



Dental Science

New for 2017-2018

Non-latex gloves must be provided by competitor.

The 5th edition of Dental Assisting: A Comprehensive Approach is being used as the resource.

Purpose To provide HOSA members with an opportunity to develop and demonstrate knowledge and skills in dental careers.

Description This event will consist of two rounds of competition. Round One will be a written, multiple choice test. Written test will measure knowledge and understanding at the recall, application or analysis levels. Higher-order thinking skills will be incorporated as appropriate. The top scoring competitors will advance to Round Two for the performance of selected skill(s) identified in a written scenario. The scenario will require the use of critical thinking skills. The performance will be timed and evaluated according to the event guidelines.

Dress Code Competitors shall wear proper business attire or official HOSA uniform, or attire appropriate to the occupational area, during the orientation, written test and skill(s)– jeans and shorts are not acceptable. Bonus points will be awarded for [proper dress](#).

- Rules and Procedures**
- Competitors in this event must be active members of HOSA-Future Health Professionals and in good standing at the appropriate division (secondary or postsecondary/collegiate). Competitors should compete in skill events at the highest level of their training.
 - Competitors must be familiar with and adhere to the [“General Rules and Regulations of the National HOSA Competitive Events Program \(GRR\).”](#)
 - The test will consist of fifty (50) multiple choice items. The test score will be used as part of the final score for the event.

Round One: **Written Test Plan**

The Dental Team and History	10%
Oral Health and Nutrition.....	5%
General Anatomy and Physiology.....	15%
Head and Neck Anatomy	10%
Tooth Morphology	10%
Infection Control	15%
Chairside Assisting/Instruments.....	15%
Radiology	10%
Emergency Management	10%

- All competitors shall report to the site of the event orientation at the time designated. The Round One test will immediately follow the orientation. **No proxies will be**

allowed for the orientation. No study materials are allowed in the room.

5. [Test Instructions](#): There will be a maximum of **60 minutes** to complete the test. There will be a verbal announcement when there are 15 minutes remaining.

NOTE: *States/regions may use a different process for testing, to include but not limited to pre-conference testing, online testing, and testing at a computer. Check with your Area/Region/State for the process you will be using.*

6. All official references are used in the development of the written test. The specific reference selected for each Skill is listed in the Facilities, Equipment and Materials section of these guidelines.

- [Boyd, Linda. Dental Instruments: A Pocket Guide. Saunders, latest edition.](#)
- [Halstead and Phinney. Dental Assisting: A Comprehensive Approach. Cengage Learning, latest edition.](#)

7. The test score from Round One will be used to qualify the competitor for the Round Two. The skills approved for Round Two for this event are:

Skill I: Preparing the Dental Treatment Room and Anesthetic Syringe
Skill II: Seating the Dental Patient
Skill III: Dismissing the Dental Patient
Skill IV: Patient Education: Brushing and Flossing
Skill V: Preparing for an Alginate Impression
Skill VI: Identify Instruments (*Including name of instrument and purpose or use*)
Skill VII: Treating Contaminated Tray in the Sterilization Center

8. States/National HOSA have the option of including Skill VI: Identify Instruments, at the same time as the Round One written test.
9. The selected Skill(s) for Round Two, in the form of a written scenario, will be presented to the competitor at the start of the skill(s) to be performed. One or more skills may be combined in the scenario. The scenario will be the same for each competitor and will include a challenging component that will require the competitor to apply critical thinking skills.
10. The scenario is a secret topic. Professional ethics demand that competitors DO NOT discuss or reveal the secret topic until after the event has concluded. Violation of the ethics rules will be severely penalized.
11. In case of a tie, the highest test score will be used to determine the rank.
12. Competitors must complete all steps of the skill listed in the guidelines even if the steps must be simulated/verbalized. Steps may NOT be simulated/verbalized when the equipment/materials are available.
13. The competitor must earn a score of 70% or higher on the combined skill(s) of the event (excluding the test and ID instruments) in order to be recognized as an award winner at the ILC.
14. The timing for the skill will begin when the scenario is presented. Competitors will be stopped at the end of the time allowed for a selected skill(s).

