



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.

Demonstrate technical knowledge of the role of an athletic trainer through a multiple-choice test and visual identification.

CLOTHING REQUIREMENT

Class E: Competition Specific — Business Casual

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

Or

Class B: Healthcare Attire

- Official SkillsUSA Blue Scrubs
- White socks or white seamless/nonpattern hose visible above the top of the shoe
- Health-professionals white or black work shoe

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 equipment from station to station

Résumé 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 Spray will be used.
 - i. The Contestant will state "I am applying spray" to replicate using actual spray.
 - ii. This is for the model's comfort over the course of the day.
 - d. There will be 5 minutes to reset the station.
3. **Group Two** will watch a PowerPoint 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 and recommendation for taping and treatment down on the test sheet.
 - c. There will be 20 questions on the visual test.
4. **Group Three** will take a 30-question knowledge test.
5. Resources:
 - a. Tests will be written using the Preventative Taping Bank of Resources.
 - b. No more than 25% of test questions will be reused in sequential years.
 - c. Potential questions and visuals will be organized by the year they are eligible for the test.
 - d. Prior state tests will be available in the Preventative Taping Bank of Resources.
 - e. Text: *The Role of the Athletic Trainer in Sports Medicine, 3rd ed, Student Print Edition*
MHID: 1265253676 | ISBN13: 9781265253677
By: William E. Prentice

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 are 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.
 - 1.3.3.2 Two explanations were communicated why this tape job is beneficial.
- 2.0 Correctness