



9-10 OCTOBER 2021

Living, Breathing Anatomy

*a biodynamic adventure into
Dr. Sutherland's world.'*

Covid-19: How we are safeguarding your health and safety over the Biobasics weekend

Although Covid restrictions have been lifted across the UK, at Biobasics we are continuing to observe some simple precautionary measures to protect your health and safety.

The team will endeavour to make everyone aware of the working practices that need to be followed, which are different to those of previous years. We also expect all participants to be respectful of the wishes of everyone they are working with at all times.

If you have any coronavirus symptoms, please stay at home and do not come to the event, even if your symptoms are mild.

Symptoms may include a:

- high temperature
- new continuous cough
- loss or change to your sense of smell or taste
- head ache.

Important note:

You must provide proof of a negative lateral flow test or a NHS Rapid flow test that's been taken within 24 hours of the course starting. You will need to show this at the registration desk to gain entry. You can show the results on the NHS app or the notification email you receive from the NHS. It would be wise to take a photo of your lateral flow test results to store on your phone, just in case the lateral flow test deteriorates.

The tests are free from chemists/pharmacy and to get one you can say 'I am an osteopath and I want to test myself daily when seeing patients.'

If the test is positive, please do not attend the course - notify the Biobasics team via phone that you will not be attending and follow government guidelines.

If you forget to take a test before the course, don't worry, we will have some tests at the registration desk.

On the weekend

When you arrive, please:

- show your negative test results at the registration desk
- use hand sanitiser on entry and between all changes in contact of patients
- When moving about the venue, unless exempt, please wear your mask\perspexshield.

Please bring:

- a sufficient number of masks or Perspexshield(s) for your use throughout the weekend and during the practical sessions
- gloves and aprons – wearing these are optional but will not be provided by the team
- hand sanitiser
- a pillow or a cushion for your head.

Important note:

- There will be no covers on the couches. Cleaning down the beds after every use is mandatory. Biobasics will provide alcohol hand gel, sprays, and wipes for the couches.
- Wear warm clothes or bring a blanket as the room will have the doors and windows doors open for ventilation

We hope you understand why we are continuing with these measures and that they do not impact on your learning and enjoyment of the course. Should you have any questions or concerns about the course before it starts, please email team@biobasics.c.uk as soon as possible. If it's during the course then please speak to a member of the team.

We look forward to welcoming you,

Julia Finlay, Hazel Williams, Fabiano da Silva, Ann Farthing and Ann Cook