

PPE - Equipment

4 face masks

2 or more Pairs of disposable or washable **gloves**

Visor

A bag for your own disposable waste which you will take away with you

A **sealable or zip bag** for your hand cloths for bathroom use

Toilet/bathroom care

(your own hand towel or 10 face cloths) to dry your hands in the bathroom)

Your **own antibacterial hand gel and hand wash** (bring with you to bathroom)

Biodegradable or Disinfectant wipes (please wipe toilet seats, toilet flush handle and tap handles and door handles after you) or wear disposable gloves in bathroom

Toilet seat – before flushing please put toilet seat lid **down, then flush (WHO)**

Forms - if you have not submitted already please bring with you:

Summary of what you return to us: (you can scan it and return via email or post)

1. Signed consultation form-given in at class
2. Signed college contract
3. Copy of Photo ID (driving licence or passport-must have your photograph on it)-please bring along
4. If you have a previous recognized qualification in Anatomy please bring a photocopy of it . If it is in a language other than English you will need a translated certified copy for ITEC.
5. If you are a nurse and not taking the Anatomy study option we need a copy of your nursing card or Degree for exemption.

Stationary

- **Stationary required**
 1. Large **ring binder folder** to hold A4 Sheets
 2. **Dividers** for the ring binder
 3. Clear pencil case for assessments with 1 small ruler, HB pencil, highlighter markers only for charts
 4. A Clip Board for consultations
- **Practical Equipment – please note this may be updated as Covid regulations change**
 1. Antibacterial hand gel with a pump, - for all in-house classes' theory and practical

2. Pack of bio-degradable antibacterial wipes for cleaning the client's feet (*available at GTC €5.00*)
3. Equipment wipes for all classes e.g. Dettol wipes or Lidl wipes for cleaning the equipment.
4. A clear see through travel bag (buy in 'Pennies' etc.) With a finger nail clippers, nail file, one small pack of tissues. 1 pack of high quality **waterproof plasters for sensitive skin** (Pharmacy), a nail brush . (The nail equipment is for your own nails in case you need to cut or file them and to prevent cross contamination in sharing equipment
5. Short Nails- nail varnish in class is no problem, no nail varnish at exam time
6. Large white Plinth roll – available from us at the school, on the day of class or salon select or flair.ie (€5.00)
7. Massage table/plinth cover with face hole, in black – available from green Tara €25.00 or www.flair.ie or www.bomar.ie
8. Hair ties/ hair band for practical class only (to keep hair off face)
9. You will need a pair of **slippers** 'slip into slippers' for your own foot size, for each practical in house class
10. Light dressing gown for you in massage class
11. Grapeseed Massage oil (Sally's or Salon Select) or Pure Pro Massage oil – nut free (<https://www.purepro.ie>)

11. Equipment for performing the treatment

- 2 Large Plain Black Bath **Sheet** Towels, 2 hand towels – all Black

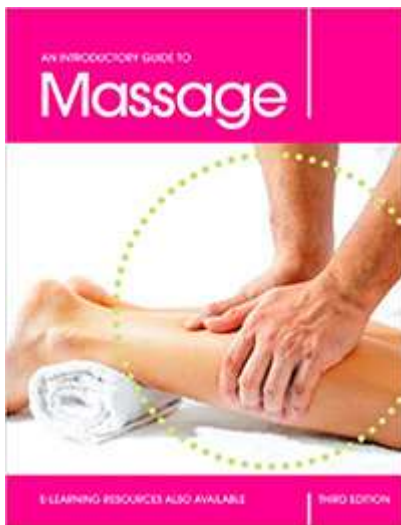
12. Uniform for Practical classes:

1. For **ladies**: Black work trousers with a **crease** in front and back, preferably not narrow legged, commonly known as work slacks/trousers. Available in *Dunne's, Pennies, Tesco*. Please note jeans, leggings, Jeggins, corduroy trousers are not acceptable for ITEC standards.
2. for **ladies in**: A professional **beautician's black therapist tunic** (a loose comfortable fit which must cover the buttocks – chef uniforms are not acceptable. Purchase at: Guineys.ie, Diamond Design.ie , Sally's shop , Salon Select shop, Buttercup's on line, Amazon. There is a uniform shop in Dunsoughlin Business Park and Navan town.. They can be any design but must cover the buttocks and be a proper beautician's tunic.
3. Uniform for **gentlemen**: A black polo shirt top or men's dental uniform available from Diamond design or male nurse uniform in black. Gentlemen are required to wear the work trousers. Black work trousers with a **crease** in front and back, preferably not narrow legged, commonly known as work slacks/trousers. Available in *Dunne's, Pennies, Tesco*. Please note jeans, leggings, Jeggins, corduroy trousers are not acceptable for ITEC standards.
4. **Shoes for all**: Fully covered low heeled black shoes or trainers, black socks, all clothing that is visible must be black including cardigans.

