

DIRI Draping Policy

The Dr. Ida Rolf Institute (DIRI) promotes respect for the individual, and upholds each individual's bodily autonomy, privacy, and the right to determine the appropriate and comfortable level of touch, dress, and bodily coverage during Rolfing® SI and Skillful Touch sessions at DIRI. Given the nature of Rolfing work, it is important for the practitioner to have direct access to the physical body of the client during assessments, table work, and reassessment. At no time does this access include full nudity, and clients must comply with the *Clothing and Coverage Details* outlined below. For additional comfort, Rolfing students and practitioners provide sheets and blankets.

DIRI Clothing and Coverage Details

Rolfing clients are asked to wear minimal clothing, to the level of their comfort, to allow the Rolfing students and practitioners appropriate access to the skin during the session and for body readings. Clients of all genders must wear either underwear, running shorts, bathing suit bottoms, or other appropriate coverings at all times. Additionally, people with breasts must wear a bra, tank top, or another chest covering. Demonstration clients, who receive sessions from an instructor or an assistant, as well as clinic clients, who receive sessions from student practitioners, are required to bring and wear appropriate attire. The DIRI Clinic Coordinator informs potential clients of these policies during the clinic application process. Clients must confirm in writing that they understand these policies and are willing to perform this role and receive sessions in the appropriate attire.

Rolfing students and practitioners remain fully clothed in the classroom, unless receiving touch practice, a session from a peer, or modeling during a lesson. At those times, students must adhere to the same Clothing and Coverage Details outlined for clients above.