**Level 3 Sports Massage Mapping Toolkit**

**CNH20**

**Plan, apply and evaluate massage methods**

This standard is about preparing for and applying the following massage methods to non-pathological tissue:

* effleurage
* petrissage
* tapement
* vibration

Massage applies to all relevant areas of the body.

Users of this standard will need to ensure that practice reflects up to date information and policies.

**How to use this Mapping Toolkit**

Using the right hand column, indicate where in your training materials the evaluator can see the relevant criteria evidenced.

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| **Performance Criteria** | **Mapping** |
| **You must be able to:**  |
| 1. ensure there is adequate public liability and professional indemnity insurance
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| 1. apply agreed standards of personal hygiene, dress and appearance
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| 1. make sure equipment meets current health and safety requirement
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| 1. make sure equipment and area provide for the comfort and dignity of the client
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| 1. make sure equipment and area are clean and hygienic
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| 1. select materials that are appropriate for the planned massage method
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| 1. where necessary, follow approved guidelines for the presence of a chaperon
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| 1. prepare and store records according to legal requirements
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| 1. obtain information relevant to the cautions and contraindications to massage and respond appropriately
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| 1. observe, palpate, assess and move the area in a way that is appropriate to the client and their needs
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| 1. refer when necessary to a relevant professional
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| 1. devise a massage strategy appropriate to the client, their needs and your scope of practice
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| 1. make sure the client understands the nature and purpose of the massage method and the equipment to be use
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| 1. follow the correct procedures to obtain informed consent
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| 1. where necessary, follow approved guidelines for the presence of a chaperone where necessary, follow approved guidelines for the presence of a chaperone
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| 1. prepare the relevant body area with due respect to the client’s dignity and their informed consent
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| 1. make sure the client is correctly positioned, safe and comfortable throughout the massage method
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| 1. select and apply massage methods that are within your scope of practice and the client’s informed consent
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| 1. apply the massage method correctly and consistently to meet the client’s need
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| 1. observe and take account of the cautions and contraindications to massage methods
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| 1. provide the client with appropriate materials and assistance to remove the massage medium when appropriate
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| 1. obtain and record feedback on the effects of massage methods from the client
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| 1. measure client feedback against the aims and objectives of your massage strategy
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| 1. identify any adverse reactions
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| 1. make reassessments
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| 1. provide the client with appropriate advice and additional opportunities for feedback
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| 1. refer when necessary to a relevant professional
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| 1. make clear records in an acceptable format
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| 1. store records safely and securely according to legal requirements
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| 1. evaluate the massage strategy
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| 1. destroy records as legally required
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| **Knowledge and understanding** | Mapping |
| **You need to know and understand** |
| 1. anatomy, physiology and pathology relevant to the massage methods covered by the unit
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| 1. the importance of applying the underpinning knowledge of anatomy, physiology and pathology to the practice of massage
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| 1. the accepted standards of practice and recognition of clients presenting with pre-existing conditions and problems
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| 1. the importance of accurate assessment, reassessment and record keeping
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| 1. the physiological and neurological effects of massage methods
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| 1. the content of massage mediums in relation to allergic reaction and contraindication
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| 1. the importance of cleanliness and hygiene and the standards that should be applied when applying massage in a variety of situations and environments
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| 1. the importance of maintaining the dignity and comfort of the client throughout the massage process
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