

# 2023 - 2024 Equipment List For Competitive Event Management

This file lists ALL the equipment and supplies HOSA needs to provide for competition. The guidelines focus only on the supplies the competitor must provide – this chart includes everything needed by event personnel to successfully organize and run the events behind the scenes.

## Table of Contents

*\*Click on the event name below to jump to the applicable event section of this document.*

<a href="#"><u>Written Tests</u></a>	<a href="#"><u>Interviewing Skills/Job Seeking Skills</u></a>
<a href="#"><u>Biomedical Debate</u></a>	<a href="#"><u>Life Support Skills</u></a>
<a href="#"><u>Biotechnology</u></a>	<a href="#"><u>Life Threatening Situations</u></a>
<a href="#"><u>CERT Skills</u></a>	<a href="#"><u>Medical Assisting</u></a>
<a href="#"><u>Clinical Laboratory Science</u></a>	<a href="#"><u>Medical Innovation/Exploring Med Innovation</u></a>
<a href="#"><u>Clinical Nursing</u></a>	<a href="#"><u>Medical Spelling</u></a>
<a href="#"><u>Clinical Specialty</u></a>	<a href="#"><u>Mental Health Promotion</u></a>
<a href="#"><u>Community Awareness</u></a>	<a href="#"><u>MRC Partnership</u></a>
<a href="#"><u>CPR/First Aid</u></a>	<a href="#"><u>Nursing Assisting</u></a>
<a href="#"><u>Creative Problem Solving / Dynamic Decisions</u></a>	<a href="#"><u>Organizational Leadership</u></a>
<a href="#"><u>Dental Science</u></a>	<a href="#"><u>Parliamentary Procedure</u></a>
<a href="#"><u>EMT</u></a>	<a href="#"><u>Personal Care</u></a>
<a href="#"><u>Extemporaneous Health Poster</u></a>	<a href="#"><u>Pharmacy Science</u></a>
<a href="#"><u>Extemporaneous Writing</u></a>	<a href="#"><u>Phlebotomy</u></a>
<a href="#"><u>Family Medicine Physician</u></a>	<a href="#"><u>Physical Therapy</u></a>
<a href="#"><u>Forensic Science</u></a>	<a href="#"><u>Prepared Speaking</u></a>
<a href="#"><u>Foundations of Veterinary Science</u></a>	<a href="#"><u>Public Health</u></a>
<a href="#"><u>Health Career Display (All divisions)</u></a>	<a href="#"><u>Public Service Announcement</u></a>
<a href="#"><u>Health Career Photography</u></a>	<a href="#"><u>Researched Persuasive Writing &amp;</u></a>
<a href="#"><u>Health Career Preparation</u></a>	<a href="#"><u>Respiratory Therapy</u></a>
<a href="#"><u>Health Education</u></a>	<a href="#"><u>Speaking</u></a>
<a href="#"><u>Healthy Living</u></a>	<a href="#"><u>Research Poster</u></a>
<a href="#"><u>Home Health Aide</u></a>	<a href="#"><u>Speaking Skills</u></a>
<a href="#"><u>HOSA Bowl (SS//PSC) + Foundations of HOSA Bowl</u></a>	<a href="#"><u>Sports Medicine</u></a>
	<a href="#"><u>Veterinary Science</u></a>

### **All TESTING Events/Rounds:**

Behavioral Health	Foundations of HOSA Bowl	Medical Math
Biomedical Debate	Foundations of Med Term	Medical Reading
Biotechnology	Foundations of Medical Reading	Medical Spelling
CERT	Foundations of Nutrition	Medical Terminology
Clinical Laboratory Science	Health Career Exploration	Nursing Assisting
Clinical Nursing	Health Informatics	Nutrition
CPR/First Aid	Healthcare Issues Exam	Organizational Leadership
Creative Problem Solving	Healthy Living (All Divisions)	Parliamentary Procedure
Cultural Diversity & Disparities	Home Health Aide	Pathophysiology
Dental Science	HOSA Bowl (SS/PSC))	Pharmacology
Dental Terminology	Human Growth & Development	Pharmacy Science
Dynamic Decisions	Life Threatening Situations	Physical Therapy
EMT	Math for Health Careers	Sports Medicine
Epidemiology	Medical Assisting	Veterinary Science
Forensic Science	Medical Law	

### **Written Tests:**

- ☐ Testing Set with tables/chairs for the number of registered competitors (see [HOSA Room Set](#))
- ☐ Tables/chairs for event personnel to provide check-in/check-out process & materials distribution
- ☐ Competitor list(s) for check-in
- ☐ Pre-numbered tests-one per competitor
- ☐ Scantron/answer forms- one per competitor
- ☐ Clock or timer (Event Personnel phones in airplane mode if using for timing)
- ☐ Evaluation Forms – enough for competitors and personnel
- ☐ Two #2 lead pencils with eraser to complete evaluations (event personnel)
- ☐ Master Summary Form- one per event

Biotechnology, Medical Math, Pharmacology, Pharmacy Science, Epidemiology, Math for Health Careers, Health Informatics, Allied Health Statistics, Math for Health Professionals, Anatomy & Physiology, Biochemistry, General Chemistry, Organic Chemistry, & Physics.(add the following; 1 per competitor):

- ☐ Basic Function Calculator
- ☐ Reference Materials Summary sheet (Math for Health Careers only)

Biochemistry & General Chemistry - for paper & pencil test the periodic table of elements is included on the test; for online testing a hard copy periodic table of elements needs to be provided to competitors.

## Biomedical Debate

### Round Two Debate:

- ❑ Debate room – 2 team tables, one podium, one judge table, Special Set (see [HOSA Room Set](#))
  - Two tables with 4 chairs each for competing teams
  - Tables/chairs for judges and timekeeper
  - podium
- ❑ Two holding rooms (one for teams that have not yet competed, and one for winning teams awaiting next match)
- ❑ Judge's score sheet for each round (one per section)
- ❑ Copy of event topic for judges
- ❑ Competitor list(s) for check-in
- ❑ Rating Sheets – one affirmative and one negative per judge per team
- ❑ Evaluation Forms – competitor, judge and personnel
- ❑ #2 lead pencils with eraser (judges)
- ❑ Copy of Guidelines for judges
- ❑ Hand Sanitizer (alcohol based handrub)
- ❑ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ❑ Flash card for 1-minute remaining, one per section
- ❑ Section Summary Form- one per section/Master Summary Form-one per event
- ❑ Cards for drawing affirmative or negative
- ❑ Affirmative/Negative signs for team tables
- ❑ Clipboards for judges (optional)
- ❑ A bracket diagram for "seeding" teams

## Biotechnology

### Round Two Skills, General:

- Laboratory stations for selected skills or Basic Set (see [HOSA Room Set](#))
- Holding rooms or areas for competitors (if off-site)
- Judge scripts
- Copy of Guidelines for judges
- Copies of scenario for judges, section leaders
- Competitor list(s) for check-in
- Rating Sheets – one per judge per competitor

### At each section, for each skill:

- Printed scenario for each competitor
- Stopwatch(es) (phones in airplane mode if using for timing)
- Hand sanitizer (alcohol based handrub)
- Surface disinfectant
- Laboratory marking pen
- Paper towels
- Waste receptacle (small trash can or larger)

### Skill I: Setup Using Micropipets, Transfer Pipets, and a Balance (Brown)

#### Per section (one each per section):

- o Balance – capable of measuring to 2 decimal places
- o [Adjustable-volume micropipet prep set](#) - 2-20 µl /20-200 µl /100-1,000 µl set of all three
- o [20-200 µl pipet tips – rack](#) or box
- o [1,000 µl pipet tips – rack](#) or box
- o Colored water ~ 10 ml in a beaker or cup, labeled
- o Cup or beaker for collecting used tips, labeled “Waste”
- o [Microcentrifuge tube rack](#)

#### Per competitor:

- o [1 ml graduated disposable transfer pipet](#)
- o [3 microcentrifuge tubes](#) (1.5 ml or 2.0 ml) - in the microcentrifuge rack

### Skill II: Set Up Restriction Digestion Reaction (Brown)

This skill does not provide a visible readout within the time allotted during competition. Therefore, DNA samples and restriction enzyme mix may be simulated using water.

