



Australian Government

Department of Education, Employment and Workplace Relations

SISSSPT304A Tape ankle, thumb and fingers

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to apply taping techniques to the ankle, thumb and fingers to assist athletes in relation to ongoing injury prevention and post-injury support and management.

Application of the Unit

This unit applies to those working under some supervision in a sport and recreation environment. It applies to personnel working as sports trainers who are responsible for providing injury treatment for athletes 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.

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|-----------------------------|---|
| 1. Prepare for taping. | 1.1. Consult with athletes to identify <i>contraindications and precautions</i> for taping according to <i>organisational policies and procedures</i> .
1.2. Refer the <i>athlete</i> to appropriate personnel in the <i>medical support team</i> or a <i>health care professional</i> as required.
1.3. Explain <i>aims and objectives</i> of the taping to athletes.
1.4. Explain <i>pre-taping requirements</i> to athletes.
1.5. Select <i>appropriate tape</i> and <i>associated products</i> for taping of relevant area.
1.6. Position the athlete for effective taping according to organisational policies and procedures. |
| 2. Apply taping techniques. | 2.1. Apply <i>techniques for taping the ankle or ankles</i> to prevent injury or provide post-injury support according to organisational policies and procedures and <i>principles of biomechanics</i> .
2.2. Apply <i>techniques for taping the thumb or thumbs</i> to prevent injury or provide post-injury support according to organisational policies and procedures and principles of biomechanics.
2.3. Apply <i>techniques for taping the finger or fingers</i> to prevent injury or provide post-injury support according to organisational policies and procedures and principles of biomechanics.
2.4. Apply tape adherent where additional adherence is required.
2.5. Apply a <i>barrier</i> if an athlete is allergic to adherent. |
| 3. Remove tape. | 3.1. Remove tape using appropriate <i>equipment</i> and techniques.
3.2. Apply tape remover sprays and or solutions as required. |

ELEMENT**PERFORMANCE CRITERIA**

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|-------------------------|---|
| 4. Implement self-care. | 4.1. Apply <i>ergonomic practices</i> to taping according to organisational policies and procedures. |
| | 4.2. Adopt <i>self-care protocols</i> according to organisational policies and procedures. |

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 objectives and techniques.
- problem-solving skills to select and apply appropriate taping techniques for relevant area
- self-management skills to monitor and maintain self-care.

Required knowledge

- principles of biomechanics as they relate to taping to enable understanding of human movement and the impact of injury
- anatomy and physiology of ankle, thumb and fingers and their relationship to other body systems to enable understanding of human performance in a sport or physical activity
- contraindications and precautions for taping to enable prevention or management of injury
- types and qualities of tapes and their uses for different joints to enable joints to be taped 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 with athletes using appropriate communication strategies to determine contraindications to taping
- clearly conveys information about the purpose and process of taping and refers athlete to medical personnel as appropriate
- selects and safely applies appropriate taping techniques to the ankle, thumb and fingers 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 ankles, thumbs and fingers to demonstrate competence and consistency of performance.

Assessment must also ensure access to:

- 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 for ankles, thumbs and fingers
- observation of interaction with athletes, including eliciting information about contraindications
- observation of dealing with contingencies such as unavailability of equipment
- oral or written questioning to assess knowledge of 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:

- SISSSPT302A Provide initial management of sports

injuries

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.

Contraindications and precautions for taping may include:

- pain
- elevated body temperature
- swelling and inflammation
- circulatory dysfunction
- infection
- allergic reaction to taping materials
- cuts or wounds.

Organisational policies and procedures may include:

- ***collecting health information from athletes***
- ***privacy***
- ***best practice sports trainer principles***
- code of ethics
- code of conduct
- sports trainer associations guidelines
- occupational health and safety.

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
- massage therapist.

Aims and objectives may include:

- prevention of injury
- management of existing injuries
- stabilisation of joints.

Pre-taping requirements may

- clean, dry skin

- include:
- shaving.
- Appropriate tape*** may include:
- tape size
 - tape adhesiveness
 - tape with minimal skin irritants
 - tape removability
 - rigid adhesive tape
 - elastic adhesive tape
 - covering tape.
- Associated products*** may include:
- vaseline and gauze pads
 - hypoallergenic material
 - cushioning foam
 - tape adherent
 - tape remover.
- Techniques for taping the ankles*** may include:
- anchor strips
 - 2-3 stirrups
 - figure 6 or 8
 - heel lock
 - locking tape.
- Basic principles of biomechanics*** may include:
- centre of gravity
 - base of support
 - levers
 - fulcrum
 - major muscle actions.
- Techniques for taping the thumb or thumbs*** may include:
- figure 8.
- Techniques for taping the finger or fingers*** may include:
- buddy taping.
- Barriers*** may include:
- hypoallergenic material
 - underwrap.
- 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.

Unit Sector(s)

Sport

Competency Field

Sports Trainer