

**PROPOSED REGULATION OF THE
BOARD OF MASSAGE THERAPISTS**

LCB File No. R009-07

January 14, 2008

EXPLANATION – Matter in *italics* is new; matter in brackets ~~omitted material~~ is material to be omitted.

AUTHORITY: §§1-21, NRS 640C.320.

A REGULATION relating to massage therapy; establishing the period within which the Board of Massage Therapists will report the results of an investigation concerning an applicant for a license to practice massage therapy; requiring, under certain circumstances, a practical examination as a prerequisite for obtaining such a license; establishing the requirements for continuing education for the renewal of such a license; establishing certain requirements relating to sanitation, hygiene and safety in the practice of massage therapy; and providing other matters properly relating thereto.

Section 1. Chapter 640C of NAC is hereby amended by adding thereto the provisions set forth as sections 2 to 21, inclusive, of this regulation.

Sec. 2. *“Massage establishment” means any premises, mobile unit, building or part of a building where massage therapy is practiced.*

Sec. 3. *The Board or its designee will report the results of an investigation of an applicant for a license to practice massage therapy, where practicable, at the next scheduled meeting of the Board immediately after the receipt of all the background information relating to the applicant that the Board or its designee deems necessary to conduct the investigation.*

Sec. 4. 1. *For the purposes of paragraph (c) of subsection 2 of NRS 640C.400, an applicant for a license to practice massage therapy must pass:*

(a) The National Certification Examination for Therapeutic Massage;

(b) The National Certification Examination for Therapeutic Massage and Bodywork; or

(c) The National Examination for State Licensing,

↳ administered by the National Certification Board for Therapeutic Massage and Bodywork.

2. Except as otherwise provided in subsection 3, an applicant for a license to practice massage therapy must pass a practical examination that is administered by the members of the Board or a designee of the Board, which may include, without limitation, a provider of a program of massage therapy that is recognized by the Board pursuant to NRS 640C.400.

Before designating such a provider to administer the practical examination, the Board will audit the procedures of the provider for administering the practical examination.

3. The Board will, if deemed appropriate by the Board, waive the requirement for passing the practical examination if the applicant meets the requirements for licensure set forth in NRS 640C.420.

Sec. 5. 1. Except as otherwise provided in subsection 3, to maintain his licensure, a massage therapist must complete, to the satisfaction of the Board, at least 12 hours of continuing education as specified in section 6 of this regulation within the year immediately preceding his request for renewal of his license. Except as otherwise provided in subsection 2, proof of the completion of the requirement for continuing education must be submitted with an application for renewal of a license in the year in which the credit is earned.

2. If a massage therapist obtains more than 12 hours of continuing education in a year, he may request that the Board carry over the excess hours of credit, not to exceed 36 hours, to apply towards completion of the requirement for continuing education set forth in subsection 1 for succeeding years, up to a maximum of 3 succeeding years.

3. A massage therapist who seeks a reduction of the number of hours of continuing education required, an extension of time to obtain continuing education or a waiver of the

hours of continuing education required, must petition the Board to grant his request at least 30 days before the date on which his license expires. The massage therapist must submit with the petition proof, satisfactory to the Board, that he was unable to obtain the continuing education because of circumstances which were beyond his control.

4. Upon request pursuant to subsection 3, the Board will, if deemed appropriate by the Board:

(a) Reduce the number of hours of continuing education required for renewal of a license of a massage therapist;

(b) Extend the period in which a massage therapist must obtain the continuing education required for renewal; or

(c) Waive the requirement for continuing education for a particular massage therapist.

5. Except as otherwise authorized by the Board pursuant to subsection 4, if a massage therapist fails to complete the requirements for continuing education set forth in subsection 1 before the date on which his license expires, the Board will send a notice to the massage therapist indicating that the massage therapist is not in compliance with the requirements for continuing education.

