



## PREVENTIVE ATHLETIC TAPING (STATE ONLY CONTEST)



### PURPOSE

Demonstrate proficiency in the restriction of motion of an injured joint, compress soft tissues to reduce swelling, support anatomical structures involved in the injury, serve as a splint or secure a splint, secure dressing or bandages, protect the injured joint from re-injury, and protect the injured part while the injured part is in the healing process.

### CLOTHING REQUIREMENT

#### **Class E: Competition Specific — Business Casual**

- Polo shirt
- Black dress slacks or black dress skirt (knee-length minimum)
- Closed-toe dress shoes

### ELIGIBILITY

Open to active SkillsUSA members.

### OBSERVER RULES

Observers will be allowed to view the performances in the presentation room provided space is available. No talking or gesturing will be permitted. No observers will be allowed in the assembly area. No member of the audience will be permitted to enter or leave the demonstration room while a contestant is signing. No member of the audience will be permitted to use cameras, video recorders or tape recorders.

## EQUIPMENT AND MATERIALS

### Supplied by the technical committee:

1. Projector and Projector Screen
2. Athletic taping tables
3. Models (people) to be taped
4. Tape and Wrap
  - a. Tuff skin adhesive spray (empty)
  - b. Heal and lace pads
  - c. 1/2" Tape
  - d. 1" Tape
  - e. Pre-Wrap

### Supplied by the contestant:

1. Sharks (Tape cutting tools)
2. Scissors
3. Device to carry tape
4. equipment from station to station

### Resume Requirement

All competitors must create a one-page résumé and submit a hard copy to the technical committee chair at orientation. Failure to do so will result in a 10-point penalty

### PROHIBITED DEVICES

Cellphones, electronic watches and/or other electronic devices not approved by a competition's technical committee are NOT allowed in the competition area. Please follow the guidelines in each technical standard for approved exceptions. Technical committee members may also approve exceptions onsite during the SkillsUSA Championships if deemed appropriate.

### Penalties for Prohibited Devices

If a competitor's electronic device makes noise or if the competitor is seen using it at any time during the competition, the competitor's scores may be removed.

## SCOPE OF THE COMPETITION

### KNOWLEDGE PERFORMANCE

This contest may include a written and visual knowledge test assessing general knowledge of preventive athletic taping.

### SKILL PERFORMANCE

This contest assesses preventive athletic taping techniques and professionalism that reflect industry approved standards.

## COMPETITION GUIDELINES

1. Contests will be broken out into three groups.
2. **Group One** will start out on the Athletic training tables.
  - a. There will be 5 different taping of the extremity scenarios
  - b. Each contestant will have a maximum of 5 minutes to complete the scenario
  - c. An empty can of Tuff Skin Adhesive Spay will be used
    - i. The Contestant will state "I am applying spray" to replicate using actual spray
    - ii. This is for the Models comfort over the course of the day
  - d. There will be 5 minutes to reset the station
3. **Group Two** will watch a power point or video
  - a. Video\pictures will show various injuries happening or visuals of an extremity after an injury.
  - b. Contestants have to write their diagnosis an recommendation taping an treatment down on the test sheet
4. **Group Three** will take a Knowledge test.

## Standards and Competencies

- 1.0 Demonstration of proper preparation of the extremity in five locations
  - 1.1 Ankle
    - 1.1.1 Ankle joint is positioned at 90 degrees dorsiflexion
    - 1.1.2 Two explanations for taping ankles is communicated
  - 1.2 Hand wrist thumb
    - 1.2.1 Fingers are spread wide
    - 1.2.2 wrist is neutral
    - 1.2.3 two explanations were communicated why this tape job is beneficial
  - 1.3 Ancillary
    - 1.3.1 MTSS
      - 1.3.1.1 Tape jobs selected matched the scenario provided
      - 1.3.1.2 athlete was placed in the proper position
      - 1.3.1.3 two 'whys' were communicated
    - 1.3.2 Arch
      - 1.3.2.1 Tape jobs selected matched the scenario provided
      - 1.3.2.2 athlete was placed in the proper position
      - 1.3.2.3 two 'whys' were communicated
    - 1.3.3 Elbow
      - 1.3.3.1 Elbow is slightly flexed
      - 1.3.3.2two explanations were communicated why this tape job is beneficial
- 2.0 Correctness