Competitors Must Provide:

- Event guidelines (orientation)
- Two #2 lead pencils with eraser
- Watch with second hand (optional)
- Mask
- Disposable non-latex gloves, overgloves, and utility gloves
- Disposable mask and gown
- Protective eyewear (assistant)

Required Personnel:

- One Event Manager
- One QA to provide quality assurance for the event by ensuring that the guidelines are followed and all event documents are complete.
- One Section Leader per section
- One judge per skill selected per section
- Proctors for Testing – Approximately one proctor for 20 competitors
- Event assistants per section as needed
- One-two patients as required by the scenario (per section)
- Holding room attendants(s)
- Timekeepers (if necessary)

Facilities, Equipment and Materials (Per Section):**General**

- Clinical and/or laboratory stations for selected skills
- Holding rooms or areas for competitors (if off-site)
- Written scenario
- Patient and judge scripts as needed
- Calculators, note pads, and pencils for judges
- Stopwatch
- Sink, paper towels, and soap
- Hand sanitizer (for hand hygiene)
- Rating sheets – one per judge per competitor
- Evaluation Forms – competitor, judge, and personnel
- #2 lead pencils with eraser to complete evaluations

Round One: Written Test (Reference: All resources)

- One test copy per competitor
- Scantron / answer forms for each competitor

Round Two:**Skill I Preparing the Dental Treatment Room and Anesthetic Syringe** (Phinney & Halstead)

- Dental treatment room (operatory) with viewbox
- Light
- Disposable covers/protective barriers (OSHA)

- Napkin/drape
- Napkin chain for securing napkin/drape
- Dental unit handpieces, hoses and tubing, and equipment typical to a dental operator
- Plastic envelope barrier or surface barrier
- Instrument tray
- Pre-packaged basic set-up (explorer, mouth mirror, cotton pliers, perio probe)
- Patient chart with completed health history (including dental radiographs)
- Protective eyewear (for the patient)
- Sterile syringe
- Disposable needles (different sizes, competitor must use the correct size)
- Anesthetic cartridge (different cartridges, competitor must use the correct cartridge)
- Recapping device
- Scenario that indicates the specific procedure and anesthetic the dentist will use

Skill II Seating the Dental Patient (Phinney & Halstead)

- Patient
- Dental treatment room (operator) with viewbox
- Light
- Disposable covers/protective barriers (pre-set)
- Napkin/drape
- Napkin chain for securing napkin/drape
- Saliva ejector, evacuator (HVE), and air-water syringe tip
- Cotton rolls, cotton-tip applicator, and gauze sponges
- Instrument tray
- Pre-packaged basic set (explorer, mouth mirror, cotton pliers, perio probe)
- Patient chart with completed health history (including dental radiographs)
- Lip lubricant
- Tissues

Skill III Dismissing the Dental Patient (Phinney & Halstead)

- Patient
- Dental treatment room (operator) with viewbox
- Light
- Disposable covers/protective barriers (pre-set)
- Napkin/drape
- Napkin chain for securing napkin/drape
- Saliva ejector, evacuator (HVE), and air-water syringe tip
- Cotton rolls, cotton-tip applicator, and gauze sponges
- Instrument tray
- Pre-packaged basic set-up (explorer, mouth mirror, cotton pliers)
- Patient chart with completed health history (including dental radiographs)
- Protective eyewear (for the patient)

Skill IV Patient Education: Brushing and Flossing (Finney & Halstead)

- Patient (optional – judge can be patient)
- Toothbrush
- Typodont – maxillary and mandibular
- Dental floss

Skill V Preparing for an Alginate Impression (Finney & Halstead)

