**SWAT MAAP Policy regarding Massages, Rubdowns and Athletic Training Modalities**

Massages, rubdowns and athletic training modalities can present a risk for Applicable Adults to abuse minor athletes. As a result, all massages, rubdowns and athletic training modalities performed on a minor athlete must be conducted in an observable, interruptible environment by a non-coach licensed professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.

Definition: In this section, the term “Massage” refers to any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).

Additional Minor Athlete Requirements:

* **Written consent by a legal guardian must be obtained in advance by the licensed massage therapist or other certified professional, with a copy provided to the club.**
* **Legal guardians must be allowed to observe the Massage.**
* **Any Massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the Massage in the room.**
* [Recommended] Any Massage of a minor athlete must only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician’s treatment plan.

**Frequently Asked Questions**

Q: Can a coach assist an athlete stretching a leg or working out a shoulder knot?

A: No. Under no circumstance is a coach permitted to perform a rubdown or massage even if the coach is a licensed massage therapist or athletic trainer.

Q: Is it permissible for a coach to use an applicator to help apply relief creams or work out a muscle?

A: No. The use of instrument assisted modalities by a coach is not allowed.

Q: Does a legal guardian have to give permission for a massage therapist to work on their minor athlete?

A: **Yes. The legal guardian must provide advance, written consent to the licensed massage**

**therapist or other certified professional, with a copy provided to the club.**

Q: Can a coach provide hands-on stroke technique guidance?

A: Yes. In doing so a coach should adhere to the following best practices:

1. First, ask for the athlete’s permission. For example, “Is it okay if I show you where to hold your elbow?”

2. Verbally explain what you are going to do and explain why. For example, “I’m going to hold your elbow into this position because this angle allows you to get better leverage in the water.”

3. Educate team parents that they may at some point see you performing hands-on stroke technique guidance. Describe what this means, that you will always first ask for the athlete’s permission and will also verbally explain to the athlete what will be demonstrated. Allow the parents to opt-out of hands-on stroke technique guidance at any time.

4. All hands-on stroke technique guidance must be performed within an observable and interruptible distance from another adult.

***SWAT Parental/Legal Guardian Notification to Team of Written Consent for the Massage or Rubdown/other Athletic Modality for their Minor swimmer:***

Name of Swimmer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date(s) of treatment:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location(s) of treatment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of licensed massage therapist or other certified professional:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Copy of written consent for treatment signed by Legal Guardian given to SWAT: (Date)\_\_\_\_\_\_\_\_\_\_\_\_\_

USA Swimming Additional Minor Athlete Requirements:

* **Written consent by a legal guardian must be obtained in advance by the licensed massage therapist or other certified professional, with a copy provided to the club.**
* **Legal guardians must be allowed to observe the Massage.**
* **Any Massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the Massage in the room.**
* [Recommended] Any Massage of a minor athlete must only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician’s treatment plan.

I, , legal guardian of , a minor athlete, give express written permission, and grant an exception to the Minor Athlete Abuse Prevention Policy for (massage therapist or other certified professional) to provide a massage, rubdown and/or athletic training modality on (minor athlete) for the dates and locations listed above. The massage, rubdown or athletic training modality must be done with at least one other adult present in the room and must never be done with only (minor athlete) and (massage therapist or other certified professional) in the room. I acknowledge that I have the right to observe the massage, rubdown or athletic training modality. I further acknowledge that this written permission is valid only for the dates and location specified herein.

Legal Guardian Signature:

Date: