

# Pursue Health COVID Safe Plan

7<sup>th</sup> August 2020

Updated on 30th October 2020

The following document outlines the measures that have been implemented by Pursue Health Highett, part of the Physiosports Group, to minimise the risk of COVID-19 transmission within our workplace. This document will be updated regularly.

**Business Name:** Pursue Health

**Site Location:** Suite 2, 1104-1106 Nepean Highway, Victoria 3190

**Contact Person:** Steven Whytcross

**Contact Person Phone:** 03 9596 9110

**Contact Person Email:** [steve@physiosports.com.au](mailto:steve@physiosports.com.au)

## Attending Appointments or Work at Pursue Health

- Upon entering the building all staff, patients and others will be required to wear a face mask.
- Upon entering the building all staff, patients and others will be required to sanitise their hands. A touchless sanitising station has been placed in front of the reception desk.
- Upon entering the building all staff, patients and others will be required to have their temperature taken.
- Any person who does not wish to follow the above protocol will be asked to leave the premises.
- Any person who records a high temperature (>37.5) will be asked to leave the premises, self-isolate and be recommended to seek medical advice and/or a COVID-19 test.
- All staff, patients and others have been advised that there will be no penalty for not attendance of work or appointments if they are feeling unwell. Any person who reports feeling unwell will be advised to self-isolate and be recommended to seek medical advice and/or a COVID-19 test.
- Any person who has reported a high temperature or being unwell will not be permitted to enter the premises again until displaying proof from a qualified medical practitioner that they are fit to do so or providing evidence of a negative COVID-19 test.
- All patients will be asked about their health status when booking an appointment and advised of our protocols regarding illness and attendance at the time of the booking.
- All patients attending are recorded in the practice management software. If a patient requires a guardian/carer to attend their appointment with them, the guardian/carer's details will be recorded in the patients appointment notes.
- If a clinical staff members hours change this must be officially recorded in the appointment diary to ensure it is an accurate reflection of attendance at the clinic for contact tracing purposes.



- If an administration or reception staff member hours change this must be officially recorded in SLING with the practice manager to ensure it is an accurate reflection of attendance at the clinic for contact tracing purposes.

### **Social Distancing at Pursue Health**

- Pursue Health has reduced the number of practitioners working per session to 4 clinical staff to reduce patient numbers in the clinic.
- Staff members are not permitted to enter the clinic outside of their allocated team hours.
- Common staff areas at Pursue Health including the staff room/ kitchen have been closed.
- The chairs in the waiting room have been distanced at 1.5m apart and extra furniture removed.
- Patients have been requested to attend only for their designated appointment times and must not enter the clinic more than 10 minutes before their appointment time.
- Patients have been requested to wait outside the clinic or in their car where possible until notified by our staff that their practitioner is ready to start their appointment.
- Markings have been placed on the floor at reception for patients to stand on that are 1.5m apart.
- No other person except the practitioner and patient will be able to attend a Face to Face consult in the clinic. An exception can be made for minors and people that require care/translator to attend their session.

### **Exercise Spaces at Pursue Health**

- As of the 8th of November 2020 we will commence supervised exercise classes in our designated exercise area as authorised by the DHHS:
- All clients entering the building must scan their smartphone with the appropriate QR code at front door.
- The Gym/Pilates Area is approximately 80m<sup>2</sup>.
- The maximum number of people in a class will be 2 clients and 1 practitioner
- We will adhere to the 8m<sup>2</sup> space per person for indoor training outlined by the DHHS
- There will be no more than a total of 8 people in the space at one time. This will consist of one 2-1 class and up to two 1-1 sessions at the same time
- Each Client will be assigned specific pilates or gym equipment that they will use during the session. Each piece of equipment will be cleaned using a solution of at least 70% ethanol at the conclusion of use.
- Client details will be taken for each class and notes will be written in accordance to our Allied Health protocols
- Masks will be worn at all times by practitioners and clients.
- Clients are not permitted to enter the spaces without the practitioner present.
- Clients must wait for the practitioner in reception/their car/outside prior to commencing the session.
- The session must be booked on the diary and the gym/studio reserved by the practitioner on the practice diary for the corresponding time.



### **Hygiene at Pursue Health**

- All common surfaces will be cleaned (with the products recommended by DHHS) a minimum of every 4 hours. This includes hand railings, door handles, the reception desk, waiting room chairs, bathroom surfaces.
- Clinical staff will clean all common surfaces in the treatment room after each consult including beds, desk, door handles and chairs and any equipment used during the appointment (with the products recommended by DHHS).
- Clinical staff will wash and disinfect their hands between every consultation at a minimum.
- Hand sanitiser has been placed in reception and every treatment room and space in the clinic.
- Perspex screens have been installed on the front desk at reception.
- All payments will be contactless. Cash payments are not accepted.
- All magazines and marketing material have been removed from the patient waiting areas.
- Clinical staff are not to hand any paper products to patients. All communications will be electronically delivered.
- All products available for sale have been placed behind the reception desk or in storage to minimise contact.
- The appropriate cleaning materials have been supplied in all treatment rooms, common spaces and reception.

### **Working at Pursue Health**

- All administration staff that are not involved in patient interaction are required to work from home.
- All staff will be issued a Permitted Workers Permit that must be carried at all times during the Stage 4 lockdown period. This permit allows you to travel to and from work for your allocated shifts. Responsibility for carrying the permit lies with the employee. The business accepts no liability for any penalties incurred by the staff member for failure to produce their permit upon request from the relevant authorities.
- Wherever possible the reception roster will be reduced to the minimum requirement to minimise contact time between staff.
- Any staff member that does not feel comfortable attending work in the current environment is able to take leave or stand down at any time without prejudice.
- Clinical staff members who wish to work from home will be provided with access to Telehealth software to enable remote consults.
- All staff are required to wear a surgical mask at all times within the building. These masks should be changed every four hours or if they become damaged, soiled or damp.
- All clinical staff are required to wear protective eyewear or shields when consulting patients. These should be changed every four hours or if they become damaged, soiled or damp.
- Clinical staff must work from the space allocated to them for the entirety of their shift. If they are consulting in a different space (i.e. the rehab gym) this must be reflected in the diary.



### **Pursue Health Response to a Positive COVID Case**

- In the instance that a staff member or patient reports a positive COVID test result Pursue Health will immediately notify DHHS and the entire staff of the clinic.
- Pursue Health will then follow protocols as advised by DHHS with regard to
  - patient notification
  - contact tracing
  - business closure
  - deep cleaning
  - business continuity
- If a staff member tests positive then all members within that team will be required to isolate and undertake a COVID test and follow DHHS protocols before returning to work.
- If a patient tests positive then the practitioner/s that was/were in contact with the individual will be required to isolate and undertake a COVID test and follow DHHS protocols before returning to work.

I acknowledge and understand my responsibilities and have implemented this COVID Safe plan in the workplace.



Paul Visentini

30th October 2020