



# SPORT & EXERCISE

FASIC Sport & Exercise Medicine Clinic  
**Sport & Exercise**  
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## FASIC Guide to Face to Face Consultation

Our space at FASIC Sport & Exercise Medicine Clinic is ready to welcome you.

Key changes	<ul style="list-style-type: none"> <li>We have carried out a risk assessment and adapted our space to comply with Scottish Government personal hygiene, environmental hygiene and physical distancing guidance</li> <li>We have reduced the amount of appointments overall and created staggered appointment times to reduce numbers in the clinic</li> <li>We have created a new direct access entrance to the clinic, a new reception area to comply with physical distancing measures and larger treatment areas with reduced capacity in the clinic</li> <li>We have allocated time for cleaning and disinfecting treatment areas between every appointment and are operating an enhanced cleaning schedule within the clinic and client spaces</li> <li>Our team will be wearing appropriate personal protective equipment (PPE), and we have created Perspex screening in our reception area</li> <li>We have changed our opening times            M 08.00 – 20.00 Tu 08.00 – 17.00 W 08.00 – 17.00 Th 08.00 – 20.00 F 08.00 – 16.00</li> </ul>
Making a Face to Face Appointment	<ul style="list-style-type: none"> <li>You will be asked to complete a risk assessment with one of our clinical staff before booking a face to face consultation (including information about your age, shielding status, any other conditions that increase your health risk).</li> <li>Our clinical staff will discuss with you the increased risk of being exposed to the coronavirus against the potential benefits of attending for assessment and/or treatment, and gain your consent prior to attending the clinic</li> <li>Our staff will most likely recommend a remote consultation as your first appointment to minimise the time we spend in close contact with you in the clinic. During this we can take a detailed history of your issue, observe some tests by video, set out goals and establish rehabilitation programmes and plans using Physiotec. Where physical assessment to refine diagnosis or hands on treatment is deemed essential, we will invite you into the clinic</li> <li>We will also ask for your consent to share your contact information with the Scottish Government's Test, Trace and Protect Team</li> </ul>
Before your arrival	<p>Check your symptoms against Covid-19 related screening questions before you leave home for your appointment, including:</p> <ul style="list-style-type: none"> <li>Have you had the recent onset of a new continuous cough?</li> <li>Do you have a high temperature (&gt;37.8C - some sporting governing bodies require temperature checking as part of their standard operating procedures, so we may carry out a check with a contactless forehead infra-red thermometer)</li> <li>Have you noticed a loss of, or change in, normal sense of taste or smell?</li> <li>Do you have shortness of breath?</li> <li>Do you have a sore throat?</li> <li>Are you feeling generally unwell?</li> <li>Do you have persistent tiredness?</li> <li>Have you been in close contact with / living with a suspected or confirmed case of Covid-19 in the previous 2 weeks, or travelled from a high risk region?</li> </ul> <p>If you have any of these symptoms, however mild, please stay at home, reschedule your appointment and book a coronavirus test</p>



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On arrival	<ul style="list-style-type: none"><li>• Please use our new entrance and do not attempt to access FASIC through the main Pleasance Sports Complex, see our website for the FASIC Virtual Guide to New Entrance</li><li>• Please follow signage relating to one-way systems and maintain physical distancing in our waiting zone and clinic at all times</li><li>• Enter by appointment only</li><li>• Attend on your own. If you require to be accompanied by children or a chaperone, please discuss this at your risk assessment appointment with our clinical team</li><li>• Please arrive and enter at the time of your scheduled appointment, not before</li><li>• Please carry minimal items with you and come dressed appropriately for your appointment</li><li>• Please wear a face covering while entering and leaving our space</li></ul>
During your appointment	<ul style="list-style-type: none"><li>• Our team will wear appropriate PPE when carrying out close contact services within 2m</li><li>• This will include a face mask, gloves and an apron, and may include a face visor</li><li>• Please continue to wear your face covering as instructed</li><li>• We have one gender neutral / accessible toilet in the clinic area for client use only. Please follow guidance for use</li></ul>
After your appointment	<ul style="list-style-type: none"><li>• Please follow signage and take care on exiting the clinic</li><li>• We are no longer accepting cash payment, please use your card / smartphone for payment, contactless where possible</li><li>• Please disinfect your hands with the alcohol gel provided before touching the terminal keypad</li><li>• You can make your next appointment in person, by email or by telephone</li></ul>