#### Per section (one each per section):

- o [Incubator](#), [water bath](#), OR [heat block set at 37°C](#) (optional/simulated)
- o [Microcentrifuge](#) OR [mini centrifuge](#) (optional)
- o [Adjustable-volume micropipet prep set](#) - 2-20 µl /20-200 µl /100-1,000 µl set of all three
- o [20-200 µl pipet tips – rack](#) or box
- o [1000 µl pipet tips – rack](#) or box
- o [Microcentrifuge tube rack](#) containing:

## Biotechnology (con't)

- o 1 microcentrifuge tube labeled **ENZ** – contains water to simulate enzyme, each competitor will need ~80 µl, so calculate total volume accordingly (e.g., for 6 competitors, use at least 480 µl water in the tube labeled ENZ)
- o 6 microcentrifuge tubes labeled **CS, S1, S2, S3, S4, S5, S6** – contain water to simulate DNA samples, each competitor will need ~15 µl of each sample, so calculate total volume accordingly (e.g., for 6 competitors, use at least 90 µl water in each)

### Per competitor:

- o [Microcentrifuge tubes](#) (1.5 ml or 2.0 ml, empty) - 6 per competitor

*When teaching these skills, enable students to see the whole workflow and the results by using the following purchased as part of the [Forensic DNA Fingerprinting Kit](#): DNA samples, restriction enzymes, buffers, microcentrifuge tubes.*

### Skill III: DNA Gel Electrophoresis (Brown)

- This skill does not provide a visible readout within the time allotted during competition. Therefore, DNA standard, DNA samples, and TAE buffer may be simulated using water. Sample loading buffer, however, is required.
- Significant volumes of buffer/water (350 ml) are required and must be disposed of between competitors for this skill. Therefore, it is best performed in a room with a sink to enable fast changes between competitors. It is not well-suited to hotel conference rooms.

### Per section (one each per section):

- o [Microcentrifuge OR mini centrifuge](#) (optional/simulated)
- o [Horizontal Electrophoresis Chamber with Lid](#)
- o [Power supply](#) (can be shared or simulated)
- o [Adjustable-volume micropipet prep set](#) - 2-20 µl /20-200 µl /100-1,000 µl set of all three
- o [20-200 µl pipet tips – rack](#) or box
- o [1000 µl pipet tips – rack](#) or box
- o [Gel staining tray](#) or other flat container for gel
- o Flask or beaker labeled **1x TAE** (can simulate using water; each competitor will use ~350 ml; 50x TAE Buffer also available as a component of the [Forensic DNA Fingerprinting Kit](#))
- o [Microcentrifuge tube rack](#) containing:
  - o 1 microcentrifuge tube labeled **SLB** - contains sample loading buffer (Bio-Rad catalog # 1660401EDU, also available in the [Forensic DNA Fingerprinting Kit or Refill](#); **each competitor will need 50 µl**, so calculate accordingly) – note 5x or 6x SLB can be used but competitors are told 5x is used

### Per competitor (prepare and package these items in separate baggies for easiest changes between competitors):

- 6 microcentrifuge tubes labeled **CS, S1, S2, S3, S4, S5** – each containing 20 µl water to simulate DNA
- 1 microcentrifuge tube labeled **Std** – containing 20 µl water to simulate DNA standard\*
- o [1% agarose TAE gel](#) - one per competitor

## Biotechnology (con't)

**\*Note:** When using the Forensic DNA Fingerprinting Kit protocol, the Std already contains SLB. In this textbook protocol, however, it will be added by the student/competitor

*When teaching these skills, enable students to see the whole workflow and the results by using the following purchased as part of the [Forensic DNA Fingerprinting Kit](#): DNA samples, restriction enzymes, buffers, microcentrifuge tubes.*

### Skill IV: DNA Gel Interpretation (Brown)

This is a math-based skill. Please provide an answer key for judges.

**Per section** (one each per section):

- o Gel image – image of a DNA gel containing a molecular weight ruler/DNA standard and at least one sample containing >1 band (for example, the gel image in the textbook teacher supplement or in the instruction manual for the [Forensic DNA Fingerprinting Kit](#))

**Per competitor:**

- o Semilog graphing paper (for example, the graph available in the instruction manual for the [Forensic DNA Fingerprinting Kit](#))
- o Printed results table – should follow the following layout but customize as needed to suit the gel image being used (include known band size for the molecular weight ruler/DNA standard used and correct number of samples)

	DNA standard		Sample 1		Sample 2		Sample 3	
Band	Distance (mm)	Size (bp)	Distance (mm)	Size (bp)	Distance (mm)	Size (bp)	Distance (mm)	Size (bp)
1		(enter value)						
2		(enter value)						
3		(enter value)						
4		(enter value)						
5		(enter value)						
6		(enter value)						

*When teaching these skills, enable students to see the whole workflow and the results by using the following purchased as part of the [Forensic DNA Fingerprinting Kit](#): DNA samples, restriction enzymes, buffers, microcentrifuge tubes.*

### Skill V: Bradford Protein Quantitation Assay (Brown)

- This skill provides a visible readout. Do not use simulated reagents or liquids in the skill competition as competitors should be able to visualize their results to complete the skill.
- For this skill, microcentrifuge tubes, cuvettes, and all reagents can be purchased as components of the [Got Protein? Kit or individually](#)

## Biotechnology (con't)

### Per section:

- o [Adjustable-volume micropipet prep set](#) - 2-20 µl /20-200 µl /100-1,000 µl set of all three
- o [20-200 µl pipet tips – rack](#) or box
- o [1000 µl pipet tips – rack](#) or box
- o [Rack](#) to hold the 15 ml tube with Bradford Reagent (see below)
- o [Microcentrifuge tube rack](#) containing:
  - o 2 microcentrifuge tubes labeled Sample **A** and Sample **B** - contain milk samples (suggestions: obtain low fat, fat free, soy, or baby formula); each competitor will need 5 µl, so calculate accordingly

**Per competitor** (prepare and package these items in separate baggies for easiest changes between competitors):

- o [15 ml tube](#) with labeled 1x Bradford – contains 12 ml of 1x Bradford reagent
- o 2 [microcentrifuge tubes](#) (1.5 ml or 2.0 ml, empty)
- o 1 microcentrifuge tube labeled 1x PBS – contains 500 µl [1x phosphate buffered saline](#) (PBS)
- o 7 microcentrifuge tubes labeled 0.125, 0.250, 0.500, 0.750, 1.000, 1.500, and 2.000- containing 25 µl each protein standard
- o 10 [1.5 ml semimicro cuvettes](#)

### Skill VI: Bacterial Transformation (Brown)

- This skill does not provide a visible readout within the time allotted during competition. Therefore, DNA and other reagents may be simulated.
- If simulating, you can use LB plates without Amp or Ara if they are labeled as indicated below. Otherwise, include ampicillin and arabinose as indicated and prepare plates according to instructions in the pGLO Bacterial Transformation Kit.
- Otherwise, all consumables and reagents (except pipet tips) can be purchased as components of the [pGLO Bacterial Transformation Kit](#). You may use starter plates from a pGLO lab performed within 6 months (store at 4°C)

### Per section:

- o [Water bath](#), **OR** [heat block set at 42°C](#) (may be simulated if labeled)
- o Biohazard waste receptacle (note this is the only skill that requires this)
- o Lab timer
- o [Floating microcentrifuge tube rack](#) – fits inside water bath, also found in [pGLO Bacterial Transformation Kit](#)
- o Ice bucket or large cup with ice
- o [Incubator](#) set at 37°C – optional
- o [Adjustable-volume micropipet prep set](#) - 2-20 µl /20-200 µl /100-1,000 µl set of all three
- o [20-200 µl pipet tips – rack](#)
- o [1000 µl pipet tips – rack](#)

## Biotechnology (con't)

- o [Microcentrifuge tube rack](#) containing:
  - o 1 microcentrifuge labeled **pGLO** plasmid – can contain water to simulate 0.08 µg/µl pGLO plasmid; each competitor will use 20 µl so calculate accordingly
  - o 1 microcentrifuge labeled **LB** – can contain water to simulate LB Broth, use 1 ml per 10 competitors
- o LB agar starter plate with bacterial colonies – will require advance preparation using reagents *available in the Bio-Rad* [pGLO Bacterial Transformation Kit](#)

### Per competitor:

- o 2 [microcentrifuge tubes](#), 2.0 ml (empty, closed)
- o Bag with at least 6 sterile plastic loops
- o LB agar plate, labeled **LB**
- o 2 LB agar plates, labeled **LB/amp**
- o 1 LB agar plate, labeled **LB/Amp/Ara**

### Skill VII: Calculation of Transformation Efficiency (Brown)

This skill is written for use with any plate of bacterial colonies. For best results, create plates with no more than 50 colonies per plate. Though photo plates may be used, students enjoy using the “real thing”.

**Recommendation:** store pGLO plates from class experiments by wrapping them and storing inverted at 4C for up to 6 months. Prior to competition, use these as starter plates with which to inoculate fresh plates for this competition. Incubate those plates at 37C overnight until colonies are visible, then wrap and store them as above until needed for competition. You will need 1 plate per section (not per student), plus a few extra in case they may be needed.

### Per section:

- o [UV Light](#) (if using pGLO plates)
- o LB/Amp/Ara plate with pGLO colonies
- o Dark background to provide contrast for counting – either a lab bench or piece of dark paper
- o Calculator

There is space on the scenario for students to perform their calculations and record their answers. Be sure to print one scenario per competitor.

