

# AMT onsite massage guidelines

Performing onsite massage requires the therapist to adapt to the environment in which the treatment takes place. However, adapting to the environment does not mean compromising professional and ethical standards. Rather, it means using your knowledge, skills and pre-planning to ensure that the treatment is conducted to a high standard of professional care.

As a member of AMT, you are required to adhere to the AMT Code of Ethics and Code of Practice at all times, regardless of the context in which you are treating. We recommend that you regularly review the AMT Code of Practice, and think about how you can apply and adapt the principles to any treatment context.

## Equipment Checklist

- Massage table or chair
- Massage stool
- Bolster and pillows
- Linen and/or disposable barriers (sheets, face cradle covers, light blanket)
- Oils, balms, creams or lotions
- Towels
- Heat/cold packs
- Small watch or clock
- Hand sanitizer
- Spray disinfectant
- Paper towels
- Sealable container or bag for used linen
- Garbage bags
- Bottle of water
- Business cards, brochures, marketing material
- Onsite massage intake forms
- Appointment book
- Pen and paper
- Float/money box
- Nail clippers and nail file

## Professional Boundaries

- Wear a uniform or suitable professional attire
- Work within your scope of practice
- Discuss treatment options with the client
- Provide information about the treatment to the client and obtain informed consent
- Respect the client's right to withdraw consent at any time
- Treat the client with courtesy, dignity and respect
- Check that your insurance policy extends to providing onsite massage

## **AMT ONSITE MASSAGE GUIDELINES**

### **Draping**

- Use fresh or disposable linen and draping for each client
- Ensure that the client is appropriately draped at all times
- Respect the client's right to remain fully clothed if they choose
- Give the client adequate privacy to change in and out of clothes
- Only expose the area being massaged

### **Record keeping**

- A health record must be kept for each client. AMT has designed a simplified intake form for use at onsite events which you can download from **<http://www.amt.org.au/downloads/practice-resources/AMT-Onsite-Massage-Intake-Form.docx>**
- Check the information provided on the intake form and ask further questions if necessary. Remember that you have the right to refuse to treat if there are red flags / contraindications
- Record any assessments performed and the treatment provided on the intake form and sign the treatment record
- Treat all personal and health information as private and confidential
- File the completed intake form in a plastic sleeve or folder and place in a secure area. Intake forms will need to be securely filed at the end of the event.

### **Infection Control and hygiene**

- Apply standard precautions
- Maintain personal hygiene
- Wash and dry hands before and after each client. If hand-washing facilities are not available, use hand sanitizer before and after each client.
- Dry hands using single use towels
- Keep nails short and remove any jewellery that may come into contact with clients
- Tie hair back to prevent contact with clients
- Clean and disinfect any exposed areas of the massage table/chair and bolsters after each client
- Use clean linen for each client
- Use disinfecting wipes to remove sweat or dirt from clients where applicable (e.g. sporting events)
- Place used linen in a sealable container or bag
- Place rubbish in a garbage bag