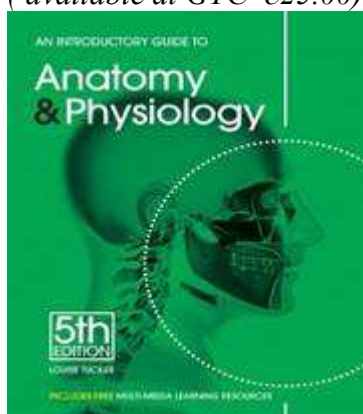
5. Cardigans and visible undergarments are black
- 6 Please bring no jewellery except wedding band (practical class only)

Books Required:

1. **An Introduction to Holistic Massage by Louise Tucker** (green book) – most recent edition. (*available at GTC €25.00*)



13. **An Introduction to Anatomy & Physiology** Louise Tucker – most recent edition (*available at GTC €25.00*)



Nurses Dictionary – recommended

14. (www.bookdepository.ie, Amazon or Google or www.bomer.ie on line books Ireland. Avoid ordering in Eason's as they frequently take many months to get a book in, they may have them on the shelves
15. **Valuables:** Please leave valuables at home and do not wear excessive jewellery thanks. No jewellery on arms/wrists, around your neck and no sharp rings, wear only wedding bands.
16. **Personal Hygiene:**
 1. please ensure that your finger & toe nails are short and clean when giving and

receiving practical therapies. If you have any cuts on your fingers or hands please cover with waterproof plasters.

2. Please **do not wear perfume** to class as some people are sensitive to smells,
3. Please do not put any products on your skin before practical classes

Self-Preparation physical & energetic:

Please note that we ask you to prepare as follows before attending practical classes, this will enhance your and everybody's experience.

1. Please have a sea or Epsom **salt bath** on night before or the morning before the class
2. If you do not have a bath please soak your feet in salt water for 20mins or have a salt scrub in the shower thank you.
3. Please **do not wear perfume** to class as some people are sensitive to smells
4. We ask you to please wear clean fresh clothing (under and top) to all classes, thank you

Medication (if you are on prescribed medication):

1. Remember you must bring any **medication** that you may need during the class, (inhalers, epi-pens etc.)
2. If you suffer from **nut allergies** and have not told us please do so immediately and I will ask people not to bring nuts.

Mobile Telephones: Please note that mobile telephones will be on silent and are not permitted for use during the classes. They can be checked at regular break intervals.

Venue – (call Majella if lost: 086 863 5241)

Preston Place, 38 Trimgate Street, Navan Town, Co Meath

- The venue is in the centre of Navan.
- The easiest access is to drive to Town Centre.
- If you get lost, ask for Dunnes Stores Grocery, Trimgate Street we are to the side of this store or opposite Ryan's bar upstairs. Very close to the Catholic Church yard
- You have to pay parking in Navan town between 9 a.m.–6 p.m.: short-term parks for €1.20 per hour and move your car after three hours – so please use the long-term car parks that we suggest for €2.50 per day. You will have a choice of long-term car parks – *see directions below*.
- There are plenty of cafes, bars and sandwich bars available right beside the College.

Closest Car Parks

Closest Car Park: (there are 2) put in 'Navan School of Languages' in Google Maps

€4.00 per day on the main street (5 min walk). *This is NOT marked as a parking spot in Google Maps.*

2nd Closest Car Park

€6.00 per day, Navan shopping centre (5 min walk)

Other Cheaper Car Parks: put in 'Pairc Tailteann' in Google Maps

Long term €2.40 for the day, (8 min walk) see below:

Co.Council yard: free down the back on a Saturday – old tax office

Dundalk/Monaghan Direction

- As you enter Navan you will come to the first roundabout at the 'Round O' public house – go straight through towards Town Centre. Stay in the left traffic lane. Go straight through the first set of lights. After this on the left you will see, just before the second set of lights, a long-term car park. (5 mins walk from College) **You can park here at €2.40 per day.**
- When walking cross over to the back of the shopping centre, you will see Abbey Medical Centre.
- Walk through the shopping centre and come out the other end passing Dunne's Stores' home store.
- When you come out of this entrance, turn right and walk to the pedestrian lights. Look across the road, you will see Dunne's Stores Grocery opposite you, which you will then walk to.
- When you get to the back of Dunne's Grocery, turn right and walk into the lane, Trimgate Lane. Just before the arch and past the hairdressers is Green Tara (2nd last door on the right)
- Telephone 0469060600 or 0868635241. If lost, ask for Majella.

