

## Swimming NSW Taping Policy

as at December 2020

### DIRECTION

1. The following uses of tape are **generally permitted** in competition and **advanced notification to the Referee is recommended**:
  - 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 together.
  - 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, including Kinesio Taping, Elastic Therapeutic Tape, taping intended to provide compression or support to muscles, ligaments, tendons or joints (except as stated above), 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 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.