



Oregon School Activities Association  
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November 12, 2019

TO: Athletic Directors and Swim Coaches  
FROM: K. T. Emerson, Assistant Executive Director  
SUBJECT: **Use of Elastic Kinesiology Therapeutic Tape**

Use of kinesio tape is allowed in OSAA swimming with these restrictions:

1. It can only be used for a current injury or to cover a wound.
2. The head coach must have a signed document from a physician, physician assistant, physical therapist, naturopathic physician, nurse practitioner, chiropractic physician or certified athletic trainer stating that the tape is necessary because of a current injury or to cover a wound.
3. Kinesio tape will not be allowed in excessive amounts.
4. A referee/official has the authority to rule the tape illegal if, in his/her opinion, it gives the swimmer a competitive advantage. (NFHS Swimming Rule 3-3-4)