

**PROVINCIAL SKILLS COMPETITION
2012 SKILLS CANADA ~ NOVA SCOTIA
Provincial Aesthetics Project**

Manicure with Nail Art – 250 points

Objective: Perform a manicure; examine hands and fingernails; record observations on a technical chart; apply a base coat, free hand French polish, followed by the application of the posted nail art and finished with a top coat. No color bleeding or corrections.

Clean and tidy the workstation. Time allocated is 90 minutes.

Description of criteria:

1. Professional appearance and attitude: **20 points of test total**
 - a. Appropriate personal appearance:
 - i. make up-impeccable; hair-firmly tied back; clothing-white lab coat, black pants and closed-toe shoes; nails-short, clean and unpolished;
 - ii. jewelry- none for security reasons; hygiene-no odour or perfume;
 - iii. posture - appropriate throughout the procedure. **8 points**
 - b. Attitude:
 - i. positive and professional attitude towards model and judges throughout the skill set. **12 points**

2. Work station: **20 points of test total**
 - a. Sanitation:
 - i. washes hands and uses hand sanitizer **8 points**
 - b. Supplies and equipment:
 - i. arranges supplies, implements and equipment functionally and in accordance with all safety regulations **6 points**
 - c. Welcoming and seating of models:
 - i. smiles, welcomes model, shows her to her seat, creates a warm atmosphere and ensures the model's comfort and safety throughout the skill set. **6 points**

3. Preliminary steps, examination and procedure: **70 points of test total**
 - a. Examination:
 - i. examines the model's nails and hands
 - ii. completes technical chart **30 points**
 - b. Nail preparation:
 - i. removes old polish ensuring no residue is left on the model's nails **10 points**
 - c. Procedure:
 - i. follows basic manicure procedure **15 points**
 - ii. files and /or cuts, soaks, and performs cuticle care **15 points**

1st Break: Check technical chart (20 minutes maximum)

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4. **Massage: 20 points of test total**
 - a. **Massage:**
 - i. massages hand and forearm respecting models comfort and safety **15 points**
 - ii. complies with timetable (10 minutes) **5 points**

5. **Final steps: 100 points of test total**
 - a. Prepares nails for application of base, free hand French polish, nail art, and top coat. **60 points**
 - b. Applies nail polish with no color bleeding and no corrections made. **40 points**

2nd Break: Check polish application (20 minutes maximum)

6. **Sanitation, clean up and safety: 20 points of test total**
 - a. cleans equipment, implements, supplies and products used in compliance with sanitation and safety regulations. **10 points**
 - b. safely empties and stores all equipment, implements, supplies and products used during the skill set and in compliance with sanitation and safety regulations. **10 points**

Note: To obtain a grade of 100% for any step, the procedure must be perfectly done. The manicure test is out of 250 points.

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Pedicure – 200 points

Objective: Perform a pedicure; examine feet and nails; record observations on a technical chart; apply a base coat, followed by two coats of red polish and finished with a top coat. No color bleeding or corrections.

Clean and tidy the workstation. Time allocated is 90 minutes.

Description of criteria:

1. Professional appearance and attitude: **20 points of test total**
 - a. Appropriate personal appearance:
 - i. make up-impeccable; hair-firmly tied back; clothing-white lab coat, black pants and closed-toe shoes; nails-short, clean and unpolished;
 - ii. jewelry- none for security reasons; hygiene-no odour or perfume;
 - iii. posture - appropriate throughout the procedure. **8 points**
 - b. Attitude:
 - i. positive and professional attitude towards model and judges throughout the skill set. **12 points**
2. Workstation: **20 points of test total**
 - a. Sanitation:
 - i. washes hands and uses hand sanitizer **8 points**
 - b. Supplies and equipment:
 - i. arranges supplies, implements and equipment functionally and in accordance with all safety regulations. **6 points**
 - c. Welcoming and seating of models:
 - i. smiles, welcomes model, shows her to her seat, creates a warm atmosphere and ensures the model's comfort and safety throughout the skill set. **6 points**
3. Preliminary steps, examination and procedure: **70 points of test total**
 - a. Examination:
 - i. examines the model's nails and feet
 - ii. completes technical chart **30 points**
 - b. Nail preparation:
 - i. removes old polish ensuring no residue is left on the model's nails **10 points**
 - c. Procedure:
 - i. follows basic pedicure procedure **15 points**
 - ii. files and /or cuts, soaks, and performs cuticle care **15 points**

