



Email us: tara@seatotree.ca
Talk to us: (250) 888-7408
Visit: <https://seatotree.ca>

Covid-19 Safety Plan

At Sea to Tree Health & Wellness, the health of our clients and ourselves are our first priority. We follow the Public Health Orders, the Worksafe BC Policies and the direction of our individual Associations and Colleges. We will update our policy as needed.

We've made some physical changes around the center in order to comply:

1. Upon entering the office, please put on a mask (provided on the table if you do not have one) and please use the washroom to wash your hands thoroughly or use the provided hand sanitizer.
2. While in the Wellness Centre, masks are mandatory unless you cannot wear them for medical reasons. All rooms without opening windows must have the air purifiers on at all times.
3. Waiting room chairs: we have removed and moved around a few chairs in our waiting room to comply with physical distancing requirements. You may also wait until your appointment time to come in if you would not like to wait in our waiting room.
4. We have provided disposable cups for water/tea use.
5. Hand washing posters; please refer to the poster by our sink for proper hand washing hygiene.
6. We will not be requiring the use of gloves or masks in office as that reduces our ability to connect with clients; however, if you'd like to wear gloves or a mask, we ask that you place it on prior to entering the office.
7. Some of our offices have been reconfigured to ensure the 2-meter (6 feet) distancing requirements between clients and therapists.
8. Booking appointments: all appointments will be spaced out by 15 minutes to minimize cross over with other clients and to allow the office to be thoroughly disinfected between sessions.
9. Clinic cleaning procedures: we will be wiping down all doorknobs, handles, and commonly touched surfaces throughout the day with COVID approved medical grade wipes.
10. After each individual use, an item will be disinfected.
11. Contactless payment options: we are currently not accepting cash or cheque; e-transfer or credit card payments only. We apologize for this inconvenience.
12. We ask that if you are displaying any symptoms, regardless if you believe it is a cold or flu, or possible COVID-19, to **not enter the office and cancel your session**. We will be flexible with our cancellation policy if you come down with cold and flu-like symptoms if you cancel prior to session. However, if you arrive in office without cancelling and you are showing symptoms, we will cancel your session immediately and you will be charged for the session.
13. For Tara Munro Counselling, Virtual Sessions and Eco Sessions continue to be an option and we ask that **only** clients who believe they are low-risk attend sessions in-person or are needing an emergency session. **Once seated, masks may be removed**. All in-person sessions will require a signed Informed Consent for In-Person Services during the Covid-19 Public Health Crisis.