Also: Alcohol pad for cleaning marker off plate between competitors

### Skill VIII: Qualitative ELISA (Serum Antibody Detection by ELISA (Brown)

- This skill provides a visible readout. Do not use simulated reagents or liquids in competition as competitors should be able to visualize their results to complete the skill.



## Biotechnology (con't)

- Reagents and consumables (except pipet tips) are available as components of the [ELISA Immuno Explorer Kit](#). Links below also refer to ordering information for individual components.
- Supply fresh reagents for each competitor. Though you could place sufficient volumes of reagents per section, any cross-contamination by one competitor might ruin the experience for subsequent competitors.

### Per section:

- o Lab timer
- o [Adjustable-volume micropipet prep set](#) - 2-20 µl /20-200 µl /100-1,000 µl set of all three
- o [20-200 µl pipet tips – rack](#) or box
- o [1000 µl pipet tips – rack](#) or box
- o [Microcentrifuge tube rack](#) containing the tubes listed below
- o Stack of paper towels

### Per competitor (prepare and package these items in separate baggies for easiest changes between competitors)

- [1 ml graduated disposable transfer pipet](#)
- [12-well microplate strip](#)
- 1 microcentrifuge tube labeled **AG** – contains 500 µl [antigen](#)
- 1 microcentrifuge tube labeled **S** – contains 250 µl of the [positive control](#) “serum” sample
- 1 microcentrifuge tube labeled **+** – contains 250 µl of the [positive control](#)
- 1 microcentrifuge tube labeled **-** – contains 250 µl of the [negative control](#)
- 1 microcentrifuge tube labeled **ELA** – contains 500 µl of the [enzyme-linked secondary antibody](#)
- 1 microcentrifuge tube labeled **SUB** – contains 500 µl of the [substrate](#)
- Wash buffer ([PBS](#) + [Tween](#)), 40 ml (labeled)

FOR ASSISTANCE, CONTACT BIO-RAD [HERE](#)

## Clinical Laboratory Science

### Round Two Skills, General:

- ☐ Clinical and/or laboratory stations for selected skills or Basic Set (see [HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)

### Skill I: Identifying Laboratory Instruments/Equipment

- ☐ Blank rating sheets – one per competitor
- ☐ 15 instruments or photos from the following list:

24-hr Urine Specimen Container	Clinical Centrifuge	N95 Respirator	Single-Use Lancet
Acetest	Coagulation Instrument	Needleless Transfer Device	Slide Staining Rack
Agar Plate	Culture Swabs & Transport Tubes	Perianal Paddle Kit	Sterile Vacuum Tube for Urine
Agar Shield	Disposable Needle Holder with Safety Guard	pH Indicator Strips	Stool Specimen Container
Analytical Balance	Electric Incinerator	pH Meter	Tabletop Autoclave
Automatic Slide Stainer	Emergency Eye Wash Station	Pipet Aids	Test Tubes
Bacteriological Incubator	Erlenmeyer Flask	Plastic Vacuum Tubes	Top-Loading Balance
Beakers	Fume Hood	Platelet Aggregation Profiler	Tourniquet
Beral (Transfer) Pipette	Glucose Meter	Point-of-Care Coagulation Analyzer	Transmission Electronic Microscope
Binocular Bright-Field Microscope	Graduated Cylinders	Rapid-Latex Agglutination Test for D-Dimer	Urine Particle Analyzer
Blood Collection Tubes	Hemocytometer	Refractometer	Urine Reagent Strip
Blood Bank Refrigerator	Inoculating Loop	Saf-T Wing Blood Collection Set	Urine Sterile Collecting Straw
Candle Jar	Manual Differential Cell Counter	Safety Shower	Urine Strip Reader
Capillary Collection Vials	Microhematocrit Centrifuge	Safety Syringes	Urinometer
Chromatographic Immunoassay for Urine hCG	Microhematocrit Tubes with Sealant Pad	Scanning Electron Microscope	Volumetric Flask
Clean-Catch Urine Collection Kit	Micropipettes	Serological Centrifuge	

### Skill II: Infection Control and transmission-based precautions (Estridge & Reynold)

- ☐ Sink
- ☐ Antiseptic soap OR waterless antiseptic handrub
- ☐ Paper towels
- ☐ Disposal receptacle for used items
- ☐ Biohazard bags or other plastic bags with labeling for materials

## Clinical Laboratory Science Cont'd

### Skill III: Using a Microscope (Estridge & Reynolds)

- ☐ Microscope with low, high power and oil-immersion lenses (For the purpose of this skill performance, a monocular microscope is recommended. If a binocular microscope is used, the normal step of adjusting the oculars to fit the interpupillary distance of the user is omitted because of the need for the judge to see the image as well and to save the time the frequent adjustments would cause.)
- ☐ Lens paper
- ☐ Prepared slides
- ☐ Immersion oil
- ☐ Materials for cleaning microscope
- ☐ Surface disinfectant
- ☐ Lens cleaner

### Skill IV: ABO Grouping (Estridge & Reynolds)

- ☐ ABO Grouping Kit which includes four simulated blood samples, one bottle each of simulated Anti-A & Anti-B Serum and 40 blood typing trays (possible source: [fisher scientific](#))
- ☐ Antiseptic
- ☐ EDTA anticoagulated blood specimen (simulated)
- ☐ Lab timer
- ☐ Pen or pencil for labeling slides
- ☐ Applicator sticks or stirrers
- ☐ Disposable plastic pipets
- ☐ Anti-A
- ☐ Anti-B
- ☐ Cell typing slides
- ☐ ABO Laboratory Report (one for each competitor, in guidelines)
- ☐ Answer key for judges
- ☐ Surface disinfectant
- ☐ Biohazard receptacle

### Skill V-A: Preparing a Blood Film or Smear (Simmers)

- ☐ Slide
- ☐ Artificial blood
- ☐ Coverslip or spreader slide
- ☐ Sharps container
- ☐ Infectious-waste bag
- ☐ Pen or pencil for labeling slides

### Skill V-B: Staining a Blood Film or Smear (Simmers)

- ☐ Blood smear film slide
- ☐ Staining rack
- ☐ Wright's stain with distilled water/buffer solution or quick stain kit
- ☐ Timer
- ☐ Infectious-waste bag
- ☐ Surface disinfectant

## Clinical Laboratory Science Cont'd

### Skill VI: Physical Examination of Urine (Simmers & Estridge & Reynolds)

- ☐ Artificial urine in specimen cup
- ☐ Clear plastic conical centrifuge tube with caps, 15 mL capacity
- ☐ Test tube rack
- ☐ Disposable transfer pipets
- ☐ Refractometer and/or urinometer
- ☐ Distilled water for calibrating refractometer
- ☐ Laboratory tissue or lens paper
- ☐ Paper towels
- ☐ Surface disinfectant
- ☐ Biohazard container
- ☐ Sharps container

### Skill VII: Inoculate and streak an Agar Plate (Estridge & Reynolds)

- ☐ Pre-inoculated (simulated) swabs stored in capped culture tube or swab packaging
- ☐ Blood agar plates
- ☐ Sterile disposable inoculating loops, 3 per competitor
- ☐ Incubator set at 35-37 degrees Celsius (may be simulated)
- ☐ Waterproof marker (fine-point Sharpie®)
- ☐ Biohazard receptacle

## CERT Skills

### Round Two Skills, General:

- ☐ Stations or off-site locations for selected skills or Basic Set (see [HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Flashlight – two per section
- ☐ Blankets – two per section
- ☐ Additional props as needed per scenario/guidelines
- ☐ Clipboards for judges (optional)

### Skill I A & B: Treating Life Threatening Conditions

- ☐ Two patients – one manikin and one patient w/pool noodle for tourniquet (OR two manikins)
- ☐ Moulage for bleeding patient
- ☐ Commercial tourniquet w/windlass
- ☐ Cardboard, blankets and/or coat/jacket

### Skill II: Head-to-Toe Assessment

- ☐ Two patients (one for each rescuer, unless combining w/skill IV)
- ☐ Medical jewelry if called for in scenario
- ☐ Moulage for patient as needed per scenario
- ☐ Form 2-14 CERT Training Manual (CERT Victim Treatment Area Record, 1 per team)

### Skill III: Lifts and Carries

- ☐ Open floor space
- ☐ Two patients who are small in stature
- ☐ Sturdy Chair
- ☐ "Safe Area" sign
- ☐ Blanket

NOTE: No scenario required: this skill is designed to have teams demonstrate their ability to perform all four lifts and carries of the rating sheet

### Skill IV: Splinting a Closed Fracture

- ☐ One patient
- ☐ Assorted materials that could be used as splints, ties or padding (magazines, textbooks, boards, cardboard, gauze, pillows, triangle bandages, etc...)
- ☐ Moulage for patient as needed per scenario

