



CANADIAN SPORT MASSAGE
THERAPISTS ASSOCIATION
ASSOCIATION CANADIENNE DES
MASSOTHÉRAPEUTES DU SPORT

Information Booklet





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The Canadian Sport Massage Therapists Association was incorporated on July 31, 1987. Since that time, the Association has sought to develop and maintain a standard of excellence in sport massage through education and certification.

The purpose of this booklet is to provide a general understanding of the organization and its greater role among all other allied medical professionals and health and sport organizations across Canada.

The CSMTA is primarily run by volunteers with only part-time help at the administrative level. This is truly a not-for-profit organization that has a passionate and dedicated base of support.

Role of the CSMTA

- The only certifying body in Canada for Sport Massage
- A not-for-profit organization
- Provides leadership and education in the specialty of Sport Massage
- Establishes professional standards
- Educates about the importance of sport massage therapy
- Aims to serve all levels, from grassroots community athletics to Provincial, National and International

"Our focus continues to prepare therapists to work with Canada's elite athletes in conjunction with the requirements set by the Canadian Olympic Committee (COC) which maintains Certified Sport Massage Therapists through the CSMTA recognition as an Expert group. This allows representation on Health Care Teams selected for Major Games and Events".

To meet minimum Qualification Standards upheld by the Canadian Olympic Committee (COC), a certification program was implemented, **the CSMTA Education Program.**

Mission Statement

"The CSMTA enhances the health care needs of Canadian athletes from grassroots to the professional level. This is accomplished by members working through the CSMTA Education Program and by applying effective sport massage techniques during all phases of their training, performance and competition. The CSMTA promotes a professional climate for the growth of sport massage therapy in Canada through education, research and practice."

Motto

"Keeping athletes in trusted hands"

Vision

For Members

- An organization that is National in scope
- Facilitates mentorship, education, and certification
- Leadership in delivery of service

For Sports Associations & Athletes

- Provide excellence in care
- Supports training, performance and rehabilitation through manual treatment
- Leaders in pre, post and inter-event massage

What is Sport Massage Therapy?

“The application of specific massage techniques to an athlete with the purpose of enhancing the athlete’s preparation for, or recovery from, the physical demands of training or competition.”

Sport Massage

- Each phase has specific timing, duration, benefits, expected outcomes and techniques. Skillful and appropriate application may mean the difference between qualifying or not, winning or losing or setting a personal best.
- Delivered on-site at an event or at the host or team healthcare clinic.
- Local teams, clubs and individual athletes will benefit from Sport Massage Therapy provided by CSMTA members.

How We Help Athletes & Organizations

- Our Members are professionally trained to treat athletes from grassroots to Olympic and professional levels.
- We specialize in specific techniques for pre-event, inter-event, post-event and restorative / training massage.
- Skillfully applied sport massage may increase performance, decrease potential for injury and assist the athletes with their mental preparation.

Benefits of joining the CSMTA

Professional Development

- Opportunities to work at high levels of sport.
- Notification of relevant upcoming practical courses around the country.
- Invitation to the annual Provincial and National Conferences.
- Take our signature course, Advanced Sport Massage Therapy.
- Notification of Chapter Symposiums or Special Events.
- Access to recommended reading resources and programs relevant to a sport massage therapy career.

Networking

- Exposure to other sport healthcare professionals such as sport massage therapists, athletic therapists, sport physiotherapists, sport chiropractors and sport medicine doctors.
- Notification of event opportunities to work and learn alongside other sport healthcare professionals.
- Access to members only social media for real time Q & A's and support.

Mentorship

- Get partnered with a current certified Sport Massage Therapist (mentor) to guide you through the certification process.
- Improve and add to your knowledge and skill set.

- Learn in a supportive environment.

National Recognition

- Opportunity to be selected for the core medical team for major games such as; Olympics/Paralympics, Major International Games and other Championships in Canada and abroad.
- Opportunity to obtain the nationally recognized designation of Certified Sport Massage Therapist – SMT(C)



CSMTA Membership Levels

Student

Students enrolled in an accredited Canadian Massage Therapy Program qualify to apply for a CSMTA student membership.

Students applying for membership need a letter of confirmation of enrolment detailing the length of program, expected graduation date and if a sport massage course is in the curriculum.

Certification Candidate (CC)

Massage Therapists eligible to work in Canada, are members in good standing and registered with the Province or Territory in which they live, are eligible to register as a Certification Candidate.

Certificate Candidates must hold a valid Standard First Aid certificate with CPR, take the CSMTA Advanced Sport Massage Course, and provide proof of liability insurance and membership in good standing with their provincial body in order to maintain their membership in good standing.

For those members in unregulated Provinces, there are additional requirements. Please see our website, **csmta.ca** for more details.

Certified (C)-reserved

Certified Members are members in good standing with their Provincial bodies, have proof of liability insurance, maintain a valid Sports First Responder with CPR certification, have taken the CSMTA Advanced Sport Massage Course, have completed all certification requirements in the Candidate Handbook and have passed both the written and oral practical certification exams.

1000 hours to Certification

**500 Sport hours + 500 RMT hours = 1000 hours
to become an experienced Sport Massage Therapist**

Why so many hours?

It ensures our candidates:

- Become familiar with injuries and treatments common to on-site/on-field situations.
- Interact with athletes, coaches, managers, team officials and expert groups of health teams (CASEM, CATA, RCCSS(C), SPC, CSEP, CSMTA).
- Learn to manage various situations as the primary and secondary medical personnel on duty.
- Gain valuable experience needed to be selected to the Health Care Team at Major Games and competitions.

10 Steps to Certification

Detailed requirements for each step are available in the Candidate Handbook, in the Members only section of our website.



Note: ISMDP is now known as the CSMTA Education Program

CSMTA Education Program

These courses are ideal for those therapists interested in the specialization of Sport Massage or for those Massage Therapists who just want to extend their knowledge.

Sport Massage has become an integral part of the Sports Medicine team and often work in multi-disciplinary medical teams alongside Sport Physicians, Sport Physiotherapists, Athletic Therapists, Exercise Physiologists and Sport Chiropractors.

In some situations, Sport Massage Therapists work alone, as the only health care provider for an athlete or a sport team, during training sessions and competitions. Frequently, they have to deal with various injuries or medical conditions. This requires more knowledge, skill, and first aid application than is taught in massage therapy schools.

The CSMTA Education Program includes a practical course and 4 self-study courses. The academic self-study courses include:

Sport Physiology: Concepts and Applications for the Massage Therapist by Gordon J. Bell

Sport Psychology: Foundations and Practice for the Massage Therapist by John M. Hogg

Sport Injuries: Assessment and Treatment Protocols for the Massage Therapist by Jean Shaw and Anne Hartley

Sport Massage: Theory and Techniques for the Massage Therapist by Kip Petch and Aurel Hamran

Contact Us

Please check our website at **csmta.ca** for further details and to join our ranks as a Sport Massage Therapist. To download a pdf copy of the booklet please go to the About CSMTA page on our website.

If you have any questions, do not hesitate to contact us at **natoffice@csmta.ca**.

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