Sec. 6. 1. The Board will approve credit for continuing education as follows:

(a) One hour of credit will be approved for each hour that a massage therapist attends a workshop, course, conference or seminar relating to the practice of massage therapy which is provided by a person or entity that is:

(1) Accredited by the National Commission for Certifying Agencies, or an equivalent accrediting body approved by the Board;

(2) Approved by the National Certification Board for Therapeutic Massage and Bodywork;

(3) A massage therapy school, bodywork therapy school, public college, postsecondary institution or other entity which offers a program of massage therapy that is recognized by the Board pursuant to NRS 640C.400; or

(4) A massage therapist with at least 2 years of experience in the practice of massage therapy or a related field who has previously received approval from the Board for the workshop, course, conference or seminar.

(b) The amount of credit for authoring a publication relating to the practice of massage therapy will be determined upon receipt and evaluation by the Board of the information required to be submitted pursuant to section 8 of this regulation.

(c) One hour of credit, up to a maximum of 12 hours, will be approved for each hour spent:

(1) Giving a presentation at a workshop, course, conference or seminar relating to the practice of massage therapy.

(2) Preparing a presentation described in subparagraph (1).

(3) Serving as a member of the Board or a member of a committee appointed by the Board, attending a meeting of the Board or administering a practical examination described in section 4 of this regulation.

2. The Board will consider the written request of a massage therapist for approval of credit for any continuing education that is not specified in subsection 1 if the request is submitted to the Board at least 30 days before date on which his license expires.

Sec. 7. 1. *A massage therapist may request approval of credit for continuing education from the Board before attending, preparing or giving a presentation at a program of continuing education. The request must be accompanied by the applicable information and documentation listed in section 8 of this regulation.*

2. The Board will inform a massage therapist of the approval or denial of credit for continuing education within 30 days after the next meeting of the Board immediately following the receipt of a request from the massage therapist pursuant to subsection 1.

Sec. 8. 1. *To obtain credit for attending a program of continuing education relating to the practice of massage therapy, a massage therapist must submit to the Board:*

- (a) The name of the program;*
- (b) The name of the sponsor of the program;*
- (c) The number of hours awarded by the sponsor of the program for completion of the program;*
- (d) A copy of the signed certificate of completion;*
- (e) Biographical information regarding the instructor of the program;*
- (f) The inclusive dates and location of attendance of the program; and*
- (g) A brief summary of the information that the massage therapist learned at the program and the manner in which the massage therapist will use that information in his practice.*

2. To obtain credit for preparing or giving a presentation at a program of continuing education relating to the practice of massage therapy, a massage therapist must submit to the Board:

- (a) The title of the presentation;*
- (b) The name of the sponsor of the presentation;*

- (c) The location of the presentation;*
- (d) The number of hours of the presentation;*
- (e) The source of the information conveyed in the presentation;*
- (f) The inclusive dates of the presentation;*
- (g) A list of all the persons who attended the presentation; and*
- (h) A brief summary of the presentation and the information that a person who attended the presentation was expected to learn.*

3. To obtain credit for authoring a publication relating to the practice of massage therapy, a massage therapist must submit to the Board:

- (a) A copy of the published material; and*
- (b) The title, publisher and date of publication of the published material.*

4. Except as otherwise provided in subsection 5, if the credit for continuing education is for a course of study, training or performing an educational activity relating to the practice of massage therapy which is not specified in subsection 1 of section 6 of this regulation, the massage therapist must submit to the Board:

- (a) A description of the subject matter studied, the training received or the educational activity performed;*
- (b) A schedule of the time spent studying, training or performing; and*
- (c) A brief summary of the manner in which the course, training or activity relates to massage therapy.*

5. If the credit for continuing education is sought for:

(a) A course attended by telecommunication or on the Internet, the massage therapist must submit to the Board a copy of the transcript and the certificate of completion or other proof of completion, which includes the contact information of the provider.

(b) A self-study course based on a book, periodical, cassette tape, compact disc, video tape or disc, or other media presentation, the massage therapist must submit to the Board a report, not to exceed one page, written by the massage therapist which details the information that was learned by the massage therapist and includes, without limitation, the title, author and publisher of the study material.