- Flexible spatula/broad blade OR disposable spatula
- Two flexible rubber mixing bowls
- Alginate material (canister)
- Sink with running water
- Powder measuring device
- Water measuring device
- Mandibular or maxillary impression trays
- Paper towels
- Plastic bags – 1 per competitor
- Pen (Sharpie®) for labeling bag
- Disinfectant spray
- Cleaning supplies

Skill VI Identify Instruments (Reference: *Dental Instruments: A Pocket Guide*)

10 instruments or photos from the following list:

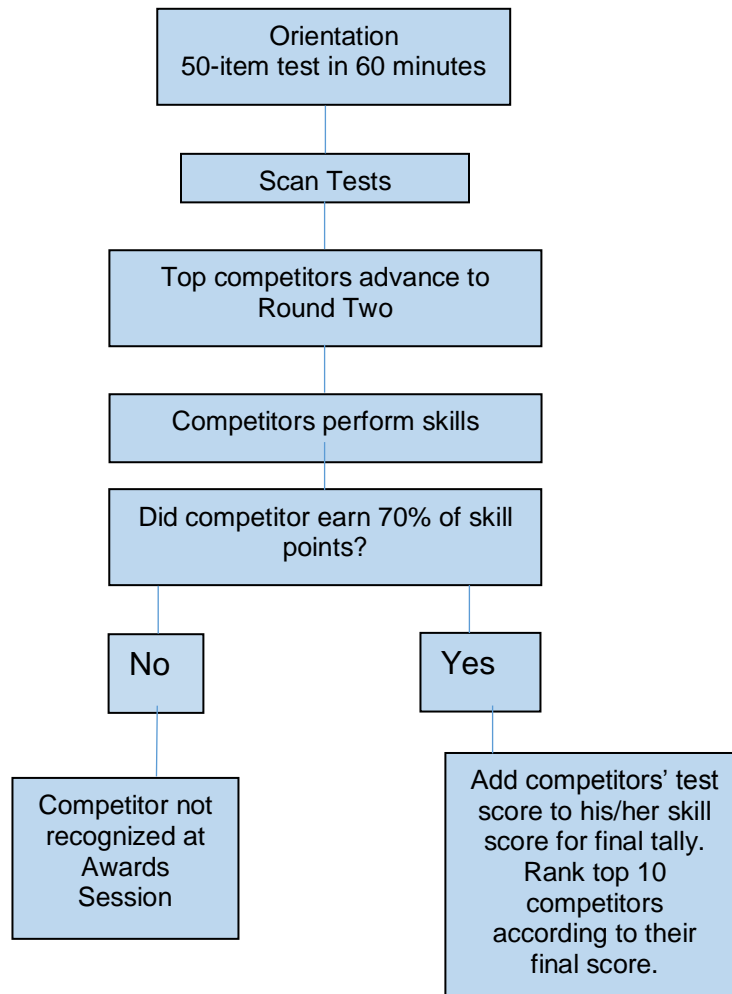
- Amalgam Carrier
- Amalgam Condenser
- Articulating paper holder with paper
- Burs
 - Acrylic
 - Round slow speed
 - Straight fissure
- Burnishers
 - Ball Ball
 - Football
 - T ball
- Carvers
 - Discoid-cleoid
 - Hollenback
- Composite placement instrument
- Cotton pliers-non locking
- Curing light
- Dental Dam Clamps
 - Winged
 - Wingless
- Dental Dam forceps
- Dental Dam punch
- Elevators
 - Periosteal
 - Root tip
 - Straight
- Evacuation tip-high velocity
- Explorer
- Bone file
- Forceps
 - Mandibular universal #151
 - Maxillary universal #150
- Handpieces
 - High speed

- Slow speed with contra angle attachment
- Slow speed with prophylaxis angle attachment
- Hemostat
- Liner applicator
- Mouth mirror
- Periodontal probe
- Howe pliers
- Amalgam plugger
- Scalers
 - Straight sickle
 - Curved sickle
- Scissors
 - Crown & bridge
 - Surgical/suture
- Spoon excavator
- Syringe-anesthetic aspirating
- Tofflemire/Matrix Band Retainer
- Woodson

