



Registered Massage Therapists'
Association of Ontario

Checklist for RMTs to Prepare for Return to Practice

This information is based on the COVID-19 Pandemic – Practice Guidance for Massage Therapists version released by the College of Massage Therapists of Ontario on May 27, 2020.

Purchases:

- Purchase adequate soap for hand washing station
- Purchase hand sanitizer approved by Health Canada
<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/hand-sanitizer.html>
- Purchase adequate disinfectant that is approved by Health Canada
<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>
- Purchase adequate surgical/procedural masks (not cloth)
RMTs must wear a surgical/procedure mask (not cloth) during treatment and whenever within two (2) metres of clients. Masks should be changed after each client and whenever wet, damaged or soiled.
Keep some masks on hand (surgical or cloth), to provide to patients who don't have them.
- Purchase additional blankets and pillows, if required
Linens, blankets and pillows must be changed between clients, and washed and dried in highest heat possible
- Additional optional purchases (not required)
Gloves: single use nitrile gloves with oil- or water-based products or latex gloves with water-based products
Coverings: disposable coverings (gowns) or changing clothes between clients
Additional PPE such as goggles, face shields

Changes to your practice space:

- Print and post COVID-19 symptom signs
Ontario Government Poster for patients:
http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_signs_EN_patients.pdf
Ontario Government poster for visitors:
http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_signs_EN_visitors.pdf
Ontario Government general COVID-19 poster <https://files.ontario.ca/moh-coronavirus-pec-poster-en-2020-03-09.pdf>
- Set up hand washing station
Print and post signage of proper handwashing techniques
Example: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-handwashing/covid-19-handwashing-eng.pdf>
- Separate seats in waiting areas by at least two (2) metres to ensure physical distancing
- Print and post physically distancing measure posters

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Example: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/social-distancing/social-distancing-eng.pdf>

- Ensure there are no rips or tears in equipment to allow for proper disinfection
- Remove all items from your practice that are frequently shared, difficult to clean or that are not necessary to achieve treatment outcomes
Examples: magazines, water service, reusable hand towels, table warmers and holsters to hold topical products, upholstered furniture
- Alter your space as much as possible to discourage touching surfaces
Example: use garbage bins with step pedals

Changes to your record keeping:

- Create a record of general infection prevention and control practices you have implemented.
You can use the following [Sample Infection Prevention and Control Log](#)
- Develop process for clients to safely and hygienically provide written consent for treatment of sensitive areas, should the need arise
- Create a template to document all procedures, including cleaning and disinfecting schedules and responsibilities
- Develop roster to record all people entering the space to assist with contact tracing if required.
In addition to clients, this may include couriers, guardians, and support people/workers. Explain to visitors that this is for contact tracing and they can refuse to provide their name and phone number
You can use the following sample [Visitor Log](#)

Training:

- Obtain appropriate training on safely using and disposing of PPE, related to droplet and contact precautions.
At minimum complete the resources offered by Public Health Ontario's "Infection Prevention and Control Fundamentals" <https://www.publichealthontario.ca/-/media/documents/ncov/ipac/ipac-fundamentals.pdf>

Scheduling Considerations:

- Schedule patients with adequate time to allow for new cleaning and disinfecting procedures
- Develop system to have clients wait outside or in their vehicle before their appointment if possible
- Build time into your appointment booking process to screen the client virtually for risk of COVID-19
Ministry of Health's COVID-19 Patient Screening Document Guidance
http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_patient_screening_guidance.pdf
COVID-19 Reference Document for Symptoms
http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf
- Inform clients of any public health measures that have been implemented in advance of the appointment.
- Add a request to your appointment booking process that patients arrive to their appointments alone and as close to their appointment time as possible.