(c) Serving as a member of the Board or a member of a committee appointed by the Board, administering a practical examination described in section 4 of this regulation or attending a meeting of the Board, the massage therapist must submit to the Board a list of the dates on which the meetings or examinations were attended or administered.

Sec. 9. 1. *A massage establishment that provides vapor baths, steam baths or portable saunas must be equipped with adequate shower facilities.*

2. A massage therapist shall ensure that:

(a) All portable saunas, showers, tubs, basins, massage or steam tables, combs, brushes, shower caps and any other equipment used in the massage establishment is cleaned and rendered free from harmful organisms by the application of a bactericidal agent;

(b) Any equipment that comes in contact with a client of the massage therapist is cleaned with soap or detergent and hot water and is sanitized before the equipment is used on another client;

(c) All equipment, furniture and fixtures, including, without limitation, tables used for massage, are clean and well-maintained;

(d) All electrical equipment used for the care of a client is clean and well-maintained and is listed to applicable standards and requirements by Underwriters Laboratories Inc., or approved by another nationally recognized testing laboratory; and

(e) All hydrotherapy equipment is cleaned after each use, is well-maintained and is only used in the manner prescribed by the manufacturer of the equipment.

Sec. 10. 1. *A massage therapist shall have sufficient knowledge of communicable diseases to protect the clients of the massage therapist and the massage therapist from the transmission of such a disease while engaging in massage therapy.*

2. If a massage therapist has reason to suspect that an employee who assists the massage therapist with massage therapy or a client of the massage therapist may have a communicable disease, the massage therapist shall:

(a) Recommend to the client that the client be examined by a licensed health care provider.

(b) Request that the employee be examined by a licensed health care provider.

3. An employee who has been requested to be examined by a health care provider pursuant to subsection 2 must present a written statement from a licensed health care provider verifying that the employee is in compliance with the guidelines for prevention, suppression and control of communicable diseases set forth in chapter 441A of NAC before the employee may resume employment with the massage therapist.

4. A massage therapist and any person who works in a massage establishment and who is exposed as part of his employment to any bloodborne pathogens or bodily fluids shall practice universal precautions as described in 29 C.F.R. § 1910.1030(d).

Sec. 11. 1. *A lubricant used in the practice of massage therapy, including, without limitation, oil, soap, alcohol, powder, lotion, shampoo and salts, must be:*

(a) Dispensed from a suitable container that prevents contamination; and

(b) Stored:

(1) Separately from cleaning supplies; and

(2) In a manner that prevents contamination and preserves the integrity of the

lubricant.

2. A massage therapist shall sanitize a container used to dispense a lubricant each time before he refills the container.

3. A massage therapist may use spa treatments, muds and body wraps while practicing massage therapy if he considers and follows sanitary procedures in his use of those materials.

Sec. 12. 1. *Any exterior door and window in a massage establishment must be tight-fitting and must effectively exclude insects, rodents and other vermin.*

2. The walls, ceilings and floors in a massage establishment must be well-maintained and kept clean.

3. The floors of a room in a massage establishment that contains a toilet must be made of an impervious material that is nonporous or nonabsorbent.

Sec. 13. 1. *A room in which massage therapy is practiced must:*

(a) Be designed to provide privacy for the client;

(b) Have the capability of maintaining the air temperature in the room at 75 degrees Fahrenheit at a point 24 inches above the floor;

(c) Have sufficient ventilation and circulation to prevent objectionable odors; and

(d) Have lighting fixtures which are capable of providing a minimum of 5 foot-candles of light at the floor level. Such lighting fixtures must be used when any cleaning operations are conducted in the room.

2. A room in which massage therapy is practiced must not be used simultaneously for massage therapy and any domestic purposes.