Skill VII Treatment of Contaminated Tray in the Sterilization Center (*Dental Assisting*)

- Wiping cloths
- 4x4 gauze
- Simulated contaminated procedure tray with simulated waste, simulated soft biomedical waste, disposable sharps and 3-5 basic dental hand instruments
- Disinfecting solutions
- Sharps container
- Biohazard waste container
- Ultrasonic unit with small strainer (may be simulated)
- Instrument pouches (bags)
- Isopropyl alcohol
- Hand piece lubricant
- Lubricated high speed dental hand piece (lubricated high speed dental hand piece needs to be lubricated after use)
- Container for wrapped instruments

Event Flow Chart



Sample Round One Test Questions

- The *most* effective way to remove bacterial plaque and other debris from otherwise inaccessible areas is by using:
 - mechanical toothbrush.
 - dental floss
 - modified Stillman brushing technique.
 - water picks.
- The mandible is formed by two bones fusing at the:
 - condyles.
 - coronoid notch.
 - ramus.
 - symphysis.
- The rheostat in the dental unit controls the:
 - air-water syringe.
 - lights.
 - position of the head of the dental chair.
 - speed of the handpiece.

DENTAL SCIENCE

Competitor #: _____

Judge's Signature: _____

Skill I Preparing the Dental Treatment Room and Anesthetic Syringe (Time: 5 minutes)	Possible	Awarded
1. Used alcohol-based handrub for hand hygiene.*	1	0
2. Assembled equipment and selected the correct disposable needle and anesthetic the dentist has specified for this skill.	2	0
3. Reviewed the patient's medical and dental history, placed the radiographs in the viewbox, and verbalized the skill to be completed at this visit.	2	0
4. Placed patient's medical and dental history in a plastic envelope barrier or under a surface barrier.	1	0
5. Placed new barriers on dental chair, dental unit handpieces, hoses, light switches and controls, and any other potential possible surfaces that can be contaminated.	2	0
6. Positioned the instrument tray with packaged sterile instruments in the operatory.	1	0
7. Placed the patient's napkin, napkin chain and protective eyewear.	1	0
<i>The following steps are for a right-handed person and should be modified for a left-handed person.</i>		
8. Removed the syringe from the autoclave bag or pouch, and inspected it to be sure it is ready to use.	1	0
9. Held the syringe in the left hand and used the thumb ring to fully retract the piston rod.	1	0
10. Placed the cartridge in the barrel of the syringe and released the piston rod when the cartridge was in place.	1	0
11. With moderate pressure, safely pushed the piston rod into the rubber stopper until it was fully engaged.	1	0
12. Removed the protective plastic cap from the syringe end of the needle. Screwed or pressed the needle into the syringe.	1	0
13. Placed the prepared anesthetic syringe and a recapping device on the tray.	1	0
TOTAL POINTS - SKILL I 70% Mastery for Skill I = 11.2	16	

* If hands are visibly soiled, regular handwashing should be used.

**If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.

DENTAL SCIENCE

Competitor #: _____

Judge's Signature: _____

Skill II: Seating the Dental Patient (Time: 8 minutes)	Possible	Awarded
1. Entered reception area and greeted patient by name.	1 0	
2. Introduced self.	1 0	
3. Escorted patient to treatment room.	1 0	
4. Showed patient where to place personal articles (coat, briefcase, etc.) if needed.	1 0	
5. Seated the patient in the dental chair and invited the patient to sit all the way back in the chair.	1 0	
6. If necessary, offered patient tissue to remove lipstick and asked if he/she would like lubricant for his/her lips.	1 0	
7. Placed drape and/or bib on patient and gave the patient safety glasses to wear during the skill.	2 0	
8. Reviewed patient's medical history for any changes since his/her last visit.	1 0	
9. Asked the patient if he/she has any questions and gave a brief confirmation of the dental treatment to be completed at this appointment.	2 0	
10. Placed x-rays in viewbox.	1 0	
11. Positioned the patient for treatment, adjusted the headrest, and adjusted the dental light for the appropriate arch.	2 0	
12. Positioned the operator's stool and the rheostat.	1 0	
13. Positioned the assistant's stool.	1 0	
14. Put on mask and protective eyewear.	1 0	
15. Used alcohol-based handrub for hand hygiene.*	1 0	
16. Donned gloves before being seated at chairside.	1 0	
17. Positioned the tray set-up. Prepared the saliva ejector, evacuator tip, air-water (three-way) syringe tip, and dental handpieces.	2 0	
TOTAL POINTS - SKILL II	21	
70% Mastery for Skill II = 14.7		