1st Break: Check technical chart (20 minutes maximum)

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4. Massage: **20 points of test total**
 - a. Massage:
 - i. massages foot and half leg, respecting model's comfort and safety
15 points
 - ii. complies with timetable (10 minutes) **5 points**
5. Final steps: **50 points of test total**
 - a. Prepares nails for application of base, two coats of red polish and top coat. **40 points**
 - b. Applies nail polish with no color bleeding and no corrections made. **10 points**

2nd Break: Check polish application (20 minutes maximum)

6. Sanitation, clean up and safety: **20 points of test total**
 - a. cleans equipment, implements, supplies and products used in compliance with sanitation and safety regulations. **10 points**
 - b. safely empties and stores all equipment, implements, supplies and products used during the skill set and in compliance with sanitation and safety regulations. **10 points**

Note: To obtain a grade of 100% for any step, the procedure must be perfectly done. The pedicure test is out of 200 points.

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Specific Facial Care – 300 points

Objective: Analyze and record the specific skin care needs on a technical chart, and perform the facial based on that analysis. Complete a program of salon and home care based on the needs diagnosed.

Note: Bioelements skin care line will be provided for all competitors at the competition. Competitors do not need to memorize product names only the generic term denoting the action of the product (eg. hydrating mask).

Time allocated is 75 minutes.

Description of criteria:

1. Professional appearance and attitude: **20 points of test total**
 - a. Appropriate personal appearance:
 - i. make up-impeccable; hair-firmly tied back; clothing-white lab coat, black pants and closed-toe shoes; nails-short, clean and unpolished;
 - ii. jewelry - none for security reasons; hygiene - no odour or perfume; posture - appropriate throughout the procedure. **8 points**
 - b. Attitude:
 - i. positive and professional attitude towards model and judges throughout the skill set. **12 points**
2. Work station: **15 points of test total**
 - a. Sanitation:
 - i. Washes hands, regular use of hand sanitizer **8 points**
 - b. Supplies and equipment:
 - i. Arranges supplies, implements and equipment functionally and in accordance with all safety regulations **7 points**
3. Welcoming and seating of models: **20 points of test total**
 - a. Smiles, welcomes model, shows her to her seat, creates a warm atmosphere and ensures the model's comfort and safety throughout the skill set. **4 points**
 - b. Properly drapes the model, protects hair and removes jewelry. **8 points**
 - c. Respects model's modesty and complies with health and safety regulations. **8 points**
4. Examining the skin and completing the technical chart: **75 points of test total**
 - a. First examines the skin, removes make up. **10 points**
 - b. Thoroughly cleanses the skin. **10 points**
 - c. Does a detailed examination of skin and records observations on the technical chart. **55 points**

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1st Break: Check technical chart and product choice (40 minutes maximum)

5. Procedure: 100 points

- a. Correctly chooses and applies an exfoliant. **20 points**
- b. Correct use of hot towels and /or steam **20 points**
- c. Massage performed effectively **40 points**
- d. Products applied correctly and sparingly **20 points**

6. Preparation of model's chart: 50 points

- a. Completes the chart based on the model's skin type, needs and care priorities. **30 points**
- b. Prepares salon and home care program based on model's needs assessment. **20 points**

2nd Break: Verify client chart (20 minutes maximum)

7. Sanitation, clean up and safety: 20 points of test total

- a. Cleans equipment, implements, supplies and use products in compliance with sanitation and safety regulations. **10 points**
- b. Safely empties and stores all equipment, implements, supplies and products used during the skill set and in compliance with sanitation and safety regulations. **10 points**

Note: To obtain a grade of 100% for any step, the procedure must be perfectly done. The specific facial care test is out of 300 points.

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Fantasy Makeup with Shading and Highlighting - 250 points

Objective: Apply fantasy makeup. Complete the technical chart prior to applying the makeup. Duplicate the make up look as posted on the website. Artificial lashes may be used.

Time allocated is 60 minutes.

