

Holistic therapy - Reflexology

Competition brief

Entry requirements

This competition is accessible to all competitors training towards a reflexology qualification or who have qualified with no more than 3 years experience to the date of the competition.

Competition structure

Stage one: enter online by 19th March 2010

Stage two: competitors will be invited to participate in a live heat

Stage three: highest scoring competitors across all heats that meet the required standard will be invited to compete at the UK final

About the competition

One person per campus may be entered

The scope of the competition covers the main features of the job role as follows:

- Asking their client about health and lifestyle problems and detailed medical history.
- Following relevant Health and Safety procedures
- Working on the client's hands / feet, assessing possible problems
- Applying pressure to specific reflex points to help clear blockages, improve circulation, ease tension and restore natural balance to the body.

Prior to the day of the competition Competitors should select a client who will be suitable to be their model for the competition. This model cannot be contra-indicated to the treatment.

This model **cannot** be a lecturer or staff member of the college.

Please note for the UK final models will be balloted for and swapped. More information on this will be in the competition brief for the final.

Competitors will be provided with a blank treatment plan on the day of the competition, which will be completed in view of the judges. A copy of the treatment plan will be available so that competitors can familiarise themselves with the treatment plan prior to the competition.

On the day

The competition's duration is 1 hour 20 minutes.

- **Consultation (15 minutes)** The competitor will have 15 minutes to carry out a full consultation in order to formulate a treatment plan. This should be recorded **before** starting the treatment and will be assessed.
- **Reflexology treatment (45 minutes).** Competitors must demonstrate a commercially acceptable full reflexology treatment that meets the needs of the client. This includes preparing the client, providing an effective treatment, and the completion of the record card within the stipulated time.
- **Aftercare (10 minutes)**
Competitors should provide the client with suitable and relevant aftercare advice, which may include longer term home care.
- **Completion of paperwork (10 minutes)**
Competitors must complete all of the relevant documentation which will be provided on the day. Only Worldskills documentation will be used

Equipment

Competitors are responsible for supplying all products and equipment; however, a couch, trolley and stool will be provided.

Competitors will not be able to refer to reflexology charts during the competition. Any electrical equipment must be PAT tested prior to competition.

Models

Competitors will be required to bring their own models who **must not** be contra-indicated to any part of the treatment on the day. Lecturers / college staff cannot be models.

A complementary therapy practitioner is expected to have relevant theoretical knowledge and will be expected to answer oral questions related to the tasks during the competition.

Marking and assessment

A panel of judges have been drawn from industry, colleges and training providers. The judges' decisions will be independently moderated and quality assured before being confirmed.

A minimum of two judges from the panel will attend each heat. If you win a heat we celebrate your success straightaway. After the last heat is complete an announcement of those who got through to the UK Final will be announced by email.

NB: Winners from the heats may not necessarily go through to the final and those who have not gained a place at a heat may have gained a significantly high mark nationally to make it into the final.

Assessment will be through:

- Observation
- Inspection of completed tasks
- Inspection of documentation

Competition rules

- Conduct for competitors during live competitions:
- Competitors must set up and participate in the competition on their own. At no point should accompanying tutors, colleagues or others be in the competition area before or during the competition. Models will enter the room at the start time of the competition.
- Competitors must ensure that they keep to timings set by judges at the beginning of the competition, extra time will not be allocated to those who are not ready for each task.
- Competitors should be dressed in therapy attire that would be acceptable within commercial enterprises. No jewellery to be worn.
- Competitors must cover all logos and other items that identify their colleges or other organisations of origin.
- Competitors who arrive late for the finals will not receive additional time.
- Competitors will start and finish work as instructed by the judges.
- During the competition competitors should not disturb other students or speak to members of the public.
- Any competitor who wishes to leave the area during the competition must seek the permission of the judges.
- If there is a power stoppage, breakdown of machinery or accident, the competitors must act according to the instructions of the judges.
- Competitors who break or damage their own equipment during the competition will not receive any additional time.
- Competitors will be required to bring their own models on the day. These models must not be contra-indicated to any part of the treatment. They must also have previous experience of the treatment.
- Competitors are responsible for supplying **all** products and equipment, including towels. Hosts will however provide a couch, magnification lamp, stool and trolley.
- Where a competitor is observed working in an unsafe manner s/he will be stopped and not permitted to continue unless willing to follow the judges' directions.

Contact details

For technical advice about the competition contact: Sam Alexander
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For general information about competitions please contact the WorldSkills UK contact



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