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DENTAL SCIENCE

Competitor #: _____

Judge's Signature: _____

Skill III: Dismissing the Dental Patient (Time: 5 minutes)	Possible	Awarded
1. Judge verbalizes that the dentist has completed the procedure, turned out the light, and left the operatory.	-	
2. Positioned the dental light out of the patient's way and thoroughly rinsed and evacuated the patient's mouth.	2 0	
3. Returned the patient to an upright position and removed any debris from the patient's face.	1 0	
4. Removed the patient's soiled bib and placed it face down over the contaminated tray setup.	1 0	
5. Removed the HVE tip, saliva ejector and air-water syringe tip.	2 0	
6. Positioned the dental light, operator's stool and rheostat out of the patient's way.	1 0	
7. Removed the treatment gloves and used alcohol-based handrub for hand hygiene*, OR donned overgloves.	1 0	
8. Documented the procedure on the patient's chart, then gathered the patient's chart and radiographs.	2 0	
9. Gave postoperative instructions to the patient.	2 0	
10. Returned the patient's personal items and escorted the patient to the reception area.	1 0	
TOTAL POINTS - SKILL III 70% Mastery for Skill III = 9.1	13	

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DENTAL SCIENCE

Competitor #: _____

Judge's Signature: _____

Skill IV: Patient Education: Brushing and Flossing (Time: 6 minutes)	Possible		Awarded
1. Assembled equipment.	1	0	
2. Used alcohol-based handrub for hand hygiene.	1	0	
3. Greeted patient and introduced self.	1	0	
4. Explained skill to be demonstrated.	1	0	
<i>Instructed patient (patient could be a judge or a patient) on the following brushing and flossing techniques using the typodont to demonstrate the steps.</i>	-		
5. Grasped the toothbrush and placed it so that the bristles are at a 45-degree angle, with the tips of the bristles directed straight into the gingival sulcus of the typodont.	1	0	
6. Using the tips of the bristles, vibrated back and forth with short, light strokes for a count of 10, allowing the tips of the bristle to enter the sulcus and cover the gingival margin.	2	0	
7. Lifted the brush and continued into the next area or group of teeth until all areas have been cleaned.	2	0	
8. Used the toe bristles of the brush to clean the lingual (tongue) anterior area in the arch.	1	0	
9. Dispensed 18 inches of dental floss.	1	0	
10. Wrapped the ends of the floss around the middle or ring fingers as anchors.	1	0	
11. Grasped the floss between the thumb and index finger of each hand, allowing ½ to 1" to remain between the two hands.	1	0	
12. For the maxillary teeth, passed the floss over the two thumbs or a thumb and finger, and directed the floss upward.	1	0	
13. For the mandibular teeth, passed the floss over the two index fingers and glided it downward.	1	0	

