

Consent form – Belén Optimum Health

Physical distancing and hygiene measures

Arrival to the clinic

Note that your appointment is a one-to-one consultation and there is *no interaction with other people except myself*. The Optimum Health clinic is located on the ground floor of a 4-story office building, near the entrance. The entrance hall will be cleared before you arrive for a consultation and appointments will be spaced out as well.

There are *hand sanitizers* available both in the hall and clinic. Toilet facilities are also located on the ground floor and there is another hand sanitizer displayed on the wall near the toilet area.

Craniosacral consultations only

Greetings and initial information gathering will respect physical distancing. During the hands-on session, I will wear a mask and *take a break every 10-15mins*. The room will be well ventilated at all times. Post-consultation, surfaces areas, i.e. desk, chairs, door handle and plinth will be cleaned.

Client's consent

I, _____

confirm that 24 hours prior to the consultation have not experienced some of the common symptoms associated with COVID19 such as fever, coughing, chills, unusual fatigue, unexplained body aches or pains, that I am happy with the above listed measures and consent to a nutritional and/or craniosacral therapy session (please circle what's relevant) for myself or my child,

Signed:

Date: