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ORTHOPAEDIC MANUAL THERAPY CENTER

# Snow Sport and Spine COVID Policy

*Effective October 4, 2023*

Dear Snow Sport and Spine Community,

We have simplified our COVID policies based on current CDC guidelines.

We will monitor the status for Knox County and if it is "**Low**" masks will be optional if it is "**Medium or High**" masks will be required.

We will provide disposable surgical masks if you need one for any reason

## **If you have had an exposure and are asymptomatic prior to your appointment:**

- Please take a COVID test at home
- If negative, you may come to your appointment but please mask.
- If positive, please cancel your appointment. You may reschedule your appointment 5 days later if you do not have a fever and are getting better. You will be required to wear a mask in the office on days 5-10.

## **If you have any COVID symptoms, but no known exposure, and have a negative test the same day of your appointment:**

- Please come to your appointment if you feel comfortable and wear a mask. If you do not feel comfortable you may reschedule.

## **If you have COVID symptoms and have a positive test:**

- You will need to isolate for 5 days and cannot be seen for an appointment.
- If you live in a household with someone who cannot wear a mask (children 2 and under) and they have a positive COVID test you will need to isolate for 10 days.
- You may be seen for an appointment if you are on Day 6 or more of isolation, are fever-free for 24 hours, and are getting better.

You will find a further list of adjustments below:

1. We will continue our no penalty reschedule and cancellation policy for **ILLNESS** related cancellations.
2. If for any reason your therapist feels that it is not safe to begin treatment, we will reschedule your visit.
3. Please check-in at reception and if your therapist is not ready, please make use of our waiting area.
4. If you would like your therapist to wear a mask, please mention this during check-in.
5. Please wash your hands or use our hand sanitizer in reception when you enter.

Remember we are continuing to offer telehealth visits. To learn more read: [Telehealth Program](#)

If you have any questions, please call our office and Pam will help you decide if it is best to reschedule your appointment.