Items Evaluated	Possible		Awarded
14. Directed the floss to pass gently between the teeth, using a sawing motion. Tried not to snap the floss through the contacts because it may damage the interdental papilla.	2	0	
15. Curved the floss in a C-shape to wrap it around the tooth and allow access into the sulcus area.	1	0	
16. Moved the floss gently up and down the surface of the tooth to remove the plaque.	1	0	
17. Lifted slightly and wrapped the floss in the opposite direction in a C-shape over the adjacent tooth.	1	0	
18. Moved the floss gently up and down the surface of this tooth prior to removing it from the area.	1	0	
19. Rotated the floss on the fingers to allow for a fresh section to be used each time, and continued to clean between every tooth.	2	0	
20. Explained to the patient that it does not matter where an individual begins with floss, but it is best to proceed in a systematic method to ensure that no area is missed.	1	0	
21. Used the dental floss around the distal surface of the most posterior tooth by wrapping it in a tight C-shape and moving it gently up and down with a firm pressure.	1	0	
22. Explained each step clearly and succinctly in language the patient could understand.	2	0	
23. Adapted instruction based on patient's special needs (If any were indicated in the scenario.)	2	0	
24. Replaced equipment and used alcohol-based handrub for hand hygiene.*	1	0	
TOTAL POINTS - SKILL IV 70% Mastery for Skill IV = 21	30		

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DENTAL SCIENCE

Competitor #: _____

Judge's Signature: _____

Skill V: Preparing for an Alginate Impression (Time: 7 minutes)	Possible	Awarded
1. Assembled materials.	1	0
2. Placed mask over mouth and nose.	1	0
3. Applied protective eyewear and gown.	1	0
4. Used alcohol-based handrub for hand hygiene.	1	0
5. Put on gloves.	1	0
6. Measured water for impression.	1	0
7. Placed water in the flexible mixing bowl.	1	0
8. Fluffed the powder prior to opening the powder canister, if the manufacturer's directions indicate.	1	0
9. Filled the measure of powder.	1	0
10. Placed the powder in the water.	1	0
11. Mixed the water and powder first with a stirring motion.	1	0
12. Then, mixed by holding the bowl in one hand, rotating the bowl occasionally, and using the flat side of the spatula to incorporate the material through pressure against the side of the bowl.	3	0
13. Stopped until mixture is homogeneous and creamy.	2	0
14. Loading mixture into impression trays.		
a. Used the flat side of the blade to condense the material firmly into the tray.	1	0
b. Further smoothed the surface with a moistened glove hand.	1	0
15. Verbalized handing trays to dentist to take the impressions. (Judge will simulate or take the impression on the typodont, and then hand the impression back to the competitor.)	1	0
16. Rinsed the impression gently under tap water to remove any debris.	1	0
17. Sprayed the impression with disinfectant.	1	0
18. Labeled a plastic bag with the patient's name.	2	0
19. Wrapped the impression in a moist paper towel and placed in the labeled bag.	1	0
20. Cleaned the bowls and spatula, wiped down the counter and put away supplies.	2	0
TOTAL POINTS - SKILL V	26	
70% Mastery for Skill V = 18.2		

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DENTAL SCIENCE

SKILL VI: IDENTIFYING DENTAL INSTRUMENTS

Time = 10 minutes

Competitor ID #: _____ Judge's Initials: _____ Total Points (30 poss.) _____

	Name of Instrument	Points (1 each for name & spelling)	Purpose or Use	Points (1 point for correct purpose/use)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
TOTAL: ID & Spelling (20 poss)			TOTAL: Purpose (10 poss.)	

DENTAL SCIENCE

Competitor #: _____

Judge's Signature: _____

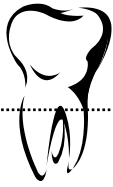
**This skill presumes that the treatment of the contaminated tray will immediately follow the dental treatment.*

