



## The Nordic Countries Massage Championship 2022

### REGULATION

#### 1. The purpose and tasks of the championship

- 1.1. Promote mutual enrichment of experience, cooperation and communication between professionals, students, practicing masseurs.
- 1.2. Improve professional skills by proving and challenging future industry specialists as well as existing professionals.

#### 2. Organizers of the championship

P. Stradins Medical College of the University of Latvia and *International Massage Association*.

#### 3. Proceedings of the Championship

- 3.1. The championship takes place from October 14-15, 2022 in P. Stradins Medical College of the University of Latvia: Vidus prospekts 38, Jurmala, Latvia, LV-2010.
- 3.2. The target audience for the first day of the championship: students who have completed massage study courses.
- 3.3. The target audience of the second day of the championship: masseurs.
- 3.4. Working language of the championship: Latvian and English..
- 3.5. The championship will be broadcast on social networks and photographed.

#### 4. Championship schedule

##### 4.1. THE CHAMPIONSHIP PROGRAMME

| FIRST DAY OF THE CHAMPIONSHIP – 14.10.2022. |   |
|---|---|
| TIME  | Student massage championship and master classes               |
| 9:00 – 10:00                                | REGISTRATION  |
| 10:00 – 10:30                               | Opening of the championship                                   |
| 11:00 – 12:00                               | <i>Part 1 of the student championship - classical massage</i> |
| 12:00 – 13:00                               | LUNCH   |
| 14:00 – 15:00                               | <i>Part 2 of the student championship – wellness massage</i>  |
| 15:00 – 16:00                               | Master classes of international massage trainers              |
| 17:00                                       | AWARDS  |

| SECOND DAY OF THE CHAMPIONSHIP – 15.10.2022. |   |
|--|---|
| TIME   | Professional massage championship and master classes              |
| 9:00 – 10:00                                 | REGISTRATION  |
| 10:00 – 10:30                                | Opening of the 2nd day of the championship                        |
| 11:00 – 12:00                                | Part 1 of the professional championship – classic massage         |
| 12:00 – 13:00                                | LUNCH   |
| 14:00 – 15:00                                | <i>Part 2 of the professional championship - wellness massage</i> |
| 15:00 – 16:00                                | Master classes of international massage trainers                  |
| 17:00  | AWARDS  |

#### 4.2. PARTICIPATION IN THE CHAMPIONSHIP

- 4.2.1. The participants of the championship can apply for their participation in both parts of the championship - classical massage and wellness massage.
- 4.2.2. The participants of the championship may apply for their participation in only one part of the championship - classic massage or wellness massage.
- 4.2.3. The participant of the championship is obliged to inform the organizers of the championship about the choice made.

#### 4.3. CLASSICAL MASSAGE PROGRAMME

- 4.3.1. Massage duration – 30 minutes.
- 4.3.2. When performing a massage, it is necessary to include the main basic techniques of classical massage: stroking, rubbing, kneading, vibration, as well as auxiliary techniques of the basic techniques.
- 4.3.3. The massage of the BACK area, the level of basic skills of classical massage is evaluated.
- 4.3.4. The organizers of the championship provide all participants with: model, massage couch, cosmetic table, 2 towels, massage oil and disinfectant.
- 4.3.4. The participants of the championship must follow the rules of hygiene, the time limit and the boundaries of the designated place.

#### 4.4. WELNESS PROGRAMME

- 4.4.1. The duration of the demonstration of the wellness program is 40 minutes, the participants perform the chosen type of massage or a combination of massage types.
- 4.4.2. Participants are responsible for everything necessary for the massage (decorations, clothing, etc.).
- 4.4.3. The organizers provide the participants with a massage and cosmetic table and a model. The organizers choose the music for the event.
- 4.4.4. The participants of the championship must follow the rules of hygiene, the time limit and the boundaries of the designated place.

4.4.5. On the day of registration, participants submit a short description of the massage, indicating the type of massage to be performed and a short description of the methodology.

## **5. Evaluation procedure and criteria**

5.1. In the championship, evaluation is carried out in each part of the program separately - classic massage and free choice massage.

5.2. EVALUATION CRITERIA OF THE CLASSIC MASSAGE PROGRAM:

5.2.1. compliance with hygiene rules and professional appearance of the masseuse;

5.2.2. preparation of the workplace in order to perform the massage precisely and qualitatively;

5.2.3. model preparation, positioning for massage, communication with the model;

5.2.4. ergonomics of the masseur;

5.2.5. compliance of performed classical massage techniques, compliance of basic classical massage techniques by importance (sequence and directions);

5.2.6. respecting the time limit (30 minutes).

5.3. WELLNESS PROGRAMME EVALUATION CRITERIA:

5.3.1. compliance with hygiene rules and professional appearance of the masseur,

5.3.2. preparation of the workplace in order to perform the massage precisely and qualitatively,

5.3.3. aesthetic design of the massage programme,

5.3.4. compliance with the rules of professional etiquette,

5.3.5. the safety of the selected massage or SPA program, compliance with the purpose and task of the massage,

5.3.6. completeness, originality and composition of the massage or SPA procedure.

5.3.7. respecting the time limit (40 minutes).

5.4. The championship is evaluated by an international jury - five jury members (two Latvian jury members, three delegates of the *International Massage Association*).

5.5. The tasks of the championship will be evaluated according to the point system established by the *International Massage Association*.

## **6. Results and awarding**

6.1. The results of the winners will be announced at the end of the championship day.

6.2. After collecting the ratings, the three participants with the highest ratings in each part of the championship - classic massage and free choice massage - are awarded.

- 6.3. The participants will be awarded letters of appreciation in various nominations, such as audience sympathy, the most aesthetic presentation, the most ergonomic massager, etc.
- 6.4. All participants receive certificates of participation.
- 6.5. Participants of the championship, medical practitioners, are awarded further education points approved by the Association of Medical Practitioners of Latvia for participating in the championship

## **7. Participation fee and registration**

- 7.1. Registration can be done until September 30, 2022 on the college's website by filling out the online application form: <https://forms.gle/X7iVHzVBa2erMh4D8>.
- 7.2. The participation fee is determined according to the chosen activity and can be done until October 10, 2022.

## **8. Championship supporters**

- Association of Latvian Masseurs
- SIA „GMT Beauty Trade“
- Jurmalas city council
- Agetis Supplements