## Clinical Nursing

### Round Two Skills, General:

- ☐ Clinical and/or laboratory stations for selected skills or Basic Set (see [HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ List of competitors for check-in
- ☐ Patient and judge scripts as needed
- ☐ Patient chart with physician orders (scenario- copies for competitor, judges, section leaders)
- ☐ nurses' notes (in guidelines, one per competitor)
- ☐ #2 lead pencils (judges)
- ☐ Stopwatch(es)
- ☐ Rating sheets-one per judge per competitor
- ☐ Evaluation forms-competitor, judge, event personnel
- ☐ Copy of guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Sink with soap, water, and paper towels, if available
- ☐ Disposal receptacle for used items

### Skill I-A, I-B & I-C: Administer Medication (Perry and Potter and Rosdahl and Kowalski)

- ☐ Sterile safety syringe of correct size
- ☐ Sterile safety syringes of incorrect sizes (to allow for choice)
- ☐ Labeled medication to be injected
- ☐ Labeled medications to serve as distractions (to allow for choice)
- ☐ Medication Administration Record (MAR) (in guidelines, one per competitor)
- ☐ Sharps container for needles/syringes
- ☐ Disinfectant for skin/alcohol wipes
- ☐ Injection pad or chase doll (manikin) for injection with identification band
- ☐ Patient (optional)
- ☐ Hospital beds or exam tables (with linens)
- ☐ Bedside or over bed table (if called for in the scenario)

### Skill II: Inserting a Nasogastric Tube (Rosdahl & Kowalski)

- ☐ Manikin w/ID band
- ☐ Nasogastric tube
- ☐ Tube feeding or suction equipment
- ☐ Wash cloth – damp
- ☐ Alcohol wipes
- ☐ Water-soluble substance (K –Y Jelly)
- ☐ Protective towel covering for patient
- ☐ Emesis basin
- ☐ Nonallergenic tape for marking placement and securing tubing
- ☐ Normal saline or sterile water, for irrigation
- ☐ Penlight
- ☐ Tongue blade
- ☐ Irrigation set
- ☐ Tissues
- ☐ Clamp
- ☐ Glass of water (if allowed) with drinking straw

## Clinical Nursing Cont'd

- ☐ Patient gown

- ☐ Rubber band and safety pin

**Skill III: Urethral Catheterization – Straight (Perry & Potter)**

- ☐ Doll (\*manikin) for catheterization with identification band
- ☐ Waterproof pads
- ☐ Soap, water, basin, washcloth
- ☐ Lamp or other light source (if applicable)
- ☐ Hospital beds or exam tables (with linens)
- ☐ Bedside or over bed table (if called for in the scenario)

**Skill IV: Performing a Sterile Wound Irrigation (Rosdahl & Kowalski)**

- ☐ Patient or manikin w/ ID band
- ☐ Hospital bed
- ☐ Disposable sterile irrigation pack/tray (one per competitor)
- ☐ Sterile irrigation solution, as ordered with label
- ☐ Empty irrigation bottle
- ☐ Marked biohazard bag
- ☐ Waterproof bed pad
- ☐ Bath blanket
- ☐ Used dressing for removal
- ☐ Sterile dressings as indicated for site selected
- ☐ Sterile 4 x 4 gauze
- ☐ Tape to apply new dressing
- ☐ Clean basin or irrigating pouch

**Skill V: Postmortem Care of the Body (Rosdahl & Kowalski)**

- ☐ ID band and another identifier for manikin
- ☐ Manikin with ID band
- ☐ Hospital or other bed (with linens)
- ☐ Small pillow
- ☐ Soap, water, basin, washcloth
- ☐ Ice bags (2), chipped ice and (2) containers for ice bag
- ☐ Towel or chin strap
- ☐ Tape
- ☐ Self-sealing property bag, dentures or glasses (per scenario)
- ☐ Fresh dressings (if indicated in scenario)
- ☐ Zippered body bag
- ☐ Incontinence pad
- ☐ Gauze squares for padding
- ☐ Ties for wrist and ankles
- ☐ Identification tags (3 tags for deceased)
- ☐ Note for any communicable disease (if indicated in scenario)

## Clinical Nursing Cont'd

**Skill VI: Assisting the Patient with Postoperative Exercises (Rosdahl & Kowalski)**

- ☐ Patient w/ID band
- ☐ Chair or hospital bed

- ☐ Pillow, bath blanket or large towel
- ☐ Incentive Spirometer

**Skill VII: Prophylaxis for the Eyes of the Neonate (Rosdahl & Kowalsk)**

- ☐ Infant doll with eyes that open and close with ID
- ☐ Sterile cotton balls
- ☐ Sterile water
- ☐ Sterile gauze
- ☐ Labeled ointment - Erythromycin Ophthalmic Ointment

**Skill VIII: Donning & Doffing PPE**

- ☐ Sink with running water, soap, & paper towels/alcohol- based handrub
- ☐ Waste container



## Clinical Specialty

- ☐ Interview room (one per section)-with conference table and chairs (see [HOSA Room Set](#))
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand Sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ List of competitors who have uploaded required materials to HOSA Digital Upload System by deadline
- ☐ Flash card for 1 minute remaining, one per section
- ☐ Clipboards for judges (optional)

## Community Awareness

- ☐ Presentation room (one per section)-with judge table and chairs (see [HOSA Room Set](#))
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand Sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Flash card for 1-minute remaining, one per section
- ☐ Clipboards for judges (optional)
- ☐ List of competitors who have uploaded required materials to HOSA Digital Upload System by deadline

## **CPR/First Aid**

### **Round Two Skills, General**

- ☐ Clinical and/or lab stations for selected skills or Basic Set (see [HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)
- ☐ Patient and judge scripts as needed
- ☐ Rating Sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Moulage supplies (as needed per scenario)
- ☐ Medical information jewelry if called for in scenario
- ☐ Assorted props (may include pillows/blankets per skill)
- ☐ Biohazard receptacle (for PPE disposal)

### **Skill I-A and I-B: Adult BLS/CPR (BLS, AHA, ARC)**

- ☐ Adult CPR Manikin

### **Skill II-A and II-B: Adult BLS with AED (BLS, AHA, ARC)**

- ☐ Adult CPR Manikin
- ☐ AED (with appropriate size batteries)

### **Skill III-A and III-B: Infant BLS/CPR (BLS, AHA, ARC)**

- ☐ Infant CPR Manikin

### **Skill IV: Severe Bleeding (leg or arm) and Shock (DHO)**

- ☐ One patient w/pool noodle or manikin(check scenario for details)
- ☐ Moulage or artificial bleeding wound
- ☐ T-shirts for patient to protect from moulage, if needed
- ☐ Medical information jewelry if called for in scenario
- ☐ Tourniquet w/windlass
- ☐ Blanket

### **Skill V: Choking (Heartsaver First Aid CPR AED, AHA,ARC)**

- ☐ One patient (not pregnant or very large)
- ☐ Pillow for patient - the person playing the role of the patient should wear an extra-large, loose fitting shirt so that a pillow can be placed under his/her shirt for protection, in the unlikely event that the competitor actually performs an abdominal thrust. It should be made clear to the competitor that the patient is NOT obese or pregnant.

### **Skill VI: Open Fracture and Splinting (Heartsaver First Aid CPR AED, AHA, DHO,ARC)**

- ☐ One patient (check scenario for details)
- ☐ Moulage or artificial fracture/wound
- ☐ T-shirts for patient to protect from moulage
- ☐ Cold pack or bag and ice
- ☐ Towel

## CPR/First Aid Cont'd

- ☐ Props or devices that can be used for splinting (magazines, textbooks, boards, cardboard)

### Skill VII: Severe Burns (DHO,ARC)

- ☐ One patient (check scenario for details)
- ☐ Medical information jewelry if called for in scenario
- ☐ Moulage (check the scenario for details)
- ☐ Blanket
- ☐ Washcloth and water

### Skill VIII: Heat Related Emergency (DHO,ARC)

- ☐ One patient (check scenario for details)
- ☐ Washcloth
- ☐ Water
- ☐ Juice or sport drink
- ☐ Ice or cold packs
- ☐ Medical Jewelry as indicated by scenario

### Skill IX: Administer Epinephrine Pen (AHA, ARC)

- ☐ One patient (check scenario for details)
- ☐ Epinephrine Pen trainer
- ☐ Bystanders

### Skill X: Administer Naloxone (Nasal Spray NARCAN)

- ☐ One patient (check scenario for details) change to manikin before administration
- ☐ Bystanders
- ☐ Naloxone (Nasal Spray Narcan) trainer
- ☐ Drug paraphernalia

## Creative Problem Solving/Dynamic Decisions

### Round Two –Preparation Room:

- ☐ Room may hold multiple teams for multiple sections if large enough (see [HOSA Room Set](#))
- ☐ List of competitors for check-in
- ☐ Copy of secret problem – one for each team member and the judges
- ☐ Index cards w/pens or pencils for team notetaking
- ☐ Flip chart paper – as many pages as needed per team
- ☐ Flip chart pad or easel
- ☐ Colored markers
- ☐ Flash card for 1-minute remaining, one per section
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)