Skill VII	Treatment of Contaminated Tray in the Sterilization Center (Time: 6 minutes)	Possible	Awarded
1.	Used alcohol-based handrub for hand hygiene.	1	0
2.	Donned utility gloves and appropriate PPE.	2	0
3.	Safely disposed of sharps in the sharps container.	1	0
4.	Discarded visibly contaminated disposable items in a biohazard receptacle.	1	0
5.	Placed instruments in the ultrasonic cleaner <i>(can be simulated)</i> a. Instruments placed directly in the ultrasonic basket with burs, dental dam clamps, and other small items secured in a small strainer. b. Carefully lowered the basket of instruments into the ultrasonic cleaner without splashing. c. Placed cover on the ultrasonic cleaner and activated a 10-minute cycle.	1 1 1	0 0 0
6.	Prepared the dental high-speed handpiece: a. Rinsed and dried or wiped with isopropyl alcohol. b. Lubricated c. Bagged in an instrument pouch with indicator tape and placed in sterilizer.	1 1 1	0 0 0
	<i>Judge verbalizes that items have been in the ultrasonic cleaner for 10 minutes.</i>	-	
7.	Removed the basket containing the instruments from the ultrasonic unit and rinsed the instruments thoroughly under running water while still in the basket. Carefully emptied the basket of rinsed instruments onto a prepared towel and arranged in a single layer.	2	0
8.	Towel-dried the instruments by blotting them lightly with a dry towel Placed the dried instruments into a bag or pouch and placed them into a container for sterilization at a later time.	2	0
9.	Sprayed, then wiped the tray and any other items with disinfectant, and then sprayed again.	1	0
10.	Cleaned up and disinfected the work area.	1	0
11.	Washed, removed and disinfected the utility gloves.	1	0
12.	Removed PPE. Washed and dried hands.	2	0
TOTAL POINTS - SKILL VII		20	
70% Mastery for Skill VII = 14			

¹ If needed, the ultrasonic unit can be simulated.

****If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.**

COMPETITOR ID # _____



HOSA Dental Clinic

Patient Registration Information

Personal Profile

First Name _____ Middle Initial ____ Last Name _____

Date of Birth _____ Gender _____

Address _____

Home Phone _____ E-mail _____

Name of Employer _____

Occupation _____ Work Phone _____

Account Information

Responsible Party _____

Address _____

Home Phone _____ Work Phone _____

Primary Insurance

Company _____

Address and Phone # _____

Account # _____ Group # _____

Emergency Contact Information

Name _____ Relationship _____

Home Phone _____ Work Phone _____

Cell Phone _____ E-mail _____

COMPETITOR ID # _____



**HOSA Dental Clinic
Health History**

Date _____

Name _____

Address _____

Home Phone _____ Business Phone _____

PLEASE ANSWER EACH QUESTION:

1. Have you been hospitalized in the past two years? Yes No

2. Are you taking any medications? (If yes, please list) Yes No

3. Are you allergic to any medications? (If yes, please list) Yes No

4. Circle any of the following you have had:

- | | | |
|---------------------|-------------------|-----------|
| Heart trouble | Asthma | Arthritis |
| High blood pressure | Jaundice | Epilepsy |
| Stroke | Bleeding disorder | Diabetes |

5. Have you had any other serious illnesses? Yes No

6. Are you pregnant? Yes No

Comments:

Reviewed by _____

Date _____

Reviewed by _____

Date _____

Reviewed by _____

Date _____

Reviewed by _____

Date _____

- Date and initial any changes.

COMPETITOR ID # _____



Saturn Dental Clinic Informed Consent

I understand that the information that I have given today is correct to the best of my knowledge. I also understand that it is my responsibility to inform this office of any changes in my medical status. I authorize the dental staff to perform an necessary dental services, such as x-rays, models, photographs, or any other diagnostic aids deemed appropriate by the dentist. I authorize the dentist and his/her employees to provide medical and therapy with my informed consent in connection with my diagnosis and treatment plan. Even though I may have dental insurance, I understand payment for services rendered is my responsibility. It is my understanding that payment is due at the time of service unless other financial arrangements have been made.

Patient Signature _____ Date _____

Witness _____ Date _____



HIPAA Disclosure Acknowledge of Receipt of Privary Policy Notice

I, _____, acknowledge that I have received a Notice of Privacy Policies from Saturn Dental Clinic.

Patient Signature _____ Date _____

Witness _____ Date _____

