The T&T College of Therapeutic Massage and Beauty
Culture Limited

MASSAGE AND BODYWORK

Guidance for Massage

Students

with COVID-19

Considerations

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GUIDANCE FOR

Massage Students

The outbreak of COVID-19 disrupted colleges, universities, and vocational programs across the world. Now, as other countries begin to lift stay-at-home orders, schools are preparing their campuses for the return of students in communities where COVID-19 is still present.

The guidance offered here is meant to supplement procedures already in place from the Ministry of Education and the Ministry of Health. Schools must adhere to the policies outlined by these governmental institutions.

If a student, faculty or staff member becomes sick with symptoms of COVID-19, or tests positive for COVID-19, ask that person to self-isolate and contact the health department for consultation and guidance.

SCHOOL CLEANLINESS, DISINFECTION, AND DISEASE PREVENTION

Review the section of this document titled Facility Cleanliness, Disinfection, and Disease Prevention. These guidelines apply to the school reception area, retail area, restroom, hallways and stairways, session rooms, specialized spa equipment, the break room, and the laundry area of the student clinic.

In general, and for all areas of your school:

- **Declutter and remove any unnecessary items** from school areas to reduce the daily disinfection burden of wiping surfaces (e.g., magazines, books, bookshelves, knickknacks, candy bowls, tea stations, damaged equipment waiting to be fixed, learning tools that are rarely used, etc.).
- **Organise school areas to promote physical distancing by removing chairs**, spacing chairs 6 feet apart, placing tape in the shape of an X on areas where people should not sit or stand, or by blocking off areas where people may be tempted to congregate. If possible, install a safety plexiglass shield on reception counters as a physical barrier between people when conducting transactions.
- **Encourage students, faculty, and staff to clean and disinfect high-touch surfaces throughout the school day with an EPA-registered disinfectant.** High-touch surfaces include door handles, counters, tabletops, pens used to complete paperwork, dry erase markers, clipboards, bones and skeletons used as learning tools, desks, light switches, phones, and keyboards.
- **Ventilate areas of the school** to the degree possible by opening doors and windows to circulate fresh air and by using HEPA air filtration systems when they are available.
- **Make alcohol-based hand sanitiser easily** accessible throughout the facility and encourage students, faculty, and staff to wash and sanitise their hands regularly.
- **Make tissues and no-touch trash cans available** for the practice of respiratory hygiene and cough etiquette.
- **Encourage students, faculty and staff to wear their own face masks to the facility.** Provide surgical or other disposable face masks to those without a face covering upon arrival.
- **Place signs** at eye level to educate students, faculty, and staff about respiratory hygiene and cough etiquette, hand hygiene, symptoms of COVID-19, and physical distancing.

- **Clean floors at the end of the day** by mopping hard floors with an EPA- registered floor cleaner. Vacuum carpeted floors using a vacuum cleaner with a HEPA air filter if one is available. Wear a face mask and vacuum when there are no people in the space (vacuums can disperse respiratory particles into the air).
- **Purchase cleaning products and EPA-registered disinfectants to meet the cleaning needs for your school.** Make disinfection products readily available to promote regular high-touch surface decontamination.
- **In lecture rooms where students sit at desks or tables, promote physical distancing** by removing chairs, spacing chairs 6 feet apart, placing tape in the shape of an X on areas where people should not sit or stand, or by blocking off areas where people may be tempted to congregate. Students must wear masks during lectures.
- **Delineate lecture or teaching space for instructors that reminds students to maintain their physical distance.** Unmasked instructors must maintain 6 feet physical distancing from students. Identify areas where teachers can talk with students privately while maintaining physical distance.
- **In classrooms where students exchange massage and bodywork, place tape on flooring to indicate where massage tables are located.** Plan 10 feet of space between places where students stand while giving massage and the next massage area to allow movement around the table and avoid encroachment upon nearby peers.
- **Students should place their personal items on their own desk/table or designated area (e.g., locker).** Be sure locker assignments support physical distancing. Institute a regular schedule for emptying and disinfecting lockers.

CLASSROOM POLICIES AND PROCEDURES

These updates and changes to standard massage policies and procedures aim to decrease health risks while COVID-19 is present in communities.

- **Both the student acting as a client and the student acting as a practitioner must wear a face mask for the duration of the massage exchanges.**
- **To reduce risk, students acting as massage practitioners should wear a mask while giving massage to classmates and clients in the student clinic.** Masks are removed at the end of a class or student clinic shift and placed in a breathable paper bag for 24 hours. COVID-19 lasts on respirator mask

surfaces for 17 hours. This practice ensures that students have a sanitary mask to wear to each massage exchange class or student clinic shift.

- **Encourage and reinforce proper hand hygiene, proper respiratory hygiene and cough etiquette, ongoing physical distancing, and attention to disinfection of high-touch surfaces and surfaces potentially contaminated during massage exchanges.**
- **The CDC suggests that COVID-19 infected respiratory droplets can be dispersed when people talk.** For this reason, ventilate student clinic session rooms and student classrooms to the degree possible or run HEPA air filtration units.
- Remind students that they should **not shake soiled linens, but should wash linens promptly in hot water with detergent and dry them with heat. Students must bring freshly laundered linens to classes.**
- **During massage exchange classes, remind students to bring an extra set of clothing to wear after classes.** Students should change their clothing and place contaminated clothing in a leak-proof trash bag for transport home. Remind students to only remove this clothing from the trash bag when they are ready to wash it and to wash their hands demonstrating proper hand hygiene after handling potentially contaminated linens.
- **Discuss lenience on attendance policies, student sick leave, and online makeup work with the Ministry of Education and accreditation agencies.** Develop make up work that students can finish to maintain their grades should they become sick with any illness and need to self-isolate or await COVID-19 testing.

Students at High Risk

While information is still limited, the CDC indicates that these underlying conditions place people at higher risk for severe illness from COVID-19:

- People 65 years or older
- Chronic lung disease
- Moderate to severe asthma
- Heart conditions
- Severe obesity (body mass index of 40 or higher)
- Diabetes
- Chronic kidney disease

- Liver disease
- Compromised or suppressed immunity

Unless otherwise directed by the student's primary healthcare provider, students at higher risk of severe illness from COVID-19 should take a leave of absence while the virus is present in their communities. If they choose not to take a leave of absence, schools should obtain student's written informed consent that they understand they are at high risk and wish to continue with their classes anyway.

Self-Monitoring for Signs and Symptoms of COVID-19

- **Students, staff, and faculty should self-monitor** for the signs and symptoms of COVID-19 every day.
- **Take your temperature before the workday and then again in the afternoon** (when viruses tend to spike temperature).
- **COVID-19 causes a wide range of symptoms.** Treat any new symptom as suspicious. The most common symptoms are mild cold or flu-like symptoms, especially a cough, sore throat, and shortness of breath.
- Should a school community member develop a temperature or symptoms of illness, **they should stay home from school and self-isolate for 14 days** or seek to obtain COVID testing so that they can be cleared of infection and return to school.

Changes to Student, Faculty and Staff Arrival Procedures

- **Students, staff, and faculty line up at the front door**, maintaining 6 feet of distance between them.
- **Ask each arriving person if they have developed cold or flu-like symptoms** or other symptoms suggesting illness. If anyone has a fever or has developed symptoms, they are sent home.
- **Confirm that each arriving person is wearing an acceptable face mask** or provide them with a disposable face mask.
- Ask each arriving person to **sanitise their hands upon arrival.**

References & Resources

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