



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISSSPT307A Conduct advanced taping**

**Release: 2**

## **SISSSPT307A Conduct advanced taping**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge to apply taping and bracing techniques including knee joints, Achilles, shoulders and elbows to assist athletes in relation to ongoing injury prevention and post-injury support.

### **Application of the Unit**

This unit applies to personnel working autonomously as sports trainers who are responsible for performing pre- and post-event taping as part of providing injury prevention and treatment for athletes, and providing treatment to assist with injury rehabilitation in a sport-specific training or competition setting such as on the playing field, court, change rooms, open or enclosed areas at sporting events, accommodation venues or in transit.

### **Licensing/Regulatory Information**

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

### **Pre-Requisites**

Nil

### **Employability Skills Information**

This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

### Elements and Performance Criteria

#### ELEMENT

#### PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

- |                             |   |
|-----------------------------|---|
| 1. Prepare for taping.      | <ul style="list-style-type: none"> <li>1.1. Identify the <i>purpose for taping</i>.</li> <li>1.2. Consult with athletes to identify <i>contraindications and precautions</i> for taping according to <i>organisational policies and procedures</i> and <i>relevant legislation</i>.</li> <li>1.3. Refer the <i>athlete</i> to appropriate personnel in the <i>medical support team</i> or a <i>health care professional</i> as required.</li> <li>1.4. Explain <i>aims and objectives</i> of the taping or bracing technique to athletes.</li> <li>1.5. Explain <i>pre-taping requirements</i> to athletes.</li> <li>1.6. Select <i>appropriate tape</i> and <i>associated products</i> for taping and or bracing of relevant area.</li> <li>1.7. Position the athlete for effective taping according to organisational policies and procedures.</li> </ul> |
| 2. Apply taping techniques. | <ul style="list-style-type: none"> <li>2.1. Apply <i>techniques for taping or bracing</i> of <i>relevant joints</i> to prevent injury and or provide post-injury support according to <i>basic principles of biomechanics</i>.</li> <li>2.2. Apply tape adherent where additional adherence is required.</li> <li>2.3. Apply a <i>barrier</i> where the athlete is allergic to adherent.</li> <li>2.4. Check circulation around taped area.</li> <li>2.5. Seek <i>feedback</i> from athlete and adjust taping where appropriate.</li> </ul>   |
| 3. Remove tape.             | <ul style="list-style-type: none"> <li>3.1. Remove tape using appropriate <i>equipment</i> and techniques.</li> <li>3.2. Apply tape remover sprays or solutions as required.</li> </ul>   |
| 4. Implement self-care.     | <ul style="list-style-type: none"> <li>4.1. Apply <i>ergonomic practices</i> to taping according to organisational policies and procedures.</li> </ul>  |

**ELEMENT****PERFORMANCE CRITERIA**

- 4.2. Adopt *self-care protocols* according to organisational policies and procedures and relevant legislation.
5. Evaluate the taping.
- 5.1. Seek and acknowledge feedback from athletes and relevant personnel on the effectiveness of the taping.
- 5.2. Identify areas where taping techniques could be improved and ways of obtaining this improvement.

## Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

### Required skills

- communication skills to:
  - consult with athletes to establish the presence of contraindications
  - refer areas beyond own responsibility to appropriate medical personnel
  - convey information to athletes about taping and or bracing objectives and techniques
- problem-solving skills to:
  - select and apply appropriate taping techniques for relevant area
  - determine situations requiring attention from a medical support team or health professional
- self-management skills to review effectiveness of taping in achieving initial aims and objectives of taping.

### Required knowledge

- legislation and organisational policies and procedures to enable the safe conduct of all activities
- principles of biomechanics as they relate to taping and or bracing to enable understanding of human movement and the impact of injury
- anatomy and physiology of elbow, knee, Achilles and Acromioclavicular (AC) joint and their relationship to other body systems to enable understanding of human performance in a sport or physical activity
- contraindications and precautions for taping or bracing to ensure effective prevention or management of injury
- types and qualities of tapes and their uses for different joints to enable joints to be taped effectively
- principles of taping and bracing techniques to enable treatment to be carried out safely and effectively.

## Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

### Overview of assessment

#### Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- communicates effectively with athletes to determine contraindications to taping and or bracing, clearly convey information about the purpose and process of taping and refer athlete to medical personnel as appropriate
- selects and safely applies appropriate taping and bracing techniques which includes elbows, shoulders, achilles and knees and removes tape effectively with minimum discomfort to the athlete
- completes taping activities within organisational safety systems and implements self care protocols.

#### Context of and specific resources for assessment

Assessment must ensure completion of multiple taping of elbows, shoulders and knees to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a sporting environment appropriate to taping
- facilities for taping requirements
- athletes participating in sport or physical activity
- taping equipment and products.

#### Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of applying appropriate taping techniques to relevant areas
- observation of interaction with athletes, including eliciting information about contraindications and previous injuries and dealing appropriately with contingencies
- oral or written questioning to assess knowledge of the relationship of the musculoskeletal system to correct taping techniques
- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended,

for example:

- SISSSPT305A Support sports injury management.

## Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

- Purpose for taping*** may include:
- injury prevention
  - post injury management.
- Contraindications and precautions for taping*** may include:
- diabetes
  - pain
  - elevated body temperature
  - swelling and inflammation
  - circulatory dysfunction
  - infection
  - allergic reaction to taping materials
  - cuts or wounds
  - previous injury.
- Organisational policies and procedures*** may include:
- occupational health and safety
  - ***collecting health information from athletes***
  - ***privacy***
  - Code of Ethics
  - Code of Conduct
  - sports taping guidelines.
- Relevant legislation*** may include:
- occupational health and safety
  - duty of care.
- Athletes*** may include:
- beginner through to high performance level competitors
  - athletes under 16 years of age who require parent or guardian consent prior to being included in a training program
  - female or male athletes
  - athletes with a disability or special needs.
- Medical support team*** may include:
- physiotherapist
  - chiropractor
  - osteopath.
- Health care professionals*** may include:
- medical practitioner
  - physiotherapist
  - chiropractor
  - osteopath
  - paramedic.



- Aims and objectives*** may include:
- prevention of injury
  - management of existing injuries
  - stabilisation of joints.
- Pre-taping requirements*** may include:
- clean, dry skin
  - shaving.
- Appropriate tape*** may include:
- tape size
  - tape adhesiveness
  - tape removability
  - rigid adhesive tape
  - elastic adhesive tape
  - covering tape.
- Associated products*** may include:
- vaseline and gauze pads
  - hypoallergenic material
  - underwrap
  - cushioning foam
  - tape adherent
  - tape remover
  - elbow braces.
- Techniques for taping or bracing of relevant joints*** may include:
- elbows:
    - figure 6 or 8
  - full shoulder:
    - anchor strips
    - figure 8
    - repeat strapping
    - overlapping spirals
  - knees:
    - anchor strips
    - repeat taping
  - Achilles joint:
    - anchor strips
    - 2-3 stirrups
    - figure 6 or 8
    - heel lock
    - locking tape.
- Basic principles of biomechanics*** may include:
- major muscle actions and movements
  - joint mechanics.
- Barriers*** may include:
- hypoallergenic material
  - underwrap.
- Feedback*** may include:
- pins and needles

- numbness
  - pain
  - tightness.
- Equipment* may include:
- blunt nose scissors
  - tape cutters.
- Ergonomic practices* may include:
- body positioning
  - body weight
  - posture
  - hand positions
  - height of table.
- Self-care protocols* may include:
- regular breaks
  - correct posture.

## **Unit Sector(s)**

Sport

## **Competency Field**

Sports Trainer