**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.

This section of MAAPP is very closely aligned with USA Swimming rules requiring massages and rubdowns be performed by a non-coach licensed professional. Now, this requirement extends to other forms of treatment.

adult.

**MASSAGES AND RUBDOWNS/ATHLETE TRAINING MODALITIES**

**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.).

* 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**

* 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.
* 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