



The COVID-19 crisis is still on the rise and the government has issued new restrictions that will be in effect as of January 9, 2021. According to the [official publication of the Government of Quebec](#), issued on January 6, there will be a curfew between 8pm and 5am, where it will be prohibited to travel away from your home, except in the case where you must travel, for example to benefit from healthcare services. Athletic therapy services fall under this category of healthcare services. However, we ask that all our members respect the 7:30pm closing for businesses in order to participate in this collective effort. Treatments offered after this time should only be reserved for emergency cases.

We would like to remind you that telerehabilitation should always be prioritised in order to decrease contact; it is a great tool with many benefits!

TELEHEALTH IS STILL A VALID OPTION

PREPARATIONS AND CONSIDERATIONS FOR RE-OPENING

The following are not authorized to be seen in person:

- persons returning from vacation within a period of 14 days;
- people with symptoms associated with COVID-19;
- asymptomatic patients with a positive diagnosis of COVID-19 within 14 days or less;
- immunosuppressed patients.

Reduced in-clinic traffic

Your treatment time slots will need to be adjusted to allow for cleaning between patients and to avoid unnecessary contact between patients as much as possible. Patients shall come alone unless there are extenuating circumstances.

Preparation of clinical space

- Isolation of the reception desk with the use of plexiglass glass
- Spread of treatment stations, chairs in the waiting room and any other standing spots (ex. gym area) by a minimum of 2 meters
- Prioritization the use of contactless payment methods

Materials needed in sufficient quantity

- Procedure mask (*compulsory*)
- Long-sleeved lab coat or medical gowns
- Visor/glasses (*compulsory*)
- Gloves
- Disinfectants for equipment (*compulsory*)

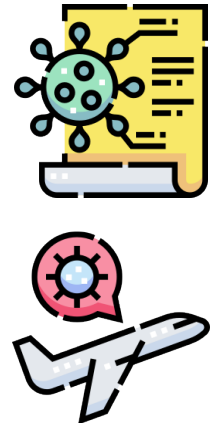
Preventive measures posters to be displayed in clinic

- Hand hygiene using [soap](#) ou [antiseptic gel](#) (French only)
- [Respiratory hygiene](#) (French only)
- Criteria for [admission to the clinic](#)
- [Health care workers health prevention](#) measures (French only)

PROCEDURES FOR ATHLETIC THERAPISTS

The therapist should not come to the clinic:

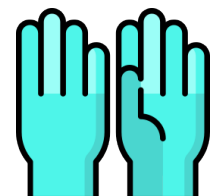
- * If they have a result pending or have tested positive for COVID-19 (symptomatic or not);
- * If they have returned from a trip outside the country less than 14 days ago;
- * If they have symptoms associated with COVID-19;
- * If they have been in contact with a confirmed or probable case of COVID-19 and have not completed their 10- or 14-day isolation period, based on their situation.



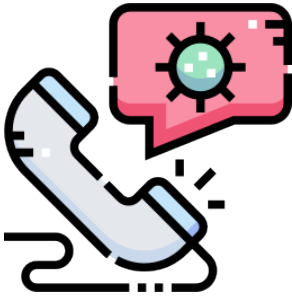
WHILE IN THE CLINIC

The athletic therapist working in the clinic must respect the following rules:

- Mandatory wear a procedure mask during any type of athletic therapy services
 - Use clean (washed daily) or brand new equipment at the start of the working day
 - Clinician can wear their clean mask for 4 hours maximum : do not use the same mask more than once
 - The use of protective visor or glasses is **MANDATORY** when there is contact (i.e. any kind of manual therapy)
 - Labcoat/medical gown are recommended. They need to be taken off and washed at the end of each work day.
- If contaminated with saliva, blood or mucus, the therapist must change the procedure mask, lab coat or gown after the consultation and disinfect the glasses
- Wash your hands for at least 20 seconds with an alcohol-based disinfectant or with soap and water **BEFORE** and **AFTER** each consultation
 - The use of latex gloves is recommended (single use: change after each treatment)
- [Apply the rules for removing personal protective equipment \(at 1:40\)](#)
 - ① Gloves
 - ② Lab coat/gown
 - ③ Mask
- Ensure that all instruments are cleaned with a surface disinfectant between each treatment



