

# 12<sup>TH</sup> PROVINCIAL SKILLS COMPETITION

## 2009 SKILLS CANADA NEWFOUNDLAND AND LABRADOR

### 2009 Provincial Aesthetics Project

#### Skills Canada Newfoundland and Labrador

##### Manicure

Objective: give a manicure, examine hands and fingernails, record observations on technical chart, apply a base coat, two coats of red polish and a top coat to left hand and free hand French polish application to the right hand. Nail Art to be applied to the little finger of each hand with no color bleeding, and clean and tidy work station. Time allocated is 90 minutes.

##### Description of criteria:

#### 1. Professional attitude and behaviour

##### 1.1 Appropriate personal appearance

- Makeup (impeccable).
- Hair (firmly tied back for hygiene reasons).
- Clothing (white professional uniform, hose and shoes). Pants, skirts or dresses are allowed.
- Nails (short, clean and with red polish for the manicure exam).
- Jewellery (none, for security reasons).
- Personal hygiene (no odour or perfume).

#### 2. Work station

##### 2.1 Compliance with hygiene and safety regulations

- Washes hands.
- Disinfects all supplies and equipment.
- Sets up and arranges supplies and implements functionally on the table.
- Shows concern for the model's comfort, complies with occupational health and safety standards.

##### 2.2 Posture

- Keeps back straight, feet flat and arms at a right angle throughout the procedure.
- Ensures that model's back is well supported, arms are at a right angle and that the model is close to the manicure table.

##### 2.3 Welcoming model

- Smiles.
- Shows the model to the chair.
- Displays constant concern for model's comfort.

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### 3. Preliminary steps

#### 3.1 Polish removal

- Ensures that no residue is left on model's nails.
- Competitor's nail polish must remain impeccable.

#### 3.2 Hand and nail examination

- Completes the technical chart.
- Checks all boxes 'Yes' or 'No' where applicable.

#### 3.3 Manicure

- The candidate must follow the steps in the procedure.
- Files and /or cuts.
- Soaks.
- Cuticle care (based on condition of cuticles).
- There must be no trace of residue.

### 4. Massage

- Massages hand and forearm.
- Respects model's needs.
- Complies with timetable (10 mins.).

### 5. Final steps

- Prepares nails for application of base coat, two coats of red polish and free hand French polish application with top coat/or quick dry coat where necessary.
- Applies and checks to ensure that polish is perfectly applied, with no colour bleeding, before making any kind of connection.

### 6. Cleaning and tidying

- All implements, accessories, products used, supplies and equipment must be carefully cleaned and sterilized.
- All items must be properly stored

**N.B.: 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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### Waxing

Objective: Use warm waxes to completely wax lower legs and knees using warm(strip) wax method; comply with hair removal techniques and remove hair correctly from surfaces to ensure that there is no hair or wax residue remaining, in compliance with hygiene and safety regulations. The competition includes preparing the wax, completing the technical chart, choosing and applying pre- and post- depilatory products and cleaning equipment. Time allocated is 45 minutes.

### Description of criteria:

#### 1. Professional attitude and behaviour

##### 1.1 Appropriate personal appearance

- Makeup (impeccable).
- Hair (firmly tied back for hygiene reasons).
- Clothing (white professional uniform, hose and shoes. Pants, skirts or dresses are allowed.
- Nails (short, clean and unpolished).
- Jewellery (none, for security reasons).
- Personal hygiene (no odour or perfume).

#### 2. Work station

##### 2.1 Compliance with hygiene and safety regulations

- Washes hands.
- Disinfects all supplies and equipment.
- Sets up and arranges supplies and implements functionally and safely on the table.
- Shows concern for the model's comfort, complies with occupational health and safety standards.
- Turns on wax heater.

**Note:** The wax must be at the correct temperature before beginning waxing.

#### 3. Welcoming and setting up model

- Smiles.
- Creates a warm and welcoming atmosphere.
- Shows the model where to sit.
- Makes sure the model is comfortable throughout the procedure.

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4. Examining skin and hair and recording information on technical chart.
  - Examines status of skin and hair.
  - Records observations on technical chart.
  - Checks all boxes 'Yes' or 'No' where applicable.
  - Correctly prepares surfaces to be waxed: disinfecting products, talc, etc.
  
5. Procedure (warm wax)
  - Checks wax temperature.
  - Applies wax uniformly and applying correct thickness.
  - Follows direction of hair's growth.
  - Complies with length and width of wax strips.
  - Follows strip or no strip removal technique.
  - Places hand on skin after removing strips to lessen pain.
  - Maintains appropriate and safe posture throughout the procedure.
  
6. Waxing quality
  - No hair remaining.
  - No residue.
  - Hair perfectly removed.
  
7. Final procedures
  - Applies post-depilatory products.
  - Complies with circulation requirements.
  - All regions must be perfectly waxed to obtain points.
  
8. Cleaning and tidying
  - Cleans equipment, implements and accessories in compliance with hygiene and safety regulations.
  - Completely cleans equipment.
  - Safely stores apparatuses and equipment.

**The waxing test is out of 350 points.**

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## 2009 SKILLS CANADA NEWFOUNDLAND AND LABRADOR

### Specific facial care

Objective: do a facial that meets specific skin needs other than basic facial cleansing. Needs must be analyzed and recorded on the technical chart in order of priority, and the facial must be based on that analysis. A program of salon and home care should be completed, based on the needs diagnosed.

