



## SWIMMING NSW TAPING POLICY

<b>Adopted or Amended</b>	<b>By Whom</b>	<b>Date</b>
Adopted	Board of Directors	March 2017
Amended	Board of Directors	12/12/2019
Amended	Board of Directors	06/02/2024

The below information outlines the requirements for taping at Swimming NSW competitions.

1. The following uses of tape are **generally permitted** in competition:
  - a. Wound protection and closure
    - Band-Aids, dressings, “Butterfly” type, etc are normally permitted **with no advanced notification to the Referee.**
    - When the tape to hold a dressing in place completely circles a major limb or the dressing is exceptionally large in size **advanced notification to the Referee is recommended.**
  - b. Taping of no more than two (2) injured fingers or toes.
  - c. Tape to secure medical alert bracelets and pendants, religious objects, etc.
  - d. Tape to secure medical devices such as insulin pumps, ostomy bags, etc.
2. In all other cases taping, the swimmer must provide **advanced notification to the Referee** by way of a medical certificate. The certificate must be signed and dated by a Medical Practitioner or Physiotherapist indicating credentials of the medical practitioner and incorporate the period that taping is required.
3. Casts and splints supporting a broken bone or other injury, whether fibre glass, plastic or plaster, are **not permitted in competition** – irrespective of whether a Medical Practitioner’s note has been presented.