CLINICAL MANAGEMENT PROCEDURES

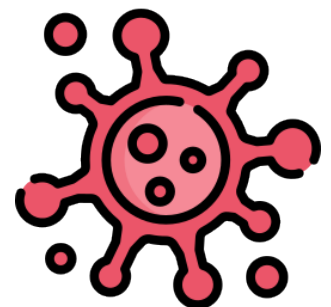


- A screening shall be done by phone call to ensure patient in-clinic presence eligibility
 - Assess the possibility of doing a virtual consultation
 - If the in-clinic appointment is kept, screen for risk factors, or COVID-19 related/other respiratory tract infections symptoms before the patient arrives
- Limit to a minimum the number of people in the waiting room
- Keep to a minimum the waiting time of patients
- Keep a constant 2 metres distance between patients and non-clinical personnel (*social distancing*)
- Make sure that patient is wearing a mask unless medically exempted
 - It is recommended that the patient wear a procedure mask, AND that said mask is given by the clinician upon arrival to ensure integrity and efficiency
- Meet the criteria of prevention measures and infection control protocols
 - Ask patients to wash their hand for 20 seconds with an alcohol-based gel or soap and water upon arrival and before departure
 - Spread throughout the clinic antiseptic gel pumps for ease of access. Prioritize access of gel pumps at the front desk and wherever patients are most likely to touch different surfaces or objects (i.e. station for form's signature)
- Make sure that every employee is wearing a procedure mask and gloves
 - Give access, as much as possible, to protective visors/glasses and ong-sleeved lab coat/medical gown to any employee willing to wear such equipment
- Meet the criteria of [prevention measures and infection control protocols for employees](#)
 - Post the [health care workers health prevention](#) measures
 - Follow the [daily check-up from CNESST](#)
 - Clean up regularly and disinfect daily the common area such as the lunch room and bathroom

EQUIPMENT AND ENVIRONMENT CLEANING AND DISINFECTING PROTOCOLS

TO KEEP IN MIND

- * Clean the cleanest spot first and then go toward the more soiled areas
- * **PRIOR** to disinfecting with a bleach-based solution or another valid product, clean the surfaces with soap and water to get rid of dirt



- ✘ A dual-use product for cleaning and disinfecting can be used in both steps of the cleaning procedure.
- ✘ Disinfect with a hospital-approved product proven efficient (virucidal for coronavirus) and Health Canada certified ([visit governmental website](#)).
- ✘ For a bleach-based solution, mix 10 ml of 5.25% bleach to 990 ml of water (550 ppm). This mix shall be redone every 24 hours.
- ✘ Carefully follow the usage instructions of the chosen product to allow sufficient time for product to have full desired effect.

* If a surface is already clean, you may disinfect immediately.

AFTER EACH TREATMENT

Disinfect everything touched by the patient/therapist with a towelette or cleaning rag soaked with a disinfecting solution (i.e. exam table, exercise props, desk)

Disinfect therapeutic equipment according to its appropriate protocol as outlined on the [Université de Montréal's](#) website. *(french only)*

Direct link :

- Electrodes
- Sponges
- Heat pads

WAITING ROOM

Disinfect any surfaces regularly touched (i.e. doorknobs, chairs), according to traffic and at a predetermined frequency (i.e. every hour, or every other hour).

For the end of the day cleaning and disinfecting protocol, click here and go on page 3. *(French only)*

What should I do if a patient I saw calls me to say that they received a positive test for COVID-19?

To learn the procedure, read the [risk factor assessment table](#). *(French only)*

What should I do if an AT shows signs and symptoms of COVID-19 while in the clinic?

Any AT showing in such state has to leave their workplace immediately, Moreover, if tested positive, they must tell public health officials.

What should I do if a provide in-home treatments?

The INSPQ published [home treatment specific measures](#) *(French only)*.

Source

Information shared from l'Institut nationale de santé publique du Québec (INSPQ), MSSS and CNESTT

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