

NAIL CARE



PURPOSE

To evaluate each contestant's preparation for employment and to recognize outstanding students for excellence and professionalism in the field of nail care.

First, refer to the General Regulations, Page 9.

CLOTHING REQUIREMENT

For men: Official white polo shirt, black dress slacks, black socks and black leather work shoes.

For women: Official white top, black dress slacks, black socks or black or skin-tone hose, and black leather work shoes.

For models: Businesslike, white, collarless blouse; black dress slacks or skirt; black or skin-tone hose; and black shoes.

These regulations refer to clothing items that are pictured and described at: www.skillsusa.org. If you have questions about clothing or other logo items, call 800-401-1560 or 703-956-3723.

Note: Contestants must wear their official contest clothing to the contest orientation meeting.

ELIGIBILITY

Open to active SkillsUSA members enrolled in programs with cosmetology/nail care as the occupational objective.

EQUIPMENT AND MATERIALS

1. Supplied by the technical committee
 - a. Anti-microbial cleanser (for pre-cleaning hands of contestant and model)
 - b. Hand sanitizer (for use by contestant and model)
 - c. Disinfectant tray system with solution (for implements)
 - d. Technical guidelines for the specific applications required to be performed
 - e. Disposable table towels
 - f. Plastic bags for disposal and refuse
 - g. One electrical outlet per contestant
 - h. Pedicure basin with disposable liner
2. Supplied by the contestant
 - a. Safety glasses for contestant and model
 - b. White terry towels (no holes or stains allowed)
 - c. Water dispenser
 - d. All items necessary to complete five sculptured acrylic nails. **Note:** Dappen dishes must have covers; monomer, polymer and primer must be from the same manufacturer; two of the four basic acrylic colors (pink, white, clear or natural) must be used to complete two-tone/French manicure sculpted nails
 - e. All items necessary to complete five tip and wrap nails. **Note:** activator/catalyst, resin/adhesive and fiber must be from the same manufacturer
 - f. Dark red crème lacquer/polish
 - g. All items necessary to complete flat-paint nail art application. **Note:** Supplies are limited to polish, lacquers, paints and sealer; see items not allowed. Top coat may be used as a sealer
 - h. Written description of the nail art theme. Themes are to be typewritten and contained within a plastic sleeve. **Note:** Due at contest check-in
 - i. A CD with a digital photo of nail art to be created during the contest. Photo may include props. **Note:** Due at contest check-in
 - j. Portable kit organizer (to transport all items necessary for the contest)
 - k. Manicure table lamp and electrical extension cord
 - l. All competitors must create a one-page résumé using a word processor and submit the résumé electronically at: www.skillsusa.org/compete/updates.shtml. Check the Web site for further instructions
 - m. Supplies, implements and products to complete a basic pedicure on one foot of model. Implements should be brought to the contest ready to use (i.e., cleaned and disinfected or new)

3. Items not allowed:
 - a. Nail art accessories: gems, skins, feathers, rhinestones, glitters, threads, fabrics, foils, beads, tapes, jewelry, air brushing, decals/stencils or cast moldings
 - b. Free-edge or ½ well tips
 - c. Tip blenders
 - d. Top coats or base coats. **Note:** Top coat or sealer is allowed for nail art application only
 - e. Electric files/drills
 - f. Oil, lotion and buffing crème

SCOPE OF THE CONTEST

The contest is defined by industry standards as set by the current industry technical standards. The contest is divided into two parts: a written exam and a series of testing situations designed to assess knowledge in nail care industry standards.

Knowledge Performance

The contest will include a written knowledge exam assessing all aspects of nail care including safety and sanitation, natural nail and foot care, and artificial nails, as well as a written description of nail art theme.

Skill Performance

The contest will include a series of testing situations including oral presentations and technical applications. The areas that will be evaluated are customer service, safety and sanitation, natural nail care, artificial nails, and nail lacquer and art application. Observations during each segment and evaluation of the finished product will be considered in the scoring.

