

## **Hydro-ease Dundonald– Social Distancing & Corona Cleaning Protocols and Procedures 2020**

Here at Hydro-ease we take hygiene, cleanliness, and your safety very seriously which is why we have adhered some additional measures relating to sanitising and social distancing to make sure you can float in confidence with minimum disruption.

We are back fully operational offering one to one and float sessions

Since 2018 we have used Hospital Grade disinfectant/Sanitiser and will continue to do so. We are now also providing hand sanitiser. It is nontoxic, environmentally friendly, safe and human body compatible; this will achieve a 99.995% reduction in bacteria in less than 30 seconds.

***Please adhere to social distancing and hygiene measures whilst in the centre, thank you.***

**You are welcome to wear a facemask whilst in public areas at the centre, our staff will do the same. Unfortunately, we will not have any masks available for the public at the centre but it is strongly advised to bring your own.**

### **The Centre**

We will be following The Public Health advice with regards to cleaning in non-healthcare settings as well as going above and beyond what is expected of us

**<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>**

We are also following guidance from health experts at the **Floatation Tank Association**, they are global experts on Floatation Therapy.

- Upon entering please keep a distance of 2 metres between you and the staff member
- Hand sanitiser will be available as you walk in the building and near the bathrooms, please use as frequently as you like
- All staff will have their temperature taken with a temperature gun upon arrival for work
- All staff will wear masks when dealing with clients
- All touch points in the waiting area, bathrooms, float rooms, therapy room, and relaxation area including all door handles will be cleaned between clients using Hospital Grade sanitiser. It is nontoxic, environmentally friendly, and safe
- We have 1 bathroom (Max 4 clients on site at any one time, ie. 2 people floating, 2 people in relaxation area, maximum of 2 clients in the public space at any one time.
- Staff will have minimal contact with clients and from a safe distance of 2 metres
- Clients requested to call on arrival and be invited into the centre when safe to do so

## **Floatation Cabins**

Firstly, we would like to re-assure you that Covid-19 is not a waterborne disease. There is no evidence that the virus that causes COVID-19 can be spread to people through the water in pools, hot tubs, spas, or water play areas. <https://www.cdc.gov/coronavirus/2019-ncov/php/water.html>

In addition to this, the Floatation Cabins have the following features for water filtration and sanitation. The water is filtered between float sessions for a period of 15 mins, it will also filter for 15 minutes every hour when not in use, including overnight

- Each Float Cabin contains 500kg of Epsom Salt in 1000 litres of water. Floatation cabin water contains an extremely high concentration of epsom salt; between 25-40% (weight/volume or w/v). This is near the saturation limit of Mg<sub>2</sub>SO<sub>4</sub>, which is 30% at 20°C. High salt concentrations cause water to leave the cell, and it is this osmotic pressure that inhibits microbial growth and reproduction
- We work alongside IOTA (Portadown) to support us in the identification, assessment and management of the biological risks emanating from water (Our certificate of water analysis can be viewed in our centre and on our website)
- Our float cabin water passes through a 1-micron filter, which is picks up any human or environmental debris to an incredible 100 times smaller than a human hair
- Sodium hypochlorite is added to the water twice a day to ensure there us free chlorine, meaning it helps break down the bits of microorganisms that are left after they have been inactivated, this is to maintain a high standard of hygiene levels
- The inside and outside of the float cabins, inside surfaces, buttons and handles will be sprayed with sanitising Disinfectant. There will be a gap of 45 minutes between float sessions to allow for a deep clean

## **Float Sessions**

Please note the following with regards to float sessions

**Do not wear facemasks whilst floating, the cabins and float environments are deep cleaned between each session**

- Each float session will last 60/90 mins, there will be an additional 45 mins between float sessions to allow for cleaning and next inductions.
- For new clients, the online waiver forms which includes our 'Precautionary Coronavirus Liability Form' must be completed prior to arrival
- All payments will be taken before the float sessions
- The 'Precautionary Coronavirus Liability part of the Form' must be completed by all returning clients prior to arrival and each Float Session until such time as it is deemed not necessary
- New inductions will be viewed online via a video which can be watched on your phone at home or in the waiting area if circumstances allow it

- Staggered starts and staggered inductions if needed for each float client if clients have not travelled together. There will be a gap of 10 mins between inductions and start times, so the risk of clients being in proximity is greatly reduced.
- You will have 15 minutes to shower and vacate the float room post float, this allows more time for a deep clean in between sessions
- You can use our relaxation room, maximum of 2 people and observing the 2 metre social distancing requirement. Maximum time of 30 mins
- Clients will be able to leave together if they travelled together as a couple (related or friends)
- If clients arrived separately, they would have to leave separately with a 10 minute gap between each client entering the reception area