### Round Two –Presentation Room:

- ☐ Presentation room-one per section (see [HOSA Room Set](#))
- ☐ Flip chart pad or easel
- ☐ Masking tape or blue painters' tape (if self-adhesive flip chart paper not used)
- ☐ Flash card for 1-minute remaining, one per section
- ☐ Stopwatch, one per section (phones in airplane mode if using for timing)
- ☐ Rating sheets – one per judge per team
- ☐ Evaluation forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Section Summary Form – one per section/Master Summary Form – one per event

## Dental Science

### Round Two Skills, General:

- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for judges, section leaders
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)
- ☐ Waste receptacle

### Skill I: Dental Instrument Identification

Amalgam Carrier – Double Ended	Burs	Elevators – Root-Tip	Periodontal Probe
Amalgam Condenser	Burs – Pear-Shaped	Elevators - Straight	Rongeurs
Amalgam Well	Burs – Inverted Cone	Endodontic Explorer	Sickle Scalers
Anesthetic Aspirating Syringe	Burs – Finishing	Evacuation Tip High-Volume–Velocity	Scissors – Crown & Bridge
Articulating Paper Holder with paper	Burs - Diamond	Forceps- Mandibular Universal – Cryer 151	Scissors – Suture
Bird Beak Pliers	Burs - Round	Forceps- Maxillary Universal – Cryer 150	Spoon Excavator
Bite-Wing Tabs	Carvers- Discoid-Cleoid	Handpieces -Fiberoptic High-Speed	Tongue & Cheek Retractor
Bone File	Carvers - Hollenback	Handpieces – High-Speed	Universal Clamp
Burnisher – Ball	Composite Placement Instrument	Handpieces – Slow Speed with Contra Angle Attachment	Universal Clamps – Mandibular (Winged Clamp)
Burnisher - Football	Cotton Forceps (pliers)	Handpieces – Slow Speed with Propy Angle Attachment	Universal Clamps – Mandibular (Wingless Clamp)
Burnisher – T- Ball	Curing Light	Hemostat	Universal Clamps – Maxillary (Winged Clamp)
Burnisher – Acorn	Dental Dam Forceps	Howe (or How) Pliers	Universal Clamps – Maxillary (Wingless Clamp)
	Dental Dam Punch	Liner Applicator	Universal Matrix Band

### Skill II: Assembly and Disassembly of Local Anesthetic Syringe (Singhal et al)

- ☐ Aspirating syringe
- ☐ Autoclave bag or pouch
- ☐ Cartridge and rubber stopper
- ☐ Sink with Soap and water
- ☐ Needles of the correct size (Long and short needles 25 and 27 gauge)
- ☐ Labeled anesthetic to be injected
- ☐ Needle guard
- ☐ Sharps container and waste receptacle
- ☐ Instrument tray
- ☐ Hazardous waste receptacle
- ☐ Disinfectant wipes
- ☐ Scenario that indicates the specific procedure and anesthetic the dentist will use
- ☐ Alcohol based handrub

## Dental Science Cont'd

### Skill III: Seat, Prepare and Dismiss Patient for Basic Dental Exam (Singhal et al)

- ☐ Armamentarium
  - Dental clinic setting
  - Dental chair / lab stations
  - Dental light
  - Dental drape/napkin
  - Basic tray setup to include: mouth mirror, explorer, and cotton pliers
  - Cabinet for patient belongings
- ☐ Patient
- ☐ Tissue and moistened gauze squares
- ☐ Patient napkin/drape with securing device
- ☐ Hand mirror for patient
- ☐ Patient safety glasses
- ☐ Dental treatment room (operator) with light and view box
- ☐ Patient Health History (including dental x-rays)
- ☐ Operator's Stool
- ☐ Rheostat
- ☐ Assistant's stool
- ☐ Soap and water (with sink) or alcohol based handrub
- ☐ Saliva ejector
- ☐ Evacuator tip
- ☐ Three-way syringe tip
- ☐ High- and low-speed dental handpieces
- ☐ Disposable covers/protective barriers (pre-set)

### Skill IV: Treatment Room Disinfecting and Cleaning (Singhal et al)

- ☐ Armamentarium
  - Dental clinic setting
  - Dental chair / lab stations
  - Dental light
  - Dental drape/napkin
  - Basic tray setup to include: mouth mirror, explorer, and cotton pliers
- ☐ Soap and water (with sink) or alcohol based handrub
- ☐ HVE Solution
- ☐ disinfectant-saturated wipes
- ☐ Patient napkin
- ☐ Tray with packaged instruments and auxiliary items
- ☐ Protective eyewear for patient
- ☐ Saliva ejector
- ☐ Evacuator tip
- ☐ Three-way syringe tip
- ☐ High- and low-speed dental handpieces
- ☐ Surface barriers/covers (chair cover used as inverted bag)

## Dental Science Cont'd

### Skill V: Patient Education - Brushing and Flossing (Singhal et al)

- ☐ Patient (optional-judge can be patient)
- ☐ Dentoform/Typodont
- ☐ Soap and water (with sink) or alcohol based handrub
- ☐ Toothbrush
- ☐ Dental floss

### Skill VI: Preparation, Manipulation, Delivery and Handling of Alginate Impressions (Singhal et al)

- ☐ Soap and sink with water
- ☐ Alcohol based handrub
- ☐ Water measuring device
- ☐ Two flexible mixing bowls
- ☐ Alginate material (powder canister w/scoop)
- ☐ Powder measuring device
- ☐ Flexible spatula/broad blade OR disposable spatula
- ☐ Mandibular and maxillary impression tray
- ☐ Disinfectant spray for alginate impression
- ☐ Paper towels/airtight container
- ☐ Plastic bags – 1 per competitor
- ☐ Pen (Sharpie®) for labeling bag
- ☐ Surface disinfectant/disinfectant wipes
- ☐ Towel or wiping cloth

### Skill VII: Processing of Contaminated Instruments (Singhal et al)

- ☐ Simulated contaminated procedure tray with simulated waste, simulated soft biomedical waste, disposable sharps and 3-5 basic dental hand instruments (including anesthetic syringe w/needle & cartridge) and covering
- ☐ Sharps container
- ☐ Biohazard waste container
- ☐ Ultrasonic Cleaning unit (can be simulated)
- ☐ Items for cleaning such as burs, dental dam clamps, or other small items to be secured in a small strainer.
- ☐ Ultrasonic basket
- ☐ Small mesh holder for small items
- ☐ Instrument / sterilization pouches (bags)
- ☐ Sink with running water and soap
- ☐ Towel (for drying instruments, 2 per competitor)
- ☐ Cold disinfectant/sterilant solution
- ☐ Cold disinfectant/sterilant solution container
- ☐ Isopropyl alcohol for cleaning handpieces
- ☐ Handpiece lubricant
- ☐ Indicator Tape
- ☐ Surface disinfectant
- ☐ Wiping cloths for cleaning
- ☐ Forceps
- ☐ alcohol based handrub



**Skill VIII: Donning & Doffing PPE**

- ☐ Sink with running water, soap, & paper towels/alcohol- based handrub
- ☐ Waste container

## EMT

### Round Two Skills, General:

- ☐ Stations for selected skills or Basic Set (see [HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)
- ☐ Assorted props, which may include pillows and/or blankets
- ☐ Moulage supplies (as needed per scenario)

### Skill I: Patient Assessment – Trauma (Limmer & Pollak)

- ☐ Patient(s)- as indicated in scenario

### Skill II: Patient Assessment – Medical (Limmer & Pollak)

- ☐ Patient(s)- as indicated in scenario

### Skill III: BVM Ventilation: Apneic Adult Patient (Limmer & Pollak)

- ☐ Oxygen cylinder (tank) may be simulated
- ☐ Oxygen regulator and attachments
- ☐ Airway management manikin (without electronic connections)
- ☐ Suction device
- ☐ Suction catheter

### Skill IV: Joint Immobilization/Long Bone Immobilization (Limmer & Pollak)

- ☐ Patient
- ☐ Board splints (2 each size)

### Skill V: Bleeding Control/Shock Management (Limmer & Pollak)

- ☐ Patient
- ☐ Oxygen cylinder (tank) may be simulated

### Skill VI: Cardiac Arrest Management/AED (Limmer, Pollak, and BLS Provider Manual)

- ☐ AED (with appropriate size batteries)
- ☐ CPR manikin

### Skill VII: Oxygen Administration by Non-Rebreather Mask (Limmer & Pollak)

- ☐ Oxygen cylinder (tank) may be simulated
- ☐ Regulator
- ☐ Non-rebreather mask

### Skill VIII: Administer Epinephrine Pen (AHA, ARC)

- ☐ One patient (check scenario for details)

☐ **EMT (con't)**

- ☐ Epinephrine Pen trainer
- ☐ Bystanders

**Skill IX: Administer** Naloxone (Nasal Spray NARCAN)

- ☐ One patient (check scenario for details) change to manikin before administration
- ☐ Bystanders
- ☐ Naloxone (Nasal Spray Narcan) trainer
- ☐ Drug paraphernalia

