



The following document lists the effective measures following the recommendations of CNESST and the government of Québec. All athletic therapists have to abide by these guidelines or they will be liable for negligence.

If you are being handed down another protocol from another organization (i.e. employer, sports association, school board) and that the guidelines are different, you must follow the more severe one of the two, using our guidelines as the minimal standard.

TELEHEALTH IS ALWAYS AN OPTION

Exclusion of Patients

According to the current rules, there are no restrictions regarding the exclusion of patients unless expressly mentioned by Public Health authorities. However, we do not encourage athletic therapists to see patients in the clinic that have symptoms akin to COVID19 or a positive test. Delaying the appointment or a virtual consultation are both valid options in these scenarios.

Exclusion of Athletic Therapists

Athletic therapists must abide by governmental guidelines about isolation when feverish¹. Otherwise, a symptomatic or COVID-19 positive athletic therapist may remain at work if they are cautious and mindful of others. In all cases, refer to the guidelines received by health authorities.

[CLICK HERE TO LEARN MORE ABOUT PREVENTIVE MEASURE](#)

Reduced in-clinic traffic

There are no COVID-19-related restrictions regarding the number of patients allowed in a clinic or on a field.

Preparation of an Indoor Space

Spacing between working stations is still recommended, but physical barriers are not mandatory. Otherwise, one must keep a distance of 1 metre between themselves all the time, except for the therapist and its patient during treatment.

Preventive measures posters to be displayed in the clinic (*French only*)

- Hand hygiene using [soap](#) or [antiseptic gel](#)
- Rules for [respiratory hygiene](#)

1. [Gestes pour limiter la transmission des maladies respiratoires infectieuses](#), Gouvernement du Québec, February 3, 2023

PROCEDURES FOR ATHLETIC THERAPISTS

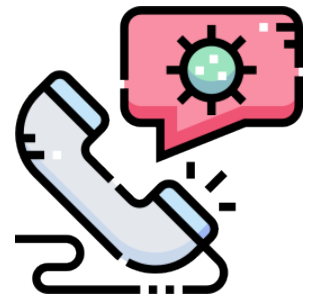
At work, the athletic therapist must respect the following rules:

- Wearing a surgical mask is recommended
 - Clinicians can wear their clean mask for 4 hours maximum : do not use the same mask more than once
 - Use clean (washed daily) or brand new equipment at the start of the working day
 - The use of protective visor or glasses is suggested, but not mandatory
- If contaminated with saliva, blood or mucus, the therapist must change the procedure mask
- Wash your hands for at least 20 seconds with an alcohol-based disinfectant or with soap and water **BEFORE** and **AFTER** each consultation
- Ensure that all instruments are cleaned **REGULARLY** with a surface disinfectant, ideally between each treatment



CLINIC MANAGEMENT PROCEDURES

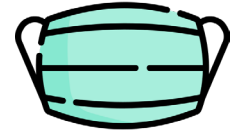
- A screening shall be done by phone call to assess the necessity of in-clinic patient presence
 - Assess the possibility of doing a virtual consultation
 - If the in-clinic appointment is kept, screen for risk factors, or COVID-19 related/other respiratory tract infections symptoms before the patient arrives
- Limit the number of people in the waiting room
- Limit the waiting time of patients
- Keep a constant 1 metre distance between patients and non-clinical personnel (*social distancing*)
- 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)
- Meet the criteria of prevention measures and infection control protocols for employees
 - Clean up regularly and disinfect daily the common area such as the lunch room and bathroom



MASK

We strongly suggest wearing a mask in a preventive manner, especially when the two (2) meters distance cannot be maintained between the therapist and any individuals.

The mask is **MANDATORY** if the professional is coughing, has a sore throat or nasal congestion, or if they are COVID-19 positive.



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 the 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)*

WAITING ROOM

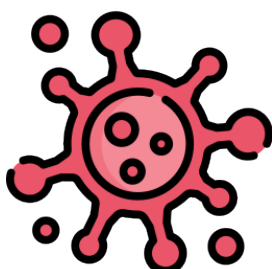
Disinfect any surfaces regularly touched (i.e. doorknobs, chairs), according to traffic and at a predetermined frequency (i.e. every hour, or every other hour)

Direct links :

- Electrodes
- Sponges
- Heat pads

What should I do if I 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 CNEST

published March 24, 2023 | version 4.01

Corporation des **thérapeutes du sport** du Québec

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