



Taping Protocol

The NFHS rule (3-3-4) states:

Competitors shall not wear or use any device or foreign substance to aid their speed, buoyancy, or body compression. The following may be used within the state conditions:

- a. A foreign substance may be applied if not considered excessive by the referee (if excessive, the referee shall require the competitor to remove). Adhesives are not allowed for swimmers or divers.
- b. Divers may wear tape or wraps for support.

Tape may be used by a swimmer to treat a documented medical condition. The referee must be presented signed documentation from an appropriate health care professional before permitting the athlete to compete. For purposes of this NFHS rule only, an appropriate health care professional means a Doctor of Medicine, a Doctor of Osteopathic Medicine, a Doctor of Chiropractic that are school physical certified, a Physician's Assistant, a Licensed Nurse Practitioner, a Licensed Physical Therapist or a Colorado Licensed Athletic Trainer (LAT), verifying the medical condition being treated with the tape, before permitting the athlete to compete.

There are times when an on-site injury will occur. In such cases either a health-care professional from the host school's medical personnel staff, or a health-care professional from the school's own medical personnel staff, shall provide the necessary medical care which may result in the need for the use of tape.

Situation: A swimmer from Team A cuts his/her foot needing to be treated and taped to allow for further competition in the meet. The swimmer is treated by (a) a health-care professional from the host school's medical personnel staff, or (b) a health-care professional from Team A's medical personnel staff. The meet referee is made aware of the treatment by the health-care professional, accepts it and allows the athlete to continue in competition.

Ruling: Correct procedure providing treatment is from appropriate health-care professional onsite.

Situation: A swimmer during the 50 free, jams, breaks or dislocates his/her index finger as he/she finishes the race. The athletic trainer tapes two or more fingers together to stabilize the injury. The swimmer reports back to the block to compete in the 100 free. The referee is made aware of the treatment by the health-care professional and allows the swimmer to compete.

Ruling: Legal. Tape may be worn for valid medical reasons to cover a wound or treat an injury.

Situation: During the pre-meet warm up, the referee notices three (3) swimmers from the same team wearing kinesio tape. Swimmer A has a double strip on his/her calf, Swimmer B has a sports tape wrapped around his/her knee and Swimmer C has a compression tape on his/her shoulder. The coach is only able to produce documentation from a health care professional for Swimmer C. The referee permits Swimmer C to swim, prohibits swimmers A and B from swimming with the tape, but permits Swimmer A to swim after removing the tape.

Ruling: Correct procedure. Competitors shall not wear or use any device to aid their speed, buoyancy or body compression. Tape may only be used to cover a wound or for a documented injury.