## Extemporaneous Health Poster

- ☐ Room large enough to accommodate competitors (see [HOSA Room Set](#))
- ☐ Secret Topic (1 per competitor)
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Equipment check sheet for student supplies (1 per competitor)
- ☐ White Poster Board (size: 22" x 28", 1 per competitor)
- ☐ Trash container(s)
- ☐ Clipboards-one per judge

## **Extemporaneous Writing - Health Policy**

- ☐ Room with desks or tables for competitors, and table/chairs for event personnel to provide for registration and materials distribution. (See [HOSA Room Set](#))
- ☐ Computer lab with one computer per competitor and networked printer (optional)
- ☐ List of competitors for check-in
- ☐ One clock or timer
- ☐ One (1) copy of the topic for each competitor and judge w/ instructions for uploading essays for judging
- ☐ Rating sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge, and personnel
- ☐ #2 lead pencils with eraser (for judges)
- ☐ Copy of guidelines for judges
- ☐ Sample health policy for judge review (optional)
- ☐ Hand Sanitizer (alcohol based handrub)

## Family Medicine Physician

- ☐ Interview room (one per section)-with conference table and chairs ([see HOSA Room Set](#))
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand Sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Flash card for 1 minute remaining, one per section
- ☐ Clipboards for judges (optional)

## Forensic Science

### Round Two Case Study/Written Conclusion:

- ☐ Written conclusion room, plus additional room if physical evidence is provided for Case Study, Special Set (see [HOSA Room Set](#))
- ☐ Copy of secret problem w/ instructions for uploading conclusions for judging – one for each team and judge
- ☐ Case study props as needed per scenario
- ☐ Witness, actor/victim and judge scripts as needed
- ☐ Case study notes-one per judge and event manager
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Index cards (for team notes)
- ☐ Clipboards to be used by competitors during crime scene analysis (if needed)
- ☐ Flash card for 1-minute remaining, one per section

## Foundations of Veterinary Science

### Round Two Skills, General:

- ☐ Clinical and/or lab stations for selected skills or Basic Set (see [HOSA Room Sets](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)

### Skill I: Identification of Breed

- ☐ Ten photos for identification
- ☐ Identification of Companion Animal Breeds/Species form (page 4 of guidelines)

### Skill II: Wound Care for Abrasion

- ☐ Sink with soap, water, and paper towels, if available or alcohol based hand-rub
- ☐ Stuffed dog or cat
- ☐ Tsp of salt per competitor
- ☐ Quart of warm water per competitor
- ☐ Sterile water soluble lubricant

### Skill III: Pad Wound

- ☐ Sink with soap, water, and paper towels, if available or alcohol based hand-rub
- ☐ Towel
- ☐ Non Stick pad or gauze
- ☐ Gauze roll
- ☐ Elastic roll bandage

### Skill IV: Tick Removal

- ☐ Sink with soap, water, and paper towels, if available or alcohol based hand-rub
- ☐ Blunt end tweezers
- ☐ Tape



## Health Career Display-ALL DIVISIONS

### Round One/Display Time:

- ☐ Suggested set-up: If 8 ft. tables or banquet rounds are used, there may be two displays per table, usually placed in one long row per section. (see [HOSA Room Set](#))
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Clipboards for judges
- ☐ Tape measures-one per section
- ☐ Method for identifying team table spots

### Round Two Presentation:

- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Flash card for 1-minute remaining, one per section
- ☐ Team numbers for tables
- ☐ Clipboards for judges

## Health Career Photography

### Round One/Display Time:

- ☐ Room large enough to accommodate portfolios (setup, photo display, and judging MAY BE all in the same room- see [HOSA Room Set](#))
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Method for identifying competitor table spots
- ☐ Index cards with section information
- ☐ Clipboards for judges (optional)
- ☐ List of competitors who have uploaded required materials to HOSA Digital Upload System by deadline

### Round Two Presentation:

- ☐ Interview room (optional-one per section)- conference style (see [HOSA Room Set](#))
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Clipboards for judges (optional)
- ☐ Flash card for 1-minute remaining, one per section

## Health Career Preparation

- ☐ Room for orientation, and room(s) for interview (one per section)-with conference table and chairs (see [HOSA Room Set](#))
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ List of interview questions (secure item-one per judge)
- ☐ Flash card for 1-minute remaining, one per section
- ☐ Clipboards for judges (optional)

## Health Education

- ☐ Presentation room-one per section (see [HOSA Room Set](#))
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Flash card for 1-minute remaining, one per section
- ☐ List of competitors who have uploaded required materials to HOSA Digital Upload System by deadline

## Healthy Living

### Round Two Interview:

- ☐ Interview room, conference style, for each Round Two Section (see [HOSA Room Set](#))
- ☐ List of competitors for check-in
- ☐ Rating sheets – one per judge per competitor
- ☐ #2 lead pencils (judges)
- ☐ Flash card for 1-minute remaining
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)
- ☐ Evaluation forms-competitor, judge, event personnel
- ☐ Copy of guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)

## Home Health Aide

### Round Two Skills, General:

- ☐ Clinical and/or lab stations for selected skills or Basic Set ([see HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)
- ☐ Daily record sheet (1 per competitor per scenario)
- ☐ Alcohol based hand-rub
- ☐ Sink with soap, water and paper towels, if available

### Skill I: Taking an Adult Tympanic Temperature (Spatz & Balduzzi)

- ☐ Patient
- ☐ Tympanic thermometer
- ☐ Waste container
- ☐ Disposable probe covers
- ☐ Bed or chair

### Skill II: Taking an Apical Pulse (Spatz & Balduzzi)

- ☐ Patient
- ☐ Stethoscope, teaching
- ☐ Waste container
- ☐ Alcohol wipes
- ☐ Bed or chair

### Skill III: Emptying a Urinary Drainage Unit (Spatz & Balduzzi)

- ☐ Patient
- ☐ Measuring device
- ☐ Paper towels (1 per competitor)
- ☐ Simulated urine (enough to refill bag for each competitor)
- ☐ Sink (or basin) for emptying simulated urine
- ☐ Alcohol wipes
- ☐ Bed or chair
- ☐ Urinary drainage bags (2 per section)

### Skill IV: Changing a Dry Dressing Using Non-Sterile Technique (Spatz & Balduzzi)

- ☐ Patient
- ☐ Gauze 4x4 pads
- ☐ Tape for initial dressing
- ☐ Small waste bag (1 per competitor)
- ☐ Bed or chair

## Home Health Aide Cont'd

### Skill V: Giving a Back Rub (Spatz & Balduzzi)

- ☐ Patient
- ☐ Small towel (1 per competitor)
- ☐ Lotion
- ☐ Hamper (or plastic bag)
- ☐ Bed

### Skill VI: Caring for Dentures (Spatz & Balduzzi)

- ☐ Patient
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Dentures
- ☐ Dental cleaning tablet
- ☐ Denture cup
- ☐ Mouthwash
- ☐ Small cups
- ☐ Emesis basin
- ☐ Washcloth
- ☐ Small towel
- ☐ Bed or chair

### Skill VII: Moving a Patient Up in Bed Using Draw Sheet (Spatz & Balduzzi)

- ☐ Patient
- ☐ Drawsheet
- ☐ Bed linens, including bed blanket and/or top sheet
- ☐ Pillow
- ☐ Bed

### Skill VIII: Applying Elasticized Stockings (Spatz & Balduzzi)

- ☐ Patient
- ☐ Knee-length elasticized stockings
- ☐ Bed and bed linens, including bed blanket and/or top sheet

## HOSA Bowl (SS/PSC) + Foundations of HOSA Bowl)

### Round Two:

- ❑ One large room to accommodate personnel, teams, and as many observers as possible for semi-final and final rounds, Special Set (see [HOSA Room Set](#))
  - Two tables with 4 chairs each for competing teams.
  - Tables/chairs for judges and timekeeper.
  - Moderator's table or podium with (optional) microphone
- ❑ Two holding rooms (one for teams that have not yet competed, and one for winning teams awaiting next match)
- ❑ Competitor list(s) for check-in
- ❑ Evaluation Forms – competitor, judge and personnel
- ❑ #2 lead pencils with eraser (judges)
- ❑ Copy of Guidelines for judges
- ❑ Hand sanitizer (alcohol based handrub)
- ❑ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ❑ Section Summary Form- one per section/Master Summary Form-one per event
- ❑ Lists of at least 50 items and responses (that progress from simple to difficult) per round for moderator and judges
  - For 8 teams proceeding to Round 2 – questions for Rounds 2-4 (buzzer rounds) – copies for judges and moderator(s)
  - For 16 teams proceeding to Round 2 – questions for Rounds 2-5 (buzzer rounds) – copies for judges and moderator(s)
  - For 32 teams proceeding to Round 2 – questions for Rounds 2-6 (buzzer rounds) – copies for judges and moderator(s)
- ❑ Bells or buzzer sets for each team
- ❑ A section diagram for “seeding” teams
- ❑ Judge’s score sheet for each round (one per section)
- ❑ Scoreboard (chalkboard, newsprint, other device for visible reference to scores) (optional)
- ❑ Copies of each standard reference will be available in Competitive Events Headquarters and/or at the event site.
- ❑ Red team and Green team signs for each section (optional)
- ❑ Large letters (A, B, C and D) to identify each individual team member, 2 sets for each section, may be color coded red and green
- ❑ HOSA Bowl competition script – one for each section



