Tournament Sports Massage Therapist Information Pack W/M15, M25, W35, W50, W75, W100

Introduction

Welcome to the ITF World Tennis Tour Tournament Sports Massage Therapist Information Pack.

This information pack has been compiled to support you in your role as Tournament Sports Massage Therapist at a WTT event and provides some helpful information you will need.

We really value your commitment to our sport and to the players on the WTT and we greatly appreciate your efforts in providing the highest quality care to these world-class players, helping to keep them safe, healthy and competing. Thank you for taking the time to go through this information and if you have any questions or feedback please don't hesitate to contact us.

For any assistance please contact Elaine Maclagan, ITF Sports Physiotherapy Consultant, at Elaine.Maclagan@itftennis.com

The ITF World Tennis Tour

The International Tennis Federation (ITF) is the world-governing body of tennis. Its purpose is to ensure the long-term growth and sustainability of the sport, delivering tennis for future generations in association with its member nations. A key priority is the organisation of the World Tennis Tour (WTT) – the main artery delivering players to the top of the game. The WTT team is responsible for the worldwide ITF women's and men's professional tournaments, which offers 1,200 tournaments in over 70 countries.

The results of tournaments are incorporated into the WTA and ATP Rankings, which enables female professionals to advance to the WTA and for male professionals to progress on to the ATP Challenger Tour/Tour and ultimately the Grand Slams.

Common Tennis Injuries & Illnesses in Professional Players

The physical demands of professional tennis combined with high training and match loads can contribute to musculoskeletal injury, so what can you expect to encounter as a Sports Massage Therapist in tennis?

Many injuries are overuse injuries such as muscle overload or tendinopathy; however, tennis is a dynamic sport and acute injuries can happen on court.

In general, lower limb injuries are the most common site of injury and muscle and tendon injuries, the more common type. Followed by upper limb injuries such as rotator cuff injuries in the shoulder or wrist tendon injuries and then by trunk area injuries such as low back issues or abdominal muscle strains. Thigh injuries tend to have the highest injury incident rate; however, shoulder and knee injuries account for more time lost from competition.

As tennis is a global sport with lots of international travel, it is not unusual for players to suffer illnesses associated with regular long distance travel such as stomach and GI illnesses, colds and upper respiratory tract infections. In very hot countries, heat illness may also present.

Players experiencing viral or heat illnesses should avoid massage, as it may exacerbate their

symptoms.

Qualifications

The Sports Massage Therapist must:

- be a licensed and certified, formally trained massage therapist.
- have two (2) years of experience in sports massage, preferably at the elite level.
- hold all professional liability insurance* coverage to treat athletes in the host country of the tournament
- be able to converse fluently, read and write in English.
- be familiar with the management of sports injuries and tennis-specific injuries.
- A qualified Physiotherapist or similarly qualified professional, e.g., Osteopath, Chiropractor or Kinesiologist, may be hired to perform the massage if a Sport Massage Therapist is unavailable.

Recommended Training:

It is recommended the Sports Massage Therapist holds sports specific training in techniques such as:

- Active/Passive Movement Techniques
- Deep Tissue
- Friction
- Ice Massage
- Myofascial Cupping
- Myofascial Release Techniques
- Positional Release Techniques
- Neuromuscular Therapy
- Reflexology
- Swedish Massage Technique
- Trigger Point Therapy

The Sports Massage Therapist must not:

- acupuncture, dry needle, manipulate joints.
- administer or recommend any homeopathic remedies, herbs, or natural products.
- refer a player to any medical practitioner or natural health practitioner.
- recommend any “over the counter” medical products or health remedies.

Hours & Availability

It is recommended for W/M15 and W35/M25 that a Sports Massage Therapist is available for players to access, as a minimum, from the first day of Singles Qualifying until and including the Quarter-Finals day.

For W50, W75, W100 Tournaments a Sports Massage Therapist must be available for players to access, as a minimum, from the first day of Singles Qualifying until and including the Quarter-Finals day.

The service must be available from 2 hours after the first match starts and for a minimum of 4 hours.

Fee



A fee may be charged by the Sports Massage Therapist but must be no more than $30 for 30 minutes or $50 for 60 minutes (unless agreed otherwise with the ITF).

Pre-Tournament Preparation

At W100 tournaments, the ITF Lead Sports Physiotherapist will arrange a call with the Sports Massage Therapist within two weeks prior to the tournament to discuss the massage service details, onsite availability and fee.

We recommend all Sports Massage Therapists complete the **ITF Safeguarding Course** and the **ITF Mental Health First Aid Course** prior to the start of the tournament.

The **ITF Introduction to Safeguarding Children in Tennis** online module which can be found here and takes 20-45 minutes to complete:
https://www.itf-academy.com/?academy=103&course=1711

The ITF **First Aid Mental Health Course** takes around an hour to complete.
https://www.itf-academy.com/index.php?academy=103&course=6190

Please provide the certificates of completion for the Physio Education module and the Safeguarding module to the ITF Supervisor at your event – thank you.

Massage Therapy Cream/ Lotions

The Sports Massage Therapists will provide the massage cream/ lotion. It is the responsibility of the Massage Therapist to ensure that all creams or lotions used must be in accordance with the Tennis Antidoping Program.

ITIA

The International Tennis Integrity Agency, ITIA is an independent body established in 2021 by the International Governing Bodies of Tennis to promote, encourage, enhance and safeguard the integrity of tennis. It is the ITIA that administer the tennis anti-corruption program and the tennis anti-doping program on behalf of the governing bodies of tennis.

You can email the ITIA at education@itia.tennis if you have any questions or concerns.

Tennis Anti-Doping Program (TADP)

It is the responsibility of everyone in tennis to be aware of the rules. Players are tested for the substances prohibited by the World Anti-Doping Agency (WADA) and if a violation occurs, sanctions will be enforced in compliance with the World Anti-Doping code. Please check that the massage creams/ lotions you are intending to use are compliant – you can find more information online at https://www.itia.tennis/anti-doping/

Global Drug Reference Online (DRO)

Global Dro is a useful tool to check the anti-doping status of specific products and ingredients based on the current WADA prohibited list sold in Australia, Canada, Japan, New Zealand, Switzerland, the United Kingdom, and the United States. https://www.globaldro.com/Home

Tennis Anti-Corruption Programme (TACP)

The Tennis Anti-Corruption Programme (TACP) is in place to maintain the integrity of our sport and protect against corruption and betting related offences. It is the responsibility of players, coaches, officials and all persons in tennis to be aware of and comply with the TACP rules.

The rules are there to protect everyone in sport and outline how you must report any corrupt approach and list all offenses in the program including match fixing, courtsiding, and other corrupt activities. More information can be found here.

Homeopathic & Supplement Products

Players must be aware that homeopathic products, the production of which is not regulated in many countries, could be contaminated by ingredients not listed on the label, including agents on the List of Prohibited Substances.

Given the risks of product contamination, no homeopathic medicines (oral or intravenous) supplements or vitamins should be provided to players. 'The use of homeopathic products remains a personal decision of the player and as with all substances, the player is responsible for what they put in their body.'

Confidentiality

All medical records and health information collected on any player competing on the ITF must be kept confidential in accordance with the ITF Notice of Privacy Practices.

Under no circumstances should the Massage Therapist speak to the media/ press/ tournament Staff/ players coach or team member or others unless the player gives their express permission.

The disclosure of any inside information including player health information could result in a Tennis Anti-Corruption sanction.





