

Sports Taping Checklist

The following checklist covers the equipment needed to apply and remove sports tape effectively and the checks a sports trainer or first aider should undertake before and after taping an athlete.

Equipment

- Bluntnose scissors
- Massage table
- Hand sanitiser
- Towel(s)
- Hypafix, Fixit, Fixomull, foam underwrap
- Leukofoam, Leukofoam lite
- Appropriate size tape. Refer to BPST's [Sports Taping Factsheet](#) for more information on sports tape

Pre-taping checks

- Skin is clean, dry, and free from cuts or blisters, sunscreen and massage creams or oils
- The athlete is not allergic to tape, or the appropriate underwrap product or latex-free tape is chosen
- The athlete's injury has been diagnosed and the appropriate taping technique selected

Post-taping checks

- Is the athlete experiencing impaired sensation?
- Is the athlete experiencing restricted blood flow?
- Has the undesired movement been restricted while allowing the desired movement?
- Is the athlete comfortable?

