

# MASSAGES AND RUBDOWNS/ ATHLETIC TRAINING MODALITIES GUIDELINES

## WHO (Collectively “Applicable Adults”):

- Adult members at a facility that is either partially or fully under the jurisdiction of Covered Organization (USOC/NGB) (e.g., coaches, officials, adult athletes, etc.).
- Adult members of the USOC/NGB who have regular contact with minor athletes (e.g., coaches, officials, adult athletes etc.).
- Adults authorized by the USOC/NGB to have regular contact with minor athletes (e.g., volunteers, chaperones, medical personnel, adult athletes, etc.).
- Adults authorized by the USOC/NGB to have authority over minor athletes (e.g., coaches, officials, volunteers, chaperones, medical personnel, adult athletes, etc.).
- USOC/NGB staff and board members.

**WHERE:** These policies apply at all facilities, training or competition venues that are partially or fully under the jurisdiction of the Covered Organization (USOC/NGB). Partial or full jurisdiction shall include the following: any sanctioned event (and all traveling and lodging in connection) by the USOC/NGB or any facility that the USOC/NGB owns, leases or rents for practice, training or competition. **“Facility” shall include hotels when a team is traveling to USOC/NGB sanctioned event.**

## TWO REQUIREMENTS

1

### OPEN AND INTERRUPTIBLE

An individual who passes by must be able to see/observe what is occurring and interrupt if necessary.

2

### ADULT PRESENT

A second adult must be PRESENT and at a reasonable distance. An adult located in another room does not meet this standard.

## SAFESPORT BEST PRACTICES

- If a separate room in a hotel is modified for and designated as an athletic training room while traveling for competition, in order to perform a massage or rubdown in that room the door must be kept wide open and another adult must be present. Using the door latch/guard so others may enter is not sufficient as it limits the ability of others to see into the room.
- Place an adult as a monitor that does not personally perform massages and rubdowns inside a training room or other area used for massages and rubdowns to ensure any massage or rubdown occurs with a second adult in the room.
- Track all massages and rubdowns, and the adults and minors present at that time, to ensure compliance and serve as a reminder to individuals performing massages and to the minor athletes that another adult must be present.
- Provide education to athletes and legal guardians on the meaning of open and interruptible.