## Interviewing Skills/Job Seeking Skills

- ☐ Interview room (one per section)-with conference table and chairs (see [HOSA Room Set](#))
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ List of interview questions (secure item-one per judge)
- ☐ Flash card for 1-minute remaining, one per section
- ☐ Clipboards for judges (optional)
- ☐ List of competitors who have uploaded required materials to HOSA Digital Upload System by deadline
- ☐ List of Interviewing Skills competitors who did NOT upload required eligibility form as instructed so points can be deducted in Tabulations

## Life Support Skills

- ☐ Clinical and/or lab stations for selected skills or Basic Set (see [HOSA Room Set](#))
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser to complete evaluations
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)
- ☐ Calculators, note pads, and pencils for judges
- ☐ Moulage supplies (as required per scenario)
- ☐ Assorted props (may include pillows/blankets per skill)
- ☐ Biohazard receptacle (for PPE disposal)
- ☐ List of competitors who did NOT upload required eligibility form as instructed so points can be deducted in Tabulations

### Skill I: Adult BLS/CPR (BLS, AHA)

- ☐ CPR Adult Training Manikin

### Skill II: Adult BLS/CPR with AED (BLS, AHA)

- ☐ CPR Adult Training Manikin
- ☐ AED

### Skill III: Infant BLS/CPR (BLS, AHA)

- ☐ CPR Infant Training Manikin

### Skill IV: Severe Bleeding and Shock (DHO)

- ☐ One patient w/pool noodle or manikin(check scenario for details)
- ☐ Moulage or artificial bleeding wound
- ☐ T-shirts for patient to protect from moulage, if needed
- ☐ Medical information jewelry if called for in scenario
- ☐ Tourniquet w/windlass
- ☐ Blanket

### Skill V: Choking (BLS, AHA)

- ☐ One patient (NOT pregnant or very large)
- ☐ Pillow for patient - the person playing the role of the patient should wear an extra-large, loose fitting shirt so that a pillow can be placed under his/her shirt for protection, in the unlikely event that the competitor actually performs an abdominal thrust. It should be made clear to the competitor that the patient is NOT obese or pregnant.

### Skill VI: Open Fracture and Splinting (Heartsaver First Aid CPR AED, AHA)

- ☐ One patient (check scenario for details)
- ☐ Ice or Cold pack
- ☐ Towel
- ☐ Props or devices to be used for splinting such as magazines, textbooks, boards, or cardboard

## Life Support Skills cont'd

- ☐ Medical Jewelry as indicated by scenario

### Skill VII: Heat-Related Emergency (DHO)

- ☐ One patient (check scenario for details)
- ☐ Washcloth
- ☐ Water
- ☐ Juice or sport drink
- ☐ Ice or cold packs
- ☐ Medical Jewelry as indicated by scenario

### Skill VIII: Severe Burns (DHO)

- ☐ One patient (check scenario for details)
- ☐ Medical information jewelry if called for in scenario
- ☐ Moulage (check the scenario for details)
- ☐ Blanket
- ☐ Washcloth and water

### Skill IX : Administer Epinephrine Pen (AHA, ARC)

- ☐ One patient (check scenario for details)
- ☐ Epinephrine Pen trainer
- ☐ Bystanders

### Skill X : Administer Naloxone (Nasal Spray NARCAN)

- ☐ One patient (check scenario for details) change to manikin before drug administration
- ☐ Bystanders
- ☐ Naloxone (Nasal Spray Narcan) trainer
- ☐ Drug paraphernalia

## Life Threatening Situations

### Round Two Skills, General:

- ☐ Clinical and/or lab stations for selected skills or Basic Set (see [HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Injured person and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Moulage supplies (as needed per scenario)
- ☐ Assorted props (may include pillows/blankets per skill)
- ☐ Clipboards for judges (optional)

### Skill I: Calling 911

- ☐ One injured person (check scenario for details)
- ☐ Phone to simulate 911 call

### Skill II: Stop the Bleed

- ☐ One injured person and pool noodle (check scenario for details)
- ☐ Windlass rod tourniquet, if indicated
- ☐ Waste basket for glove disposal
- ☐ Sink with soap, water, and paper towels, if available (for handwashing)

### Skill III: Positioning Unconscious Injured

- ☐ One injured person w/controlled bleeding wound (check scenario for details)

### Skill IV: Response to Violent Situation

- ☐ Two to three peers (actors) based on scenario
- ☐ Plus:
  - RUN-
    - ☐ Clear escape route (signage may be used to indicate a safe vs. violent area in the room)
    - ☐ Phone (to simulate 911 call)
  - HIDE-
    - ☐ Hiding place with few windows (signage may be used)
    - ☐ Hiding place with lots of windows (signage may be used-serves as distractor for choosing the wrong location)
    - ☐ Desk, chair, table to block entry
    - ☐ Phone (to silence)
  - FIGHT (no supplies needed – verbalized)

## Medical Assisting

### Round Two Skills, General:

- ☐ Clinical and/or lab stations for selected skills or Basic Set (see [HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)

#### Skill I: Perform a Telephone Screening (Blesi, Wise and Kelley-Arney, DHO)

- ☐ Patient
- ☐ Telephone
- ☐ HOSA Medical Office Screening Chart and message form – 1 per competitor (in guidelines)
- ☐ Written information for judge (caller) with script that includes the caller's name, personal information, reason for call and important details related to the call
- ☐ Patient charts
- ☐ Physician message box (may be simulated)
- ☐ Note pads
- ☐ Paper clips

#### Skill II: Receive a New Patient and Create Electronic Chart (Blesi, Wise and Kelley-Arney, DHO)

- ☐ Patient
- ☐ PC with Adobe Acrobat reader
- ☐ Patient insurance card(s)
- ☐ Pen and clipboard for patient
- ☐ Blank copy and already completed (handwritten) copy of the HOSA Medical Office Registration Form (page 9 in the guidelines) Competitor gives the patient a blank copy in step #4, and the patient gives the competitor the completed handwritten form in step #6.
- ☐ Electronic copy of the HOSA Medical Office Registration form in [fillable PDF format](#).
- ☐ Scenario/information for filling out form that is not provided in the written HOSA Medical Office Registration form and Insurance Card(s) with directions in scenario to obtain pdf from HOSA website
- ☐ Patient Chart

#### Skill III: Obtain and Record a Patient Health History (Blesi, Wise and Kelley-Arney, DHO)

- ☐ **Note:** This skill will be EITHER on paper OR directly entered in the computer form
- ☐ Patient script with medical history details
- ☐ Computer with blank [Medical Health History Form](#)
- ☐ Printer and paper (if computer is used)
- ☐ **OR** blank medical history form (1 per competitor in guidelines), pen and clipboard

### Medical Assisting (cont'd)

**Skill IV: Measure Height and Weight (Blesi, Wise and Kelley-Arney, DHO)**

- ☐ Patient
- ☐ Clinical scale with balance weights and height indicator
- ☐ Paper towels
- ☐ Chair
- ☐ Scenario/patient chart - one per competitor
- ☐ Patient script
- ☐ Sink with soap, water, and paper towels, if available

**Skill V: Prepare & Assist with Physical Exam (Blesi, Wise and Kelley-Arney, DHO)**

- ☐ Patient
- ☐ Patient chart with completed history and physical exam form
- ☐ Equipment needed for the exam (as described in the scenario)
- ☐ Mayo tray or countertop
- ☐ Towel
- ☐ Exam table with exam table paper
- ☐ Chair
- ☐ Patient gown and drape (sheet or disposable drape)
- ☐ Labeled urine specimen container
- ☐ Small pillow
- ☐ Surface disinfectant and paper towels
- ☐ Waste basket or biohazard container
- ☐ Sink with soap, water, and paper towels, if available

**Skill VI: Screen for Visual Acuity (Blesi, Wise and Kelley-Arney, DHO)**

- ☐ Patient (w/glasses if indicated in scenario)
- ☐ Snellen chart on the wall
- ☐ Tape on floor 20 feet from chart
- ☐ Eye occlude – 1/competitor if disposable OR alcohol wipe to clean occluder after patient use
- ☐ Pointer
- ☐ Chair
- ☐ Jaeger chart
- ☐ Scenario with instructions for cleaning supplies
- ☐ Patient chart – 1 per competitor
- ☐ Sink with soap, water, and paper towels, if available

