

Kent MS Therapy Centre

Physiotherapy/Hydrotherapy & Gym Procedures for Members - keeping us all safe during the Covid-19 pandemic

Please arrive 15 minutes before your sessions starts

- When you arrive at the Centre can you please park in the Centre carpark. Stay in your vehicle
- Telephone the Kent MS Therapy Centre on 01227 470 876 to let them know that you have arrived for your session
- The Receptionist will ask a few short questions to establish you are feeling well and not currently displaying any Covid-19 symptoms and confirm if you have your own face mask with you.
- When invited into the Centre for your session, please make sure you have your face mask on before entering the building. Do not bring any non-essential items with you
- On entering the building we will take your temperature using a contactless thermometer
- You will then be directed to the Sanitisation Station located in the Reception area to sanitise your hands
- The therapist will call you forward and ask you to follow the floor markers to your session
- If required, toilets are available for use in the Gym and Hydrotherapy Pool areas. Wash hands thoroughly after use.
- Upon exiting your session you will be asked to leave the building whilst maintaining two metre social distancing
- We ask for you to pay for your session upon booking. However, if this is not possible, Reception will accept contactless card machine payments. We are unable to accept cash at present.

What you can bring with you

- You (& your carer if applicable) must bring and wear your own face mask (we can provide a visor if required)
- A water bottle

Physiotherapy & Gym Members

- Be changed ready for your session before you arrive at the Centre

Hydrotherapy & Aqua Yoga Members

- Bring body wash and own towel
- You must shower with body wash fully before entering the pool
- Bring a swimming hat/shower cap
- Walking aides must be left at the Hydrotherapy pool entrance. A Centre walking aide will be provided for you to use in the Hydrotherapy pool area
- Wheelchair users will be transferred into a hoist chair upon entering the Centre. This is to avoid cross contamination of equipment entering the Hydrotherapy pool area
- Pool overshoes must be worn before entering the Hydrotherapy pool
- You can shower after your session and get changed back into dry clothes but please remember to be timely so that we can carry out our cleaning procedures thoroughly before the next member session commences. You will be given 15 minutes to change at each end of your 30 minute session

If you have any questions, please do not hesitate to contact Reception