



The USA Swimming Minor Athlete Abuse Protection Policy (MAAPP) has five parts. This resource is intended to provide information regarding implementing the Massages, Rubdowns and Athletic Training Modalities section of the policy.

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.

Frequently Asked Questions

Q: What is an athletic training modality?

A: Examples of an athletic training modality includes stretching, physical manipulation, injury rehabilitation, stim treatment, dry needling, cupping, etc.

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.