



world **skills** uk

Reflexology
(Regional Heat)

Competition Brief



Enter Online By: 28th February 2008

entry requirements

Who can enter?	<p>This competition is at advanced level. Those who can enter should be over the age of 16 and currently training to be Reflexologists.</p> <p>The top candidates achieving the highest marks in the regional heats will be invited to the UK final. There is no automatic entrance to the UK final for regional winners. UK Skills will inform finalists following moderation of marks from the regional competitions.</p>
Individual and/or team event?	<p>Individual</p>
How many competitors can enter?	<p>One person per organisation per level</p>
How can I enter? Step 1 Step 2	<p>Register for this competition by 28 February 2008 visit www.worldskillsuk.org and go to the reflexology page</p> <p>Send Case History by 31st March 2008.</p>

contact details

Contact the organiser for technical advice about the competition
 Samantha Alexander
 Tel: 01253 504628
SALE@blackpool.ac.uk

For registrations, cancellations, contact
 WorldSkills UK Contact Centre:
 Phone: 0800 612 0742
 Email: worldskillsuk@ukskills.org.uk

Enter Online By: 28th February 2008

competition description

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.
- Working on the clients' hands/feet, assessing possible problems.
- Applying pressure to specific spots to help clear blockages, improve circulation, ease tension and restore the body's natural balance.

Prior to the day of the competition

Competitors must design a client record card that must be their own work. They should select a client who will also be their model for the competition, and carry out three reflexology treatments prior to the competition. This model **cannot** be a staff member of the college.

These treatments should be written up, using a word processor on A4 paper, in detail as a case history.

Areas that should be addressed include: client overview, treatment plan objectives, working environment (including Health and Safety), medical history / details, lifestyle details, observations / manual examination, contra-actions identified, aftercare/home care advice and evaluation of treatments. (this list is not exhaustive).

The client record card and recorded case history should be authenticated by a college lecturer as being the student's own work, as they will form part of what is assessed.

The completed and authenticated case history must be sent preferably by email as an attachment (please use Microsoft Word) to: **Tracey O'Hare** at traceyohare@vtct.org.uk.
Alternatively send by recorded delivery to:

Tracey at VTCT
3rd Floor, Eastleigh House
Upper Market Rd
Eastleigh, Hampshire
S050 9FD

With a covering letter to identify the college / competitor.

Enter Online By: 28th February 2008

The case history should not contain any reference or logos of the competitor's college or the competitor's name. The case history will be allocated a number which will be used during the whole competition and will be clearly put on the case history.

On the day

The competition's duration is 1 hour 5 minutes.

1. **Consultation / After care and Retail (20 minutes).** The competitor will have 20 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.
2. **Reflexology Treatment (45 minutes).** Competitors must demonstrate a commercially acceptable full reflexology treatment that meets the needs of the client. This includes reviewing and altering the treatment plan where necessary, preparing the client, providing an effective treatment, after/home care advice and the completion of the record card within the stipulated time.

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 a Reflexology chart 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.

The model must also be the same model detailed in the case history and have received three reflexology treatments as part of the case history prior to the competition.

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 tasks and/or within the assessment time allocated to each test.

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

NB: Gold 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.

If you would like to find out how to become part of the judging panel in the future please contact the competition organiser (details on page 2).

Assessment will be through:

- Observation
- Inspection of completed tasks
- Short oral questions

The marking scheme is detailed below.

If a competitor has a complaint on the day it is advised that this be discussed with the host, head judge or UK Skills representative on the day. This will ensure that any problem is cleared up as soon as it occurs. If this is not possible a verbal complaint should be made by phone to the relevant competitions manager at UK Skills as soon as possible after the competition. If a satisfactory outcome is not obtained at this stage then the formal complaint procedure will be initiated following the competitor (or representative for the competitor) writing a complaint letter to the competitions manager.

Enter Online By: 28th February 2008

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.
- Competitions 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 treatment itemised below. They must also have previous experience of all treatments.
- 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.

Enter Online By: 28th February 2008

what happens next?

Step 1	<ul style="list-style-type: none"> • Register interest • Receive username and password via email • Receive welcome pack via email containing: <ul style="list-style-type: none"> - How to host an in-house competition - Competition dates and venues - Competition rules
Step 2	<ul style="list-style-type: none"> • Select competitions to enter
Step 3	<ul style="list-style-type: none"> • Enter competitions & confirm competitors – enter by 28th February 2008 • Receive receipt after entering competitions
Step 4	<ul style="list-style-type: none"> • Competitors <u>must</u> send their completed case history.
Step 5	<ul style="list-style-type: none"> • Competitors are allocated to heats (live competitions only) • Competitors entering 'live' competitions will receive confirmation during March/April 2008
Step 6	<ul style="list-style-type: none"> • Competitors will compete within their heat. The highest scoring competitors from all heats are selected to participate in the national final.
Step 7	<ul style="list-style-type: none"> • All competitors will receive either certificates' of participation or winning certificates
<p>If competitors are unable to attend competitions they must cancel their entry by 11th April 2008 to prevent cancellation charges (see competition rules for further details)</p>	

Enter Online By: 28th February 2008

Marking Schedule

Competitor No
Criterion

Case History

Aspect ID	Aspect of Criterion - Description	Max Mark <small>Maximum mark for SUBJECTIVE</small>	Mark Awarded <small>Average mark</small>
A.1	Overall Presentation	3	
A.2	Record Card Design	3	
A.3	Typed / Ease of Reading	3	
A.4	Treatment Plan	7	
A.5	Case History	7	
A.6	Description of Treatments	7	
Total		30	

Enter Online By: 28th February 2008

Marking Schedule

Competitor No	
Criterion	Consultation and After care / Retail

Aspect ID	Aspect of Criterion - Description	Max Mark <small>Maximum mark for SUBJECTIVE</small>	Mark Awarded <small>Average mark</small>
B.1	History Taking and Observations	5	
B.2	Treatment Plan	5	
B.3	Contra Indications	4	
B.4	Home Care Solutions	4	
B.5	Contra Actions	2	
Total		20	

Enter Online By: 28th February 2008

Marking Schedule

Competitor No			
Criterion	Reflexology Treatment		
Aspect ID	Aspect of Criterion - Description	Max Mark Maximum mark for SUBJECTIVE	Mark Awarded Average mark
C.1	Appropriate Treatment for the Client	5	
C.2	Pre Treatment Massage	4	
C.3	Range of Movements	5	
C.4	Effective Use of Pressure / Technique	4	
C.5	Order of Treatment	4	
C.6	Evaluation and Recording Findings	5	
C.7	Cool Down Massage	4	
C.8	Preparation and Comfort of Client	4	
C.9	Client Support	4	
C.10	No Jewellery	1	
C.11	Hair and Uniform	1	
C.12	General Appearance	1	
C.13	Presence and Demeanour	3	
C.14	Trolley Set Up	2	
C.15	Hygienic and Safe Working Practices	2	
C.16	Finished Within Time Allowed	1	
Total		50	

Enter Online By: 28th February 2008

Summary of Marks

Competitor No	
Criterion	Reflexology

Aspect ID	Aspect of Criterion – Description	Max Mark	Mark Awarded Average mark
A (1-6)	Case History	30	
B (1-5)	Consultation and after care	20	
C (1-16)	Treatment	50	
		100	

Enter Online By: 28th February 2008