

Considerations for Massage Therapy Practice in the Covid-19 Era

Fundamentals

1. Only isolation provides complete safety. Safety in practice is a relative term. There is no absolute or guaranteed safety; there are protocols, habits, measures, etc., that can make practicing “safe-er” for you, your clients, and everyone with whom you will both come into contact. To put it another way: Degree of safety with respect to massage practice can be indicated on a continuum. The SAFE end point of the continuum is not reachable while engaging in massage practice: other points on the side of the continuum closest to SAFE are attainable.
2. You will make, and potentially re-make, decisions about your own risk tolerance. Your risk tolerance decisions will inform your decision about whether and how to practice. What factors will you consider in establishing your risk tolerance at any given time?
3. You will educate your clients and potential clients about safety measures *and* risks – and they will make, and potentially re-make, decisions about their own risk tolerance. Their risk tolerance decisions will inform their decisions about whether and when to seek sessions with you. Clients’ decisions will reflect the same broad, personal considerations that yours do. Please remember that a client’s decision not to come for a session is not a referendum on your value or on the value of a session.
4. If, when, and as you practice, you will thoroughly and repeatedly screen your clients and potential clients for their suitability to receive a massage. Sometimes clients will not meet your established standards for receiving. Please remember that your decision not to accept a client at any particular time is not a reflection of their desire to be seen or your desire to see them or your interest in serving that client. It is only a recognition of failure to meet “safer practice” standards at that time. Your unwavering adherence to those standards is part of what will allow you to offer practice conditions that are as safe as possible and that fall within your risk tolerance boundaries.

Deciding About Practicing

1. What questions will you ask yourself as you decide whether and/or when to practice? How will you weigh factors to come to a decision?
 - Legality and Governmental Criteria
 - Guidance from Profession/Industry
 - Guidance from CAMTC
 - Risk of Infection: Covid-19
 - Lack or Availability of Personal Protective Equipment
 - Financial Considerations
 - Personal and Family Risk
 - Need for Knowledge, Skills, and Resources/Equipment (what Anne Williams calls “supercharged” knowledge)
2. Resource: Possible Finance [Possible Finance Blog -- Updated Regularly](#)