



**Registered Massage Therapists Phases
for Back to Work**

Phase Chart

Phase

Date in effect	CMTNL As of Monday, February 7th, 2022	
Guideline		
COVID Screening	Mandatory	
Number of clients treated per day	At the therapist's discretion	
**Vulnerable group	At the therapist's discretion	
Cleaning/disinfecting	According to back to work document	
Time Between Clients	At the therapist's discretion	
PE requirements	Masks for Therapist: 3ply medical masks	

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Updated March 25th, 2021

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	Masks for Client: mask mandatory, 3 ply medical mask recommended	
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	Gloves: At the therapist's discretion	
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- Handwashing to the elbow is mandatory if treating with skin-on-skin contact
- Clients may refuse skin on skin contact and therapist should include this in their informed consent
- 60% alcohol-based hand sanitizer must be used before leaving the treatment if not using gloves

	gown/clinic coat/any covering: At the therapist's discretion	
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Gowns may be washed and reused, not required to be a gown, may use long button up shirt, apron, arms exposed if using skin on skin contact

	Face Shield/Goggles: At the therapist's discretion	
Intra Oral Treatments	Not Permitted	

**<https://www.gov.nl.ca/covid-19/files/Information-for-Adults-over-60-and-Individuals-with-ChronicConditions.pdf>

***Therapists and client are at increased risk during intra oral treatment and the decision to proceed with treatment should not be made lightly by the Therapist or the client