**Skill VII: Test Urine with Reagent Strip (Blesi, Wise and Kelley-Arney, DHO)**

- ☐ Labeled urine specimen
- ☐ Laboratory report form – 1 per competitor (in guidelines)
- ☐ Bottle of reagent strips – 1 strip per competitor, one bottle per section
- ☐ Lab timer
- ☐ Waste container
- ☐ Surface disinfectant and paper towels
- ☐ Patient chart – 1 per competitor (in guidelines)

**Medical Assisting (cont'd)**

- ☐ Sink with soap, water, and paper towels, if available

**Skill VIII: Sterile Gloving (Blesi, Wise and Kelley-Arney, DHO)**

- ☐ Waste container
- ☐ Sink with soap, water, and paper towels, if available

## Medical Innovation/ Exploring Medical Innovation

### Round One/Display Time:

- ☐ One large room to accommodate exhibits. Suggested set-up: If 8 ft. tables or banquet rounds are used, there may be two displays per table, usually placed in one long row per section. (see [HOSA Room Set](#))
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Clipboards for judges
- ☐ Method for identifying team table spots
- ☐ Tape measures-one per section

### Round Two Presentation:

- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form – one per section/Master Summary Form-one per event
- ☐ Flash card for 1 minutes remaining, one per section
- ☐ Clipboard for judges



## Medical Spelling

### Round Two Spell-down:

- ❑ One large room to accommodate seated competitors in semicircular rows and event personnel, Special Set (see [HOSA Room Set](#))
  - Table/chairs for judges, definer, and timekeeper
  - Table/chairs for event personnel to provide for registration and distribution of materials
  - Chairs for competitors (arranged in semicircular rows)
  - Numbers for chairs for spell down
  - Moderator's lectern
- ❑ Competitor list(s) for check-in
- ❑ Evaluation Forms – competitor, judge and personnel
- ❑ #2 lead pencils with eraser (judges & evaluations)
- ❑ Copy of Guidelines for judges, including Spelldown Results sheet
- ❑ Hand sanitizer (alcohol based handrub)
- ❑ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ❑ Section Summary Form- one per section/Master Summary Form-one per event
- ❑ Numbered Medical Terms List-copies for all rounds (see guidelines for additional information)
- ❑ Copy of official references for the judges
- ❑ Lined paper for use by judges
- ❑ List of competitors for check-in
- ❑ Computer (with speakers) and access to [Taber's Audio Glossary](#)
- ❑ Adequate Internet connection
- ❑ Copies for Moderator and each Judge:
  - Rounds 2 and 3, numbered 1 - 100 will be easy terms
  - Rounds 4, 5 and 6, numbered 101 – 200, will be moderate terms
  - Round 7 and beyond, numbered 201 – 300, will be difficult terms
  - An additional list of 100 very difficult terms will be available **at the International Leadership Conference** if all terms on the Round 7 & Beyond list are used before a winner is determined. This list will be numbered from 1 – 100

## Mental Health Promotion

- ☐ Presentation room (one per section)-with conference table and chairs (see [HOSA Room Set](#))
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges)
- ☐ Copy of Guidelines for judges
- ☐ Hand Sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ List of competitors who have uploaded required materials to HOSA Digital Upload System by deadline
- ☐ Flash card for 1 minute remaining, one per section
- ☐ Clipboards for judges (optional)

## **MRC Partnership**

- ☐ Rooms for presentation: Basic Set- (see [HOSA Room Set](#))
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Flash card for 1-minute remaining, one per section
- ☐ Clipboards for judges (optional)
- ☐ List of competitors who have uploaded required materials to HOSA Digital Upload System by deadline

## Nursing Assisting

### Round Two Skills, General:

- ☐ Clinical and/or lab stations for selected skills or Basic Set ([see HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)
- ☐ Sink with soap, water, and paper towels, if available

### Skill I: Handwashing (Roe)

- ☐ Sink with running water and paper towels
- ☐ Waste container
- ☐ Antimicrobial soap

### Skill II: Donning a Full Set of PPE (Dugan)

- ☐ Sink with running water and paper towels
- ☐ Waste container
- ☐ Soap

### Skill III: Make an Unoccupied Closed Bed (Dugan & Roe)

- ☐ Hospital bed w/call light
- ☐ Pillows
- ☐ Laundry hamper
- ☐ Trash can liners for laundry hampers, 1 per competitor
- ☐ Linens (draw sheet or incontinence pad may be used)
- ☐ Blankets and spreads

### Skill IV: Make an Occupied Bed (Dugan & Roe)

- ☐ Patient in Hospital bed
- ☐ Pillow
- ☐ Laundry hamper
- ☐ Trash can liners for laundry hampers, 1 per competitor
- ☐ Linens (draw sheet or incontinence pad may be used)
- ☐ Bath Blankets and spreads

### Skill V: Admitting a Patient (Roe)

- ☐ Patient
- ☐ ID Bracelet
- ☐ Admission paperwork including patient's belongings list (according to scenario)
- ☐ Patient belongings
- ☐ Labels for belongings
- ☐ Bedside table
- ☐ Overbed table
- ☐ Telephone (if indicated in scenario)

## Nursing Assisting Cont'd

- ☐ Call light, TV & Light controls
- ☐ Blank nurses note for documentation, 1 per competitor

### Skill VI: Transfer Patient (Dugan & Roe)

- ☐ Patient
- ☐ Hospital bed with linens
- ☐ Chair/wheelchair
- ☐ Blanket or sheet
- ☐ Patient robe and slippers
- ☐ Gait belt (competitor has option to use HOSA's or bring own)

### Skill VII: Measure and Record Vital Signs (Roe)

- ☐ Patient
- ☐ Digital thermometer with disposable sheaths/probes. (Some digital thermometers use sheath covers while other more expensive thermometers use probe covers.)
- ☐ Biohazard Waste Container
- ☐ Sphygmomanometer
- ☐ Teaching stethoscope
- ☐ Antiseptic wipes
- ☐ Graphic Chart (1 per competitor-in guidelines)
- ☐ Tissues

### Skill VIII: Ostomy Care (Roe)

- ☐ Patient/manikin
- ☐ Hospital bed with linens and call light
- ☐ Disposable protective pads (2 per competitor)
- ☐ Bath blanket
- ☐ Ostomy pouch (2)
- ☐ Plastic trash bag
- ☐ Disposable wipes
- ☐ Washcloth and warm water
- ☐ Towel
- ☐ Deodorant (if called for in scenario)
- ☐ Gowns (2) one to be removed and a clean gown, both with ties (Do NOT use a gown that opens at the shoulder)
- ☐ Waste container
- ☐ Blank nurses note for documentation, 1 per competitor

## Organizational Leadership

Process varies at the state level –

- Materials deemed necessary by state personnel to effectively identify their Voting Delegates for ILC.
- If a state uses the provided Voting Delegate test to help identify Voting Delegates, see the [written test section of this document](#) for materials helpful in managing a test at the state level.

## Parliamentary Procedure

- ❑ Preparation room-one per section, Basic Set (see [HOSA Room Set](#))
- ❑ Meeting room-one per section, Special Set (see [HOSA Room Set](#))
- ❑ Competitor list(s) for check-in
- ❑ Rating Sheets – one per judge per team
- ❑ Evaluation Forms – competitor, judge and personnel
- ❑ #2 lead pencils with eraser (judges & evaluations)
- ❑ Copy of Guidelines for judges
- ❑ Hand sanitizer (alcohol based handrub)
- ❑ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing; prep & presentation rooms)
- ❑ Section Summary Form- one per section/Master Summary Form-one per event
- ❑ Robert's Rules of Order, Newly Revised (Latest Edition) for judges and prep rooms
- ❑ Eight (8) copies of secret problem for each team, plus copies for judges
- ❑ Gavel-one per meeting room
- ❑ Blank paper to record minutes
- ❑ Clipboards for judges/evaluations (optional)
- ❑ Flash card for 1-minute remaining, one per section
- ❑ Event flowchart-one per section for event personnel

## Personal Care

- ☐ Clinical and/or lab stations for selected skills or Basic Set ([see HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Sink with soap, water, and paper towels, if available
- ☐ Stopwatch(es) (Event Personnel phones in airplane mode if using for timing)
- ☐ List of competitors who did NOT upload required eligibility form as instructed so points can be deducted in Tabulations

### Skill I: Handwashing (Roe)

- ☐ Sink with running water and paper towels
- ☐ Waste container
- ☐ Antimicrobial soap

### Skill II: Donning a Full Set of PPE (Dugan)

- ☐ Sink with running water and paper towels
- ☐ Waste container
- ☐ Soap

### Skill III: Make an Unoccupied Closed Bed (Dugan & Roe)

- ☐ Hospital bed w/call light
- ☐ Laundry hamper
- ☐ Trash can liners for laundry hampers, 1 per competitor
- ☐ Linens (draw sheet or incontinence pad may be used)