References:

NMC-INTA Pedicure Equipment Procedures:
www.probeauty.org/about/committees/nmc/docs/INTA_PBA_pediprocedures.pdf

Milady Standard Nail Technology Textbook,
 Fifth Edition: www.milady.com

Salon Fundamentals: Nail Technology:
www.pivot-point.com

Contest Guidelines

1. All contestants must bring a model for the competition.
2. Contestants are not permitted to touch their models before the competition begins or between segments.
3. Time limits: three to five minutes for oral presentation, one hour for pedicure, one hour for acrylic, one hour for tips and wrap, 30 minutes for written examination, and 90 minutes for polish and flat nail art applications. All segments of work must be completed in the specified time during competition. (For example, during the tip and wrap segment, no work may be completed or started on the sculptured, nail art or polish application.)
4. Disqualification or penalty points taken can occur for the following:
 - a. Any rule not followed, with NO exceptions!
 - b. Leaving competition area before completion of model (applies to both contestant and model) without proper escort
 - c. Unauthorized use of a product that is not allowed or that doesn't appear in the above listing
 - d. Any product that appears to have been altered
5. Conversation between contestant and model is limited. Communication with observers, judges and other contestants is prohibited during the contest.
6. Contestants will prepare a three- to four-minute oral presentation on the benefits of natural nail care. Props may be used. The presentation should include the following points:
 - a. Recommended natural nail care services
 - b. Results the client should expect
 - c. The home care products the client would need to purchase and use to obtain these results

Standards and Competencies

NAIL 1.0 — Apply the knowledge and skills needed to perform safety and sanitation in a nail care situation.

- 1.1 Show safety in handling products
 - 1.1.1 Set up table to consist of items needed for the specific contest

- 4.1.2 Demonstrate knowledge of safe and sanitary pedicure procedures
 - 4.2 Describe add-on foot care services and the results that can be obtained
 - 4.2.1 List additional services which can be performed as part of a basic pedicure
 - 4.2.2 Describe the benefits of pedicures and other foot care add-on services
 - 4.3 Distinguish signs of infection which would prohibit you from performing pedicure services
 - 4.3.1 Recognize signs of infection
 - 4.3.2 Identify common foot disease
 - 4.4 Describe proper sanitation and disinfection of a pedicure basin, whirlpool spa or no-pipe basin
 - 4.4.1 List steps to properly sanitize and disinfect a pedicure basin
 - 4.4.2 Contrast sanitation and disinfection
 - 4.4.3 Describe importance of proper sanitation
 - 4.4.4 Describe importance of proper disinfection
- NAIL 5.0 — Apply the knowledge and skills needed to perform artificial nails services in a nail care situation**
- 5.1 Build an acrylic nail
 - 5.1.1 Ensure product control; clarity/no bubbles, smile line
 - 5.1.2 Verify that the cuticle and nail grove are smooth and thin
 - 5.1.3 Identify that the contour, the highest point of nail, is in the center at the natural stress area
 - 5.1.4 Ensure that the shape and length is consistent on each finger
 - 5.1.5 Identify that the surface finish is smooth, with a high-gloss shine
 - 5.2 Demonstrate proper application and blending of a nail tip
 - 5.2.1 Perform tip application (i.e., fit and alignment)
 - 5.2.2 Perform tip blending
 - 5.2.3 Perform product control (i.e., no adhesive seepage)
 - 5.2.4 Perform tool control (i.e., no excessive filing on skin or natural nail)
 - 5.3 Demonstrate the proper application of a nail wrap and resin
 - 5.3.1 Wrap material application (i.e., cover nail completely, not on skin, and adhere securely to the nail)
 - 5.3.2 Apply resin (i.e., cover nail and material completely, no excess resin in cuticle area)
 - 5.3.3 Identify that cuticle and nail grove are smooth and thin
 - 5.3.4 Identify that the contour, the highest point of nail, is in the center at the natural stress area
 - 5.3.5 Ensure that the shape and length is consistent on each finger
 - 5.3.6 Ensure that surface finish is smooth, with a high-gloss shine
 - 5.4 Describe application of a light-cured gel nail
 - 5.4.1 Define a light-cured gel
 - 5.4.2 List steps to applying a light-cured gel
 - 5.4.3 Differentiate light-cured gels from other material used to create artificial nails
 - 5.4.4 Describe benefits of light-cured gels
 - 5.5 Prepare or describe preparation of a natural nail for any type of artificial enhancement
 - 5.5.1 List steps for properly preparing a natural nail for an artificial enhancement
 - 5.5.2 Identify importance of proper preparation
 - 5.6 Demonstrate proper finishing techniques for any type of artificial enhancements
 - 5.6.1 List steps to finish an artificial nail
 - 5.6.2 Understand and contrast different file grits
 - 5.6.3 Describe the proper contour for the strongest artificial nail
 - 5.7 Describe the different materials used to create an artificial nails
 - 5.7.1 Compare and contrast acrylic nails, wrap systems and light-cured gels
 - 5.8 Describe the different methods of creating artificial nails
 - 5.8.1 Compare and contrast overlays, tip with overlays, and sculpting

- methods of creating artificial nails
- 5.9 Describe maintenance required for artificial nails
 - 5.9.1 Describe maintenance for acrylic nails
 - 5.9.2 Describe maintenance for wrap system nails
 - 5.9.3 Describe maintenance for light-cured gel nails

NAIL 6.0 — Implement the knowledge and skills needed to perform nail lacquer and art application in a nail care situation

- 6.1 Show proper application of nail lacquer, including any necessary cleanup
 - 6.1.1 Ensure neatness, coverage, evenness and cuticle involvement
- 6.2 Show proper application of flat paints/lacquers
 - 6.2.1 Implement creativity; theme, follow-through of theme, artist expression, and color coordination
 - 6.2.2 Perform at the proper level of difficulty and complexity of design
 - 6.2.3 Ensure precision, neatness and clarity of lines
- 6.3 Describe the theme you intend to create with nail art in one to two written paragraphs (grammar, creativity and language will be evaluated)

Committee Identified Academic Skills

The technical committee has identified that the following academic skills are embedded in this contest.

Math Skills

- Solve practical problems involving percentages
- Solve problems using proportions, formulas and functions
- Use basic math skills for the purposes of sales and marketing (addition, subtraction, multiplication, division, percentages)
- Use basic math skills for the purposes of bookkeeping (addition, subtraction)

Science Skills

- Use knowledge of patterns of cellular organization (cells, tissues, organs, systems)

- Classify living organisms as it applies to infection control
- Describe and recognize elements, compounds, mixtures, acids, bases and salts
- Describe and recognize solids, liquids and gases
- Describe characteristics of types of matter based on physical and chemical properties
- Use knowledge of physical properties (shape, density, solubility, odor, melting point, boiling point, color)
- Describe and demonstrate simple compounds (formulas and the nature of bonding)
- Predict chemical changes to matter (types of reactions, reactants and products; and balanced equations)
- Use knowledge of heat, light and sound energy

Language Arts Skills

- Demonstrate use of verbal communication skills, such as word choice, pitch, feeling, tone and voice
- Demonstrate use of nonverbal communication skills, such as eye contact, posture and gestures using interviewing techniques to gain information
- Demonstrate comprehension of a variety of informational texts
- Understand source, viewpoint and purpose of texts
- Demonstrate knowledge of appropriate reference materials
- Use print, electronic databases and online resources to access information in books and articles
- Edit writing for correct grammar, capitalization, punctuation, spelling, sentence structure and paragraphing

Connections to National Standards

State-level academic curriculum specialists identified the following connections to national academic standards.

Math Standards

None Identified

Source: NCTM Principles and Standards for School Mathematics. To view high school standards, visit: standards.nctm.org/document/chapter7/index.htm. Select "Standards" from menu.

Science Standards

- Understands the structure and properties of matter
- Understands the sources and properties of energy
- Understands the nature of scientific inquiry

Source: McREL compendium of national science standards. To view and search the compendium, visit: www.mcrel.org/standards-benchmarks/.

Language Arts Standards

- Students apply a wide range of strategies to comprehend, interpret, evaluate and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word identification strategies, and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics)
- Students adjust their use of spoken, written and visual language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes
- Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes
- Students apply knowledge of language structure, language conventions (e.g., spelling and punctuation), media techniques, figurative language and genre to create, critique and discuss print and nonprint texts
- Students use spoken, written and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information)

Source: IRA/NCTE Standards for the English Language Arts. To view the standards, visit: www.readwritethink.org/standards/index.html.

Nail Care Scorecard

Items Evaluated	Possible Points	Contestant Number						
		1	2	3	4	5	6	7
Oral Presentation	93							
Pedicure	120							
Acrylic Application	165							
Tip and Wrap Applications	165							
Nail Art and Lacquer Application	180							
Preparation and Professionalism	127							
Written Test	150							
Résumé Penalty	0 or -50 only							
Clothing Penalty	Up to -50							
Total Possible Points	1,000							