From Ashbourne-Bettystown-Ballivor-Kentstown – entrance to Navan: Long term close car park and log term cheap car park 8mins walk

- At the traffic lights you will see the Meath Chronicle shop opposite you. Take a **left** here and immediately go into the right hand lane.
- Take next **right** for Town Centre.
- At the roundabout you will see Solstice Arts Centre on the left. Take the third exit past the school, **St. Joseph's School** on the left – this street is *Railway Street* – you will see Des Kelley's Carpet Shop on the left hand side, also. There is parking just after Des Kelley's, behind the **old bank for €4.00 per day**. This is the closest car park to us.
- **Long term car park €2.40 for the day**
- Drive past to the traffic lights with O' Flaherty's Pub on the left. Take a **left** here (sign posts will be the Hospital, Mullingar, Athboy). Just about ¼

mile on left hand side is the GAA Football Pitch with the O' Mahoney's training grounds – park in here for **€2.40 for the day.**

- When you park, - walk out and turn towards town centre, the way you drove up
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- Walk to traffic lights and go onto Trimgate St. Main shopping area
- You will see Dunne's Stores Grocery on the left side of the road, just before it turn left under the arch way
- We are the 2nd door on the left
- Telephone 046 906 0600 or 086 863 5241. If lost, ask for Majella.
- Ask for Ryan's bar if lost!

From Trim:

- Drive straight to Navan –
- **Car Park 3-6 Mins** – Drive over the Railway crossing, taking the first right and park in the Meath County Council Car Park (*free* down the back on a Saturday). €2.50 midweek – all day.
- Walk out the gate and turn right.
- You will see the Solstice Arts Centre, keep walking straight.
- You will pass Des Kelly Carpets on the left – cross the road here and keep walking. Turn right at the traffic lights and walk down Trimgate Street.
- You will see Dunne's Stores Grocery on the left just before it turn left under the arch way
- We are the 2nd door on the left
- Telephone 046 906 0600 or 086 863 5241. If lost, ask for Majella.
- Ask for McDonald's if lost!

From Kells/Cavan to Navan:

- When you come into Navan past Woodies DIY you will come to the roundabout.
- Take the last exit and come up a slight hill.
- Take the first left, which will bring you past Our Lady's Hospital.
- Drive straight into Navan, past the Hospital, go through first set of traffic lights and park immediately at the Navan O' Mahoney's **GAA football grounds** (just before Aldi) – €2.40 per day.
- When you park, come out and **turn right** towards Town Centre. Continue walking straight through the traffic lights.
- You will see Dunne's Stores Grocery on the left. just before it turn left under the arch way
- We are the 2nd door on the left

- Telephone 046 90 60 600 or 086 863 5241. If lost, ask for Majella.
- Ask for McDonald's if lost!

From Athboy/Mullingar Direction:

- Drive straight into Navan, past the Hospital, go through first set of traffic lights and park immediately at the Navan O' Mahoney's **GAA football grounds** (just before Aldi) – €2.50 per day.
- When you park, come out and **turn right** towards Town Centre. Continue walking straight through the traffic lights.
- You will see Dunne's Stores Grocery on the left . just before it turn left under the arch way
- We are the 2nd door on the left

Telephone 046 906 0600 or 086 863 5241. If lost, ask for Majella.

- Ask for McDonald's if lost!

From Dublin – Take the N3 to Navan (past Blanchardstown/Dunsaughlin)

- Drive past the Ardboyne Hotel on the left and then you will see Maxol Station on the left also. At the next **left** take the road for Town Centre (immediate left). At the roundabout you will see the Solstice Arts Centre on the left – take the third exit past the school – St. Joseph's School – this street is *Railway Street*. You will see Des Kelley's Carpet Shop on the left hand side also.
- Drive a short distance ahead to the traffic lights with O' Flaherty's Pub on the left – take a **left here** (sign posts will be the Hospital, Mullingar, Athboy). Just about ¼ mile on left hand side is the GAA Football Pitch – with the O' Mahoney's training grounds park in here for €2.40 for the day.
- When you park come out and turn **right** retracing your journey. Walk straight through the traffic lights
- You will see Dunne's Stores Grocery on the left. just before it turn left under the arch way
- We are the 2nd door on the left
- Telephone 046 90 60 600 or 086 863 5241. If lost, ask for Majella.
- Ask for McDonald's if lost!