

# Massage

## 1. Final task assignment

Contestants will carry out one relaxation massage.

Contestants can choose the type of massage, it's a free program.

## 2. Allocated time: 1 hours 30 minutes

The contest duration is 1 hours 30 minutes.

Step 1: 30mn of preparation (installation of the workspace, presentation of the massage, welcome of the model and anamnesis).

Step 2: 60mn of massage.

## 3. Requirements

### **30 minutes are allotted for preparation:**

1. The preparation of the workplace is carried out by the contestant before the start of the practical competition task. The workplace is prepared for the procedure, respecting the sanitary and hygiene rules (10 minutes).
2. The contestant presents orally his massage to the judges (steps; process - introduction, process of the massage and conclusion; tools used, goals and benefits of the massage (10mn).
3. Before the beginning of the practical task, the model is invited to the massage area by one of the judges. The contestant will make a short inquiry about the model's health and identify if there are any contraindications to the procedure. The contestant installs his model on the massage table in accordance to the established rules of etiquette (10 minutes).

### **60 minutes are allotted for the massage:**

The model is dressed in advance in disposable underwear, slippers and with a bathrobe (mandatory).

By the time of the "start" signal, the contestant can start his massage.

Throughout the entire task assignment, contestants can ask the timing of the remaining time until the end of the massage procedure to the assistant appointed by the judge by putting their hand up.

During the massage procedure, the contestant shall provide comfort and dignity to the model.

The contestant has to maintain in order his workplace during the massage procedure. Used materials should be discarded and sorted during work.

Contestants must inform the model when the massage is over. They can notify the judges when they complete the task by putting their hand up. They have to help the model to get up properly.

After the expiration of the time allotted for work (the “work completed” signal), the contestants leave the competition area, the models remain in place.

Any contestant caught cheating, talking to someone from the public or using a communication device (smartphone, connected watch, tablet, earphones) will suffer a penalty of 5 points for the first transgression. A second transgression will lead to an exclusion from the contest.

#### 4. Procedure

**Day -1 (March 23<sup>rd</sup>):** The day before the competition, the contestants will be met by the judges at the competition stand. There will be a briefing on the organization of the competition, hygiene and safety rules.

The contest will be organized in 2 groups. Contestants from the same delegation must compete in the same group. A schedule will be given to each candidate to precisely indicate their intervention times. The group that is not in competition will have to register to go on an organized trip.

**Day 1 (March 24<sup>th</sup>):** Contestants have 1 hours 30 minutes to prepare workplaces and complete the competition task.

**Day 2 (March 25<sup>th</sup>):** Contestants have 1 hours 30 minutes to prepare workplaces and complete the competition task.

#### Composition of the groups

Group 1: 5 contestants	Group 2: 4 contestants
Kenya, 1 contestant	China, 2 contestants

Pakistan, 1 contestant	Sri Lanka, 1 contestant
Azerbaïdjan, 1 contestant	Mongolia, 1 contestant
Finland, 1 contestant	
Rwanda, 1 contestant	

## 5. Scoring criteria

N°	Items to be evaluated	O/S	Scoring scale
01	Relevance of the anamnesis (contraindications and medical history) <i>Pertinence de l'anamnèse (contre-indications et antécédants médicaux)</i>	S	5
02	Presentation of the massage (the main steps, benefits and objectives) <i>Présentation du massage (les grands étapes, bienfaits et objectifs)</i>	S	10
03	Dress and presentation of the masseur (hair tied up, unicolored dress, cleanliness) <i>Tenue et présentation du masseur (cheveux attachés, tenue unicolore, propreté).</i>	S	5
04	Organization of the workspace. Compliance with sanitary and hygienic standards <i>Organisation de l'espace de travail. Respect des normes sanitaires et hygiéniques</i>	S	5
05	Selection of suitable materials and products <i>Sélection du matériel et des produits adaptés</i>	S	5
06	Model position and support (comfort, availability, adequate position, listening, generosity, connection with the model) <i>Position et soutien du modèle (confort, disponibilité, position adéquate, écoute, générosité, connexion avec le modèle)</i>	S	10
07	The position of the massage therapist when performing a massage procedure (general posture, straight back, balancing, breathing) <i>La position du massothérapeute lors de l'exécution d'un acte de massage (posture générale, dos droit, équilibre, respiration)</i>	S	10
08	Quality of execution of the maneuvers <i>Qualité de réalisation des manœuvres</i>	S	10

09	Consistency of the massage program (sequence of maneuvers, construction of the massage introduction, body of the massage, conclusion) <i>Cohérence du programme de massage (séquence des manœuvres, construction de l'introduction du massage, corps du massage, conclusion)</i>	S	10
10	The use of massage techniques in accordance with the individual anatomical features of the model and the need for their application (touch quality) <i>Utilisation des techniques de massage en accord avec les caractéristiques anatomiques individuelles du modèle et la nécessité de leur application (qualité du toucher)</i>	S	5
11	Safety of the massage program chosen for the demonstration (for the model and the massage therapist) <i>Sécurité du programme de massage choisi pour la démonstration (pour le modèle et le massothérapeute)</i>	S	5
12	Respect for the goals and objectives of the massage techniques used, included in the stated method <i>Respect des buts et objectifs des techniques de massage utilisées, inclus dans la méthode énoncée</i>	S	10
14	Suitable pace <i>Rythme approprié</i>	S	5
15	Fluidity of the maneuvers <i>Fluidité des manœuvres</i>	S	5