Description of criteria:

1. Professional appearance and attitude: **20 points of test total**
 - a. Appropriate personal appearance:
 - i. make up-impeccable; hair-firmly tied back; clothing-white lab coat, black pants and closed-toe shoes; nails-short, clean and unpolished;
 - ii. jewelry- none for security reasons; hygiene-no odour or perfume;
 - iii. posture- appropriate throughout the procedure. **8 points**
 - b. Attitude:
 - i. positive and professional attitude towards model and judges throughout the skill set. **12 points**

2. Work station: **15 points of test total**
 - a. Sanitation:
 - i. Washes hands, regular use of hand sanitizer **8 points**
 - b. Supplies and equipment:
 - i. Arranges supplies, implements and equipment functionally and in accordance with all safety regulations **7 points**

3. Welcoming and seating of models: **20 points of test total**
 - a. Smiles, welcomes model, shows her to her seat, creates a warm atmosphere and ensures the model's comfort and safety throughout the skill set. **5 points**
 - b. Properly drapes the model, protects hair and removes jewellery. **10 points**
 - c. Respects model's modesty and complies with health and safety regulations. **5 points**

4. Skin preparation and technical chart: **45 points of test total**
 - a. Selects and applies pre-make up products **10 points**
 - b. Analyzes shading and highlighting needs and records them on the technical chart. **25 points**
 - c. Notes asymmetric irregularities and the competitor's plan for overall harmony **10 points**

1st Break: Check technical chart (30 minutes maximum)

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5. Makeup application: **130 points of test total**
- a. Use of a variety of products and techniques **10 points**
 - b. Complies with harmony of overall look **30 points**
 - c. Design accurately completed **50 points**
 - d. The contestant shows creativity in overall look **40 points**

2nd Break: Check final look (20 minutes maximum)

6. Sanitation, clean up and safety: **20 points of test total**
- a. Cleans equipment, implements, supplies and products used in compliance with sanitation and safety regulations. **10 points**
 - b. Safely empties and stores all equipment, implements, supplies and products used during the skill set and in compliance with sanitation and safety regulations. **10 points**

Note: To obtain a grade of 100% for any step, the procedure and application must be perfectly done. The test is out of 250 points.

Note to trainers and participants

In the event of a tie, the competitor with the highest score in the most heavily weighted area of the competition will be declared the winner. If there is still a tie, the winner will be declared by a lottery draw.

All technical charts will be posted on the website for competitors prior to the competition date.

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Supplies Provided by the Committee:

Manicure:

- Technical chart
- Manicure products
- Base coat, top coat and French white nail polish
- Cotton coil
- Disposable gloves
- Orangewood sticks
- Gibsons
- Towels

Pedicure:

- Technical chart
- Pedicure products
- Base coat, top coat and red nail polish
- Cotton coil
- Disposable gloves
- Orangewood sticks
- Gibsons
- Towels
- Toe separators
- Foot basins

Facial:

- Analysis and technical charts
- 4x4 gauze
- Dispensing cups
- Stainless steel facial bowls
- Sheets
- Blankets
- Wraps
- Hot towel cabbies
- Towels
- Spatulas
- Bioelements Skin Care

Make Up:

- Technical sketch chart
- Spatulas
- Q-tips
- Sponges
- Tissues
- Mirrors
- Disposable mascara wands

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Other:

- Garbage cans
- Garbage bags
- Manicure/Pedicure baggies for waste
- Scotch tape
- Scissors
- Foot stools
- Paper towel
- Disinfectant spray
- Disinfectant wipes
- Disinfectant containers
- Antibacterial soap
- Scrub brushes for cleaning implements and basins

Equipment and Supplies Provided by Competitor:

Manicure/Pedicure:

- Implements: cuticle pusher, clippers, tweezers, nippers, buffer, file.
- Manicure finger bowl

Facial:

- Mask brushes
- Headband

Make up:

- Make up brushes
- Fantasy accessories: false lashes, hair accessories, hat, rhinestones, feathers, accessories
- Full cutting/cover-up cape
- Headband/hair clips
- Tweezers
- Any combination of products that competitors need to complete the desired outcome

Other:

- White lab coat
- Black dress pants and black closed-toe shoes
- Student identification and CANS I.D.