

Covid-19 Company Policy – Jack Russell Coaching

At Jack Russell Coaching we are committed to ensuring the health and safety of our staff and clients, including taking the appropriate steps to limit the spread of Covid-19.

These are:

- Normally we encourage hand shaking as a formal greeting, but we feel it necessary to reduce physical contact. We will be practising social distancing
- Visors/face masks will be/can be worn where appropriate
- Wash your hands with soap and water often for at least 20 seconds – use hand sanitiser gel if soap and water are not available
- Try to avoid close contact with people who are unwell
- Please do not attend if you have any Covid-19 like symptoms
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. See Catch it, Bin it, Kill it
- Put used tissues in the bin straight away
- Do not touch your eyes, nose or mouth if your hands are not clean
- FaceTime/Skype one to one coaching is available as an alternative to face to face coaching
- All courses will be running as planned unless government advice changes.

We regularly update the steps in line with the most recent Government advice. If you have any questions please get in touch at office@jackrussellcoaching.co.uk