

## SWIMMING AND DIVING

### INHALERS

**Question:** If I have a swimmer who has a prescription for an inhaler, if they are going to use the inhaler any time during the meet, I must present a doctors note **\*prior\*** to the start of the competition to the officials or do I have to have the note and if asked by an official be able to present it? Or do I have to get it approved by the WIAA? I'm asking because I have several swimmers with exercised induced asthma and I need to get my ducks in a row and make sure I go over this at my parents' meeting.

**Interpretation:** Unlike track and field, swimming & diving does not disallow the use of inhalers during swimming/diving meets. WIAA and NFHS language remains silent on this issue. Consequently, inhalers are allowed to be used. It is the safest practice for a student-athlete using an inhaler to have a documented note from a medical professional in case use of performance enhancing substances are suspected.

### VIDEO

**Question:** I can video record a swimmer during a race and after the completion of their race show them the video on deck to help them in future races make corrections.

**Interpretation:** Yes, coaches are allowed to video using smart phones, electronic notebooks, video cameras, etc., during a race and then after the race show them the video on deck. NFHS Rule 3-5 regarding electronic devices now indicates: "Team personnel may use electronic devices to transmit or record information pertaining to a competitor's performance, provided the location does not interfere with administration of the meet as determined by the meet referee. Electronic devices shall not be used to transmit information to the competitor(s) during the race or dive. PENALTY: A competitor and other team personnel (e.g. Coach, manager, etc.) involved in the violation shall be disqualified from further participation/coaching in the meet for unsporting conduct. NFHS Situations 3.5 A on page 27 provides additional support of use of video by coaches on deck. Situation B prevents competitors from using video/cameras on themselves during a race or dive.

Please be aware of NFHS Rule 4-1-6 indicating: "Electronic devices can not be used to verify or review official's decisions made during the meet."

### TAPE

**Question:** This came up last year, so I want this one clarified as well. I have an athlete who wears kinesio tape for competition. I have a doctor's note for this due to a prior ACL injury. I must present this doctors note to the officials **\*prior \***to competition. If I do not present it and they swim with the kinesio tape and I did not show the officials the note they are disqualified.

**Interpretation:**

NFHS Rule 3-3-4 indicates: “The use of tape is permitted to treat a documented medical condition which allows a competitor to compete, but not gain an advantage over the remainder of the field. The meet referee must be presented with signed documentation from an appropriate health-care professional before permitting the athlete to compete.”

Further, NFHS 3.3.4 SITUATION C indicates the following: “During the pre-meet warm up the referee notices three swimmers from the same team wearing kinesio tape. Swimmer A has a double strip on his/her calf, Swimmer B has a sports tape design wrapped around his/her knee and Swimmer C has a compression sports tape design on his/her shoulder. The coach is only able to produce documentation from a health care professional for Swimmer C. The official asks Swimmers A and B to remove their tape. RULING: Correct procedure. Comment: 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.

Consequently, when tape is identified on a participant who has not been identified by a coach as having documentation from a health care professional, the participant can be asked to remove the tape by an official if the swimmer has not been called to the blocks by the referee’s long whistle. A swimmer is DQ’d when they wear tape after a race has begun—after they have been called to the blocks or when noticed during an event.

Yes, this is a coach’s responsibility, as coaches must present documentation from a health care provider for a student-athlete using tape during a competition prior to an athlete being allowed to compete.