



COVID Update for our WATSU Community

The WABA Board wishes to extend a heartfelt sharing and update regarding the coronavirus and what each of us can do to stay healthy, and promote safety for you, your clients, students, and acquaintances.

We understand that the threat of exposure exists in most of our environments and we that as a community we can continue to connect in healthy ways, while minimizing risk and protecting our health and wellbeing. And, at the same time, under the unique situation that we now find ourselves in with Coronavirus, we realize that many classes as well as clients may need to be cancelled to protect the health of practitioners, clients and the general population. It is important that we follow all CURRENT health recommendations, even if they are not mandatory, so that we, both ensure safety and well-being, but also demonstrate and set an example to others.

With these guidelines in mind and to promote continued wellness in our communities, please be advised of the following precautionary measures are implemented throughout Body Centered Therapy Professions. These recommendations may change as the situation evolves. Please continue to monitor the situation and follow all updates.

- 1. Follow all Health guidelines and requirements that are being presented in your local areas. This there are any restrictions, classes and client's should be cancelled.**
- 2. Inquire if your clients/students have been traveling in the last 2 weeks.**
- 3. If you have just returned from a trip, please wait 14 days before returning practice or teaching.**
- 4. Wipes and spray bottle disinfectant should be available. We encourage you to wipe your hands and any communal area with 60% alcohol.**
- 5. In accordance with local and state guidelines, lesson your class size, interview student for travel history, invite spaciousness between students. Suggest students do not hug, and or have close contact.**
- 6. Because the nature of our work is a close contact therapy, we all must exhibit full disclosure to our students and clients and ask for the same. Always the safest approach is abstinence.**

As the WABA Board, we are aware of the predicament this virus has brought to all of us. We have all been affected in some way. Cancellation of classes, cancellation of clients, disruption of our community activities.

With this letter we wish to inspire a sense of self inquiry and civil responsibilities: am I staying informed of my local community's safety and needs: am I being responsible to self and others if I continue to teach and treat clients?

As a World Wide Aquatic Bodywork Association we remain dedicated to helping students, and clients navigate their fears, relieve stress and maintain health by continuing to promote a personal wellness practice and self-care, all of which promotes a healthy immune system.

Sincere Wishes for Healthy Practices ~ Your WABA Board

Note to Community: The WABA Board highly recommends all Watsu Week Celebrations be postponed until the Corona Virus threat is over.