

## Resources, Protocols, and Guidelines for MT Practice Risk Reduction



### From the Federation of State Massage Therapy Boards

#### [Guidelines for Practice with Covid-19 Considerations](#)

This document contains recommendations and guidelines for massage and bodywork practitioners to mitigate the spread of COVID-19. The intent of this document is to provide a resource to FSMTB Member Boards and Agencies, massage and bodywork professionals, and massage school staff to support public protection. This Guide references Standard Precautions and CDC protocols and adapts them to the specific practice environment of massage and bodywork. Whenever possible, this document reflects specific CDC recommendations to provide guidance on facility cleanliness and sanitation, facility policies and procedures, and requirements for massage practitioner hygiene.

The FSMTB recognizes that some customization and flexibility are necessary to allow these concepts to be of assistance in each jurisdiction and practice setting. The recommendations and guidelines do not replace any directives or guidance provided by federal or state agencies, regulatory boards, or other authorities having jurisdiction. Where conflicts occur, the stricter requirement will apply.

COVID-19 is a rapidly evolving situation. The document will be modified as necessary when further relevant information becomes available.

\*\*Also, please note: The FSMTB has suspended the fee increase for the MBLEx until October 1, 2020. Fee until that time will remain at \$195. After October 1, the fee will increase to \$265.\*\*



### From CAMTC

#### [CAMTC - County Reopening Map](#)

**Online Informational Forum Podcast** on the Massage Profession in CA Enduring the Covid-19 Pandemic Emergency <https://www.camtc.org/>

Access the podcast any time after 2 PM, July 2, 2020 at the above address.



### From California State and County Governments

#### [California Department of Health Industry Guidance - Personal Services](#)

#### [Resilience Roadmap - State of California Opening Timetable and Plan](#)

#### **County Opening Timetables and Plans**

[Contra Costa County](#)

[Alameda County](#)

[San Francisco County](#)



**From Anne Williams**, author, *Massage Mastery: From Student to Professional*

Access a clear, comprehensive, **free digital book** by Anne Williams and Eric Brown: *Preventing Disease Transmission in a Massage Practice*. **Book includes forms, product lists and information, and session protocols. Book is updated weekly** to accommodate new research and information. Chapter 8 provides Downloadable Forms you can use in your practice. The forms include:

- Cleaning Product Supply List
- Policy and Procedure Updates Related to Covid-19 Safety (Client/Practitioner Versions)
- Covid-19 Information & Consent Form (Client/Practitioner Versions)
- Posters on social Distancing, Hand Sanitizing, and more
- Welcome Back to Massage sample letter: Lets clinic clients know that you are informed and taking every precaution to ensure their safety

[Massage Mastery Online, Source for Online Texts and Videos](#)

Access **free videos on practices to reduce disease transmission**:

[Free Safety Training Videos](#)

Access **face mask updates**:

[Face Mask Update Page](#)

- Please note that there is a distinction between a face covering (cloth) and a face mask (non-woven, melt-blown).
- Face coverings are much less effective than face masks at blocking and/or filtering viral particles or droplets.
- Face coverings can be washed; masks cannot be washed or treated with disinfectant in any way without destroying the filtering capacity of the mask.
- Masks (N95 or, if N95 masks are not available, KN95) comply with industry safety standards. Face coverings do not.
- Masks can be re-used with proper handling. See recommended procedures.
- Once either face coverings or masks have been used, their surfaces are considered contaminated, so it is important to avoid touching the surfaces of coverings or masks.

Access a **comprehensive document/checklist guiding you through a day of practice**:

[A Day in the Life of a Massage Therapist While Covid-19 is Present in the Community](#)

**\*\*Note: Free Access to Materials extends for 18 months. Register now for your free copy to maximize your access.\*\***



**From ABMP**

Access a **Special Edition of Massage and Bodywork Magazine devoted to Practice and Covid-19 and related issues**: [Massage and Bodywork Special Edition: Covid-19](#)

From this page, you can access many **back-to-practice protocol and resource docs**, including [Personal Protective Equipment \(PPE\)](#), [Forms and Printouts](#), etc.

[Back to Practice Summary](#) Very extensive and specific.

lja/6-28-2020