N.B.: Candidates will select products according to skin type from a product list and will apply the *Collagen Sheet Mask*. Time allocated is 90 minutes.

### Description of criteria:

#### 1 Professional attitude and behaviour

##### 1.1 Appropriate personal appearance

- Makeup (impeccable).
- Hair (firmly tied back for hygiene reasons).
- Clothing (white professional uniform, hose and shoes). Pants, skirts or dresses are allowed.
- Nails (short, clean and unpolished).
- Jewellery (none, for security reasons).
- Personal hygiene (no odour or perfume).

#### 2. Work station

##### 2.1 Compliance with hygiene and safety regulations

- Washes hands.
- Disinfects all supplies and equipment.
- Sets up and arranges supplies and implements functionally on the table.
- Shows concern for the model's comfort, complies with occupational health and safety standards.
- Keeps back straight throughout the procedure by adjusting equipment to height.
- Ensures that the model is in a comfortable, safe position.

#### 3. Welcoming and setting up model

- Smiles.
- Shows model where to sit.
- Displays constant concern for model's comfort.
- Has model remove jewellery.
- Ensures model is properly covered.
- Uncovers model's face, neck and neckline.
- Protects model's hair.

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4. Examining skin and completing technical chart
  - Briefly examines skin.
  - Does preliminary examination before removing makeup.
  - Removes makeup.
  - Does Lucas pulverization(following examination and/or preliminary examination)
  - Does detailed examination of skin and records observations on technical chart, checking all boxes 'Yes' or 'No' where applicable, after the Lucas pulverization (if not used previously).
  
5. Procedure (based on desired outcome and established priorities)
  - Correctly chooses and applies exfoliant.
  - Determines whether or not to use Lucas based on needs
  - Uses indirect high-frequency massage method dry or with an aqueous vial with hands or brushes, or any other stimulation technique.
  - Massages based on physiological or psychological needs: stimulation, decongestion, relaxation.
  - Applies care products selected (products, order and technique), based on care priorities.
  - Uses products sparingly.
  
6. Preparation of client chart
  - Evaluates needs based on skin type and care priorities.
  - Prepares salon care program based on needs assessment.
  - Completes client chart based on skin analysis and established priorities.
  
7. Cleaning and tidying
  - Cleans work station, implements, accessories, sink and wastebasket in compliance with hygiene regulations.
  - Empties equipment in compliance with hygiene and safety regulations.
  - Cleans equipment in compliance with hygiene regulations.
  - Stores all material and equipment in compliance with safety regulations.

**The specific facial care test is out of 300 points.**

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### Evening makeup with contouring and highlighting ( modelage)

Objective: apply evening makeup, with fantasy including modelling shadow and highlight according to morphology and harmony. The makeup must be appropriate for evening wear and hairdo to ensure overall harmony. All the details must be consigned on the sketch. Time allocated is 60 minutes.

### Description of criteria:

#### 1. Professional attitude and behaviour

##### 1.1 Appropriate personal appearance

- Makeup (impeccable)
- Hair (firmly tied back for hygiene reasons)
- Clothing (white professional uniform, hose and shoes). Pants, skirts or dresses are allowed.
- Nails (short, clean and unpolished)
- Jewellery (none, for security reasons).
- Personal hygiene (no odour or perfume)

#### 2. Work station

##### 2.1 Compliance with hygiene and safety regulations

- Washes hands.
- Disinfects all supplies and equipment.
- Sets up and arranges supplies and accessories functionally on the table.

#### 3. Welcoming and setting up model

- Smiles and welcomes model warmly.
- Is considerate.
- Ensures that the model is comfortable throughout application.

#### 4. Skin preparation

- Uses epidermal cleanser based on needs.
- Selects and applies pre-makeup products.

#### 5. Technical chart

- Analyses shadow and highlight (modelling).
- Records results on diagram.(chart)

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6. Evening makeup application
  - Complies with harmony or contrast of the harmony and morphology.
  - Complies with application techniques for various products used.
  - Application of fantasy (sparkles, rhinestones strass, false eyelashes, feathers, etc...)
  
7. Global aspect
  - Respects of global look of face application.
  - Uses a variety of supplies.
  - Outline quality.
  - Creativity.
  - Appropriateness for the model's personality, hairdo and clothing.
  - Overall quality.
  - Complies with hygiene and safety regulations.
  - Maintains appropriate posture throughout application.
  
8. Final steps: cleaning and tidying
  - Helps model up.
  - Completely cleans brushes, work station, accessories and equipment.
  - Empties waste basket.
  - Stores all supplies.

**The test is out of 250 points.**

### **TIMING/DURATION**

<b>Manicure:</b>	<b>90 minutes</b>
<b>Waxing:</b>	<b>45 minutes</b>
<b>Specific Facial Care:</b>	<b>90 minutes</b>
<b>Evening Makeup:</b>	<b>75 minutes</b>

### **POINT BREAKDOWN/1000 TOTAL**

<b>Manicure:</b>	<b>250 points</b>
<b>Waxing:</b>	<b>200 points</b>
<b>Specific Facial Care:</b>	<b>300 points</b>
<b>Evening Makeup:</b>	<b>250 points</b>