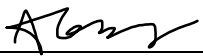


Company name:	Anna Gray Counselling
Assessor name:	Anna Gray
Date completed:	31 January 2022

Location:	Gracelands Yard, 102 Liddell Gardens, London NW10 3TQ
Signature:	
Date for review:	31 May 2022

Scope of assessment:	This assessment covers all activities in relation to face to face therapy sessions, taking place inside and in a designated therapy room. It focuses on the required control measures to prevent the spread of Coronavirus (COVID-19).
Hazard description:	Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus (SARS-CoV-2). 'SARS-CoV-2 is primarily transmitted between people through respiratory particles (droplet and aerosol) and indirect contact through fomite transmission (contact with contaminated surfaces). When someone with COVID-19 breathes, speaks, coughs or sneezes, they release droplet or aerosol particles containing SARS-CoV-2. Aerosol particles can also be released when certain procedures or support treatments are performed in health and care settings. A person can be infected when these particles are inhaled, or come into contact with the eyes, nose or mouth. Transmission risk is highest where people are in close proximity (particularly within 2 metres) and/or in poorly ventilated indoor spaces, particularly if individuals are in the same room together for an extended period of time.' (Source: UK Health Security Agency Coronavirus Guidance , accessed 4/11/2021).
Details of who may be affected:	<ul style="list-style-type: none"> • Therapists • Clients • Vulnerable groups – elderly, pregnant workers, those with existing underlying health conditions • Anyone else who comes into contact with therapist in relation to the activities stated below.

Activity	What are the hazards?	Who might be harmed and how?	Required control measures	Action	Action by who and when?	Done yes/no /ongoing
Face-to-face counselling/therapy	The spread of covid-19	Clients and counsellor	<u>Communication and consent</u>			
			<ul style="list-style-type: none"> • If a face to face session is required, discuss with the client to confirm how the session will be carried out. 	Confirm in writing with clients	AG	Yes
			<u>Hand-washing / sanitation</u>			
			<ul style="list-style-type: none"> • Anti-bacterial gel to be provided to client on arrival • Therapist will wash their hands or sanitise regularly before, during and after each counselling session • Handwashing facilities already exist 	Confirm in writing with clients	AG	Yes
				Confirm in writing with clients	AG	Yes
				Confirm in writing with clients	AG	Yes

Activity	What are the hazards?	Who might be harmed and how?	Required control measures	Action	Action by who and when?	Done yes/no /ongoing
<p>Face-to-face counselling/therapy (continued)</p>	<p>The spread of covid-19 (continued)</p>	<p>Clients and counsellor</p>	<p><u>Cleaning</u></p> <ul style="list-style-type: none"> Therapists to clean touch points or surfaces regularly after each session and at the end of the day Handwashing facilities will be wiped down with antibacterial wipes after each use, bins will be emptied and soap, paper towels and hand sanitiser replenished regularly. <p><u>Shared Equipment /facilities</u></p> <ul style="list-style-type: none"> Client to provide own tissues and refreshments At the discretion of the therapist* Toilet facilities available <p><u>Ventilation</u></p> <ul style="list-style-type: none"> Room to be well ventilated during (if practical and confidentiality can be maintained) and between sessions Comfortable room temperature 	<p>Therapist to wipe touch points with antibacterial or alcohol wipes after each session and the end of the day</p> <p>Therapist to open/close doors for clients to reduce the number of touch points. Consider whether extra/unnecessary touch points need to be removed (e.g. cushions, therapeutic objects etc)</p> <p>Check bins are emptied and paper towels have been replaced by staff at the Yard.</p> <p>Inform client in writing, remove from access before session.</p> <p>Use anti-bacterial wipes to clean down toilet door handles, taps, flush handle, toilet seat/lid and wash hands with soap and water. Display signage listing risk mitigation steps</p> <p>Ensure fresh air is ventilating the room. Check whether filters require replacing in any automated air circulation systems</p> <p>Heating slightly higher than normal to compensate for any open windows</p>	<p>AG</p> <p>AG</p> <p>AG</p> <p>AG</p> <p>AG</p> <p>AG</p>	<p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Yes</p> <p>Ongoing</p> <p>Ongoing</p>