Sec. 14. *1. After a towel, linen or gown has been used once in a massage establishment, it must be deposited in a receptacle provided for soiled towels, linens and gowns and must not be used again until properly laundered and sanitized.*

2. After being laundered and sanitized, all towels, linens and gowns in a massage establishment must be stored at least 4 inches off the floor in shelves, compartments or cabinets that are used only for that purpose.

3. Any items designed for a single service and all towels, linens and gowns furnished for the use of a client must be clean.

Sec. 15. *A massage therapist shall:*

1. Wear clean opaque clothing and practice strict standards of personal hygiene while practicing massage therapy; and

2. Thoroughly wash his hands with soap and water or an alcohol liquid approved by the Board:

(a) Before and after providing massage therapy to each client; and

(b) After using the restroom.

Sec. 16. *1. A massage establishment must have an adequate supply of hot and cold running water that is safe and sanitary.*

2. The interior piping in a water distribution system in a massage establishment must be installed and maintained in compliance with any applicable local building codes or ordinances prescribing standards for plumbing.

Sec. 17. 1. *If a bathing facility other than a shower is used in a massage establishment, the bathing facility must:*

(a) Have floors that are slip-resistant, easily cleaned and coved to a height of 4 inches;

(b) If an artificial surface made from resilient materials is used for the floor, be vacuumed with a wet vacuum frequently, to keep the floor clean and free from accumulated moisture;

(c) Have interior walls and ceiling finishes which are easily cleaned and are impervious to water; and

(d) If there is more than one bathing facility, be separated by a nonporous, nonabsorbent floor.

2. *A massage therapist shall ensure that:*

(a) An effective watertight joint between the wall and the floor is maintained in a bathing facility that is used in a massage establishment; and

(b) Any rubber or impervious mats that are used in the bathing facility are cleaned, sanitized and dried between uses.

3. *If a shower is provided in a massage establishment, the shower must:*

(a) Have compartments which are impervious to water to a height of 6 feet above the floor;

(b) Have a floor that is furnished with a non-slip impervious surface; and

(c) Have tempered glass or acrylic glass doors if the doors are made of glass or a substitute for glass.

4. *A massage therapist shall ensure that all bathing facilities provided for use in a massage establishment satisfy the requirements of chapters 444 of NRS and NAC.*

5. *As used in this section:*

(a) “Bathing facility” includes, without limitation, a spa, shower, bathtub, sauna and steam bath.

(b) “Spa” means a pool primarily designed for therapeutic use which is not drained, cleaned or refilled for each user. The term includes units which employ hydrojet circulation, hot water, cold water, mineral water, air induction bubbles or any combination thereof.

Sec. 18. *All sewage and liquid waste generated by a massage establishment must be disposed of in a municipal sewage system where such a system is available. If a municipal sewage system is not available, sewage and liquid waste must be collected, treated and disposed of in compliance with the provisions of chapters 444 of NRS and NAC and any applicable local regulations which govern the subsurface disposal of sewage.*

Sec. 19. *Garbage and refuse on the premises of a massage establishment must be:*

- 1. Kept in containers which are easy to clean and well-maintained; and*
- 2. Disposed of in a sanitary manner.*

Sec. 20. *1. A sanitary toilet must be provided in each massage establishment.*

2. Lavatories with an adequate supply of hot and cold water under pressure must be conveniently located for use by the employees and clients of a massage establishment.

3. Any room in a massage establishment that contains a toilet must:

- (a) Have doors that are capable of being fully closed and locked from the inside; and*
- (b) Be kept clean, in good repair and free from flies, insects and vermin.*

4. A supply of soap in a covered dispenser, single-use or disposable towels in a dispenser and a waste receptacle for proper disposal of the towels must be provided in each lavatory.

5. A supply of toilet paper on a dispenser must be available and conveniently located next to each toilet provided in a massage establishment.

Sec. 21. *A massage therapist shall ensure that the massage establishment in which he engages in the practice of massage therapy is:*

- 1. Kept clean and free of litter or rubbish; and*
- 2. Maintained in a neat and orderly manner.*