

Sarpy County Swim Club

Massages, Rubdowns and Athletic Training Policy



APPLICABLE ADULT

As defined herein, an “Applicable Adult” is defined as any USA Swimming Non-Athlete Member, Adult Athlete Member, Participating Non-Members (EX. Meet Marshal, Timing System Operator, Timer, Runner, etc.), LSC Adult Staff and Board Members, Club Adult Staff and Board Members, and any other adult authorized to have regular contact with authority over minor athletes.

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.).

GENERAL REQUIREMENT

Any Massage performed on an athlete must be conducted in an open and interruptible location and must be performed by a licensed massage therapist or other certified 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.

ADDITIONAL MINOR ATHLETE REQUIREMENTS

- a) 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.
- b) Legal guardians must be allowed to observe the Massage.
- c) 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.