



## LEICESTERSHIRE & RUTLAND Amateur Swimming Association



### Body Taping At LASA Events

Use of Body taping at these events- Can it be used?

Short Answer is **NO** body taping will be allowed during the Age Groups and Championships and LASA Events, unless the competitor has a letter signed by a medical practitioner and clearly stating that the swimmer will **NOT SUFFER** any further injury whilst competing.

The exception to this rule is the use of a plaster to cover an open wound or two fingers or toes being taped together with one providing support to the other.

If use is required you must have reported to the referee/s prior to the session warm up with your clubs coach.

**LASA is in line with World Aquatics Rule 15.3 on Devices and Wearable's**