Activity	What are the hazards?	Who might be harmed and how?	Required control measures	Action	Action by who and when?	Done yes/no /ongoing
Face-to-face counselling/ Therapy (continued)	The spread of covid-19	Clients and counsellor	<u>Distancing</u> <ul style="list-style-type: none"> Social distancing to be adhered to at all times If social distancing cannot be adhered to then risk mitigation should be in place 	Consider whether face coverings should be worn at all times unless either or both party have a legitimate exemption	AG	Ongoing
			<ul style="list-style-type: none"> Seating should be placed a minimum of 2 metres apart or at least 1 metre with risk mitigation and should not be directly in line 	Ensure seating is arranged appropriately for each session	AG	Ongoing
			<u>Testing</u> <ul style="list-style-type: none"> Negative Lateral Flow Device (LFD) / lateral flow tests (LFTS) The therapist and client to complete lateral flow test 30 minutes before the session. In case of a positive test result the session is to be cancelled or offered online. 	Confirm in writing with clients Tests completed 30 minutes before session, positive result reported before session (and session cancelled/rescheduled), negative in session	AG AG and client	Yes Ongoing
			<u>Other mitigations</u> <ul style="list-style-type: none"> Face coverings Face coverings may be worn if either party requests to do so or national guidance changes (currently not mandatory). Vaccination status The therapist is fully vaccinated. Client vaccination status is information they can choose to share but will not be requested. 	Confirm in writing with clients Confirm in writing with clients	AG AG	Yes yes
Working in rented premises	Spread of covid-19	Client and counsellor; Others who use the same rented	No one else will be permitted in the dedicated room during sessions apart from the therapist and the client. Request a copy of the premises risk	Ensure others using your premises are aware of risk control measures and know which spaces they must not enter	AG	Ongoing

Activity	What are the hazards?	Who might be harmed and how?	Required control measures	Action	Action by who and when?	Done yes/no /ongoing
Working in rented premises (continued)	Spread of covid-19	premises Client and counsellor; Others who use the same rented premises	assessment and follow actions identified if possible. Contact other users of the premises to ensure they are adhering to the required COVID-19 risk mitigation protocols Others may have been working in room prior to client appointment	Make any necessary amendments to risk assessment if required and inform clients Amend risk assessment to mitigate any transmission risks caused by other users of the premises Air room before use if it has been used by another therapist beforehand	AG AG AG	Yes Yes Ongoing
Working with vulnerable groups	Spread of covid-19 in Vulnerable groups elderly, pregnant workers, those with existing underlying health conditions	Clients who are elderly, pregnant, those with existing underlying health conditions	Any client in one of the vulnerable groups should where possible not attend a face to face session.	Confirm this protocol in writing with your clients	AG	Yes
Illness and suspected COVID-19 cases	Spread of covid-19	Clients, counsellor, and other users of the premises.	<u>Therapist</u> If the therapist develops a high temperature or a persistent cough, or loss of taste/smell, or has a positive lateral flow test result, they should: <ul style="list-style-type: none"> • Cancel/reschedule all face-to-face appointments • Arrange a COVID PCR test either through the nearest walk in centre or online by visiting gov.uk website 	Confirm this protocol in writing with clients Confirm this protocol in writing with	AG AG	Yes Yes

Activity	What are the hazards?	Who might be harmed and how?	Required control measures	Action	Action by who and when?	Done yes/no /ongoing
			<ul style="list-style-type: none"> Appointments should not go ahead until a negative test result or they have completed the self-isolation period <p><u>Clients</u> Clients should not attend an appointment where they have any COVID related symptoms, are feeling unwell or have been in contact with anyone who has tested positive, or have themselves had a positive LTD or PCR test result within the past 7 days.</p>	<p>clients</p> <p>Confirm this protocol in writing with clients</p>	AG	Yes

Confirmation

By signing this form, you confirm that this assessment is a true reflection of the hazards, that you understand the risks and that the health, safety and welfare arrangements specified in the assessment will be implemented.

Name:	Signature:	Date:
Anna Gray		31/1/2022