

# Australian Institute of Kinesiologists Ltd

## COVID-19 Safety Plan

Updated 16 September 2020

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This COVID-19 Safety Plan has been developed to help you create and maintain a safe environment for you, your clients and your associates.

You should read and consider this plan in conjunction with the current COVID-19 Public Health Orders and also manage risks to everyone affected in your practice in accordance with Work Health and Safety Laws. For more information and specific advice go to your state and/or local government website as each state will have specific advice for keeping businesses safe and Safe Work Australia.

The following web resources may assist in keeping you informed:

- [Australian Government](#)
- [Australian Government Department of Health](#)
- [Victorian State Government Department of Health & Human Services](#)
- Australian Government [business.gov.au](http://business.gov.au)
- [How to protect yourself and the people you are caring for from infection with COVID-19: An online training module is available on infection control for care workers across all sectors in preparing for COVID-19](#)
- Government Health COVID-19 Training webinar - [COVID-19 response update for Primary Care and Allied Health Practitioners - 5 August 2020](#)
- [healthdirect Coronavirus \(COVID-19\) Symptom Checker](#): *Answer questions about your symptoms to see if you need to seek medical help or get tested. This tool is available online at any time.*
- [Safe Work Australia](#) (has direct links to state department websites and WHS websites)
- [Safe Work Australia Assessing and managing risks associated with COVID-19](#): video and transcript on the topic
- [Safe Work Australia Template and Example COVID-19 risk register](#): *This document provides a template and example of a risk register to help businesses assess the risks associated with COVID-19.*

REQUIREMENT	ACTION
Prior to appointment - ensure that both practitioner and client are feeling well, have not been exposed to the Coronavirus or anyone who has, or are from a COVID-19 hotspot, and are not exhibiting symptoms: e,g, fever, sore throat, dry cough, reduced sense of smell/taste, fatigue, difficulty breathing, chest pain/pressure.	If either practitioner or client are feeling unwell or exhibiting any symptoms, refer to being tested and self-isolate until results are received.
Take temperature - at the arrival of each client, take their temperature.	In the event of raised body temperature (over 38 degrees C), cease session immediately, refer client for testing and advise to self-isolate until results are received.
Wash and sanitize hands - both practitioner and client wash hands with handwash and warm water for minimum 20 seconds. Dry hands and sanitize with alcohol-based hand-sanitizer.	
Hand towels should be removed and replaced with paper towels for hand washing / drying.	
Face coverings - both practitioner and client to wear mask face-coverings. Shields have been shown to not prevent the airborne particles of coronavirus being transmitted.	
Change table and pillow coverings between client sessions; wipe down table and any other hard furnishings contacted by the client with disinfectant; store used table/pillow coverings in a plastic bag to prevent cross-contamination. Wash before re-use.	
Post-session follow-up- check in with client to ensure that they are feeling well.	If practitioner or client shows any post-session symptoms, refer to be tested and self-isolate until results are received, and postpone further face to face sessions with clients until results are received and negative.
Keep accurate records of client name, phone number, emails of all clients and their session dates and times for tracing COVID-19 infections as necessary.	
Cooperate with state and local health authorities if contacted in relation to a positive case of COVID-19.	
Monitor end follow updates by state and federal authorities in relation to COVID-19 directives and health orders.	