

Approved Date:
Last Reviewed/Revised Date: 6/13/2019
Board President Signature:



**HOOD RIVER VALLEY SWIM TEAM
 MESSAGES, RUBDOWNS, AND OTHER
 ATHLETIC TRAINING MODALITIES POLICY**

PURPOSE:

Massages, rubdowns and athletic training modalities can present a risk for Applicable Adults to abuse minor athletes. As a result, all massages performed on a minor athlete must be conducted in an observable, interruptible environment by a non-coach licensed professional.

DEFINITION OF MESSAGE: any massage, rubdown, or 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.).

This policy meets the intent and best practices of both USA Swimming and the US Center for Safe Sport Minor Athlete Abuse Prevention Policy (MAAPP) with respect to massages and rubdowns.

SECTION ONE: GENERAL REQUIREMENTS

- I. 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.
- II. If a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.
 - A. No physical assistance may be provided by a coach in stretching an athlete or releasing a tight muscle.
 - B. A coach may not utilize a device to apply relief creams to an athlete or an assistive device to facilitate massage.

SECTION TWO: ADDITIONAL MINOR ATHLETE REQUIREMENTS

- I. 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.
- II. Legal guardians must be allowed to observe the massage
- III. 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.