



world **skills** uk

Reflexology
UK Final

Competition Brief



Enter Online By: 28th February 2008

entry requirements

<p>Who can enter?</p>	<p>Those who can enter should be over the age of 16 and currently training to be a complementary therapist.</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>
<p>Individual and/or team event?</p>	<p>Individual</p>
<p>How many competitors can enter?</p>	<p>One person per organisation per level</p>
<p>How can I enter?</p> <p>Step 1</p> <p>Step 2</p>	<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

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competition description

The coverage of the competition should reflect the relative significance of particular holistic therapy tasks within the work role.

Competitors should design a consultation document which should be completed in view of the judges on the day of the competition.

No maps or charts are allowed.

The duration of the final competition will be 1 hour and 25 mins.

This will be broken down as follows:

Task 1:

Complete a full consultation and client treatment card.

Complete a full Reflexology treatment, within a commercially acceptable time.

Provide full and accurate aftercare / home care advice.

Timings:

Consultation and Aftercare Advice (20 mins)

Reflexology Treatment (45 mins)

A complementary therapy practitioner would be expected to have theoretical knowledge associated with the therapy and will be expected to answer oral questions related to the above task during each of the above task and/or within the assessment time allocated to each test.

Task 2:

A scenario based viva. Competitors will be given a written scenario and given 10 minutes to formulate and orally describe a treatment plan and answer selected questions from the panel of judges for 10 minutes.

A sample of a scenario and sample questions are included within this brief.

Sample Scenario

For this purpose it may be assumed that GP approval to treat was both sought and received.

The client is male, age 48. Occupation commercial traveller (sales). Smokes 20-30 cigarettes per day. Alcohol intake approx 3-4 units per day, occasionally more at weekends. Diet is poor, high in processed foods. High in fat and salt, low in fibre. Low water intake. High coffee intake. Slightly overweight. Takes little formal regular exercise, although occasionally will play 5 – a side football for his company team. Considers himself to be ‘stressed’ and would rate his stress levels at 8/10.

Main presenting problem: symptoms of IBS (Irritable Bowel Syndrome), with alternating constipation and diarrhoea.

Secondary problem: stress / inability to relax.

Sample Questions

- What disordered reflexes may you expect to find?
- How would you treat these disordered reflexes?
- What areas of assistance (helper areas) would benefit this treatment?
- What aftercare advice would you give this client?
- What could the client do in between treatments to maximise the benefits?
- Are there any areas you may avoid?

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.

marking and assessment

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

Assessment will be through:

- Observation
- Inspection of completed tasks
- Short oral questions
- Scenario based viva

The marking criteria will reflect the relative significance of particular beauty therapy tasks within the work role, as follows:

Record Card design	5
Consultation	20
Treatment	50
Viva	25
Total marks	100

The marking sheets to be used are attached.

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.

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.
- Models must **not** be members of college staff.
- 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 complementary 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/teams 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 the treatment , and be prepared to have all areas treated.
- Competitors are responsible for supplying **all** products and equipment, including towels. Hosts will however provide a couch, mag 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
- All electrical equipment must be PAT tested before using at the competition.
- 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.

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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 by 31st March 2008.
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 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>	

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Marking Schedule

Competitor No	
Criterion	Record Card Design

Aspect ID	Aspect of Criterion – Description	Max Mark Maximum mark for SUBJECTIVE	Mark Awarded Average mark
A.1	Clear and Easy to Read, With Logical Flow	2	
A.2	Typed or Word Processed	1	
A.3	Overall Presentation	2	
		5	

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Marking Schedule

Competitor No	
Criterion	Consultation

Aspect ID	Aspect of Criterion – Description	Max Mark Maximum mark for SUBJECTIVE	Mark Awarded Average mark
B.1	Questioning Techniques Used to Elicit Information	4	
B.2	Treatment Plan	4	
B.3	Knowledge of Contra-indications	4	
B.4	Suitable and Accurate Home Care	4	
B.5	Contra-actions Identified	4	
		20	

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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 or Pressure /Technique	4	
C.5	Order of Treatment	4	
C.6	Evaluation and Recording of Findings	5	
C.7	Cool Down Massage / Relaxation Techniques	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	Setting Up the Working Area	2	
C.15	Hygienic and Safe Working Practices	2	
C.16	Finished Within Time Allowed	1	
		50	

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Marking Schedule

Competitor No	
Criterion	Viva

Aspect ID	Aspect of Criterion – Description	Max Mark Maximum mark for SUBJECTIVE	Mark Awarded Average mark
D.1	Analysis of scenario	5	
D.2	Proposed treatment plan	5	
D.3	Oral Questions (3 marks per question)	15	
		25	

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Summary of Marks

Competitor No	
Criterion	Reflexology

Aspect ID	Aspect of Criterion – Description	Max Mark Maximum mark for SUBJECTIVE	Mark Awarded Average mark
A (1-3)	Record Card Design	5	
B (1-5)	Consultation	20	
C (1-16)	Reflexology Treatment	50	
D (1-3)	Viva	25	
		100	

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