

Event Day Checklist

National Capital Area Sports Massage Team

Equipment

Massage Table & carrying case
4 empty cans of cat food or tuna fish (to put under the legs of your table so it doesn't sink)
Head rest (disposable face cradle covers optional-see paper towels)
Bolster(your towels can double as a bolster if desired)
Folding stool
Plastic fitted twin sheet (optional)
1 sheet per hour you are working. 10-2p=4 hours =4 sheets
1 medium towel per hour you are working. 9-2p=5 hours=5 towels
Paper towels for face cradle covers, wiping down table and hands
Box of tissues (optional)
Anti bacterial spray or wipes(for table & headrest)
Anti-bacterial gel (for hands)
Cream or oil, your preference
Hot cream(optional) Examples: Icy hot, Tiger balm, Ben gay
Cold cream(optional) Examples: Sombra, Biofreeze
For backup: sheets of lined paper, sharpie pen, regular pens, tape
Hamper for carrying clean towels and sheets and tossing soiled sheets during event.
Can also double as a trash can for disposable face cradle covers.
Trash bag
Business cards and business card holders
Brochure holder and brochures (optional)
Fanny pack or waist purse for cash, checks and making change.
Cash for making change. NCASMT won't have cash on hand
Recommend by NCASMT veteran: about \$200; 5-\$20s, 8-\$10s, 4-\$5s & 10-\$1s
If you accept credit cards at your office, you can bring credit card charge forms with your name and codes already zipped onto the forms. NCASMT does not accept credit cards.
Camera (optional)

Clothing/Attire/Personal support items

NCASMT tank, t-shirt or polo
If you don't have a NCASMT shirt, get one by contacting Ed Johnson
Strongly recommend a second shirt. Many events are hot and sticky. You may want to change
Khaki, black or navy shorts or pants
Wrist & head bands (optional)
Sunglasses & sunscreen
Hat or visor
Neatly groomed hair, tied back if necessary
Comfortable shoes/sandals
Water, Snacks, ice in cooler

What not bring

- Special sauces: No home-made creams or oils No unlabeled creams. Some athletes are drug tested and cannot risk having a banned substance in their system. Please do not add any aromatherapy to the standardized creams and oils available on the market for your sports massage events. All creams and oils should be standard issue.
NOTE: if you repackage your cream or oil into a different container, that's fine. Please adhere to the warning above.
- Tent: NCASMT or the race director will provide shelter
- Music: almost all races have a public announcement (PA) system that will be making race day announcements and blasting music. That's the atmosphere; fun and light hearted.
- Tip jar: Tips are given to individuals not to the group as a whole. Our policy is that tips are appreciated, not expected.
NOTE: some events are compensated by TIP JAR only. Please clarify all compensation when participating in events.
- Pets: No time or space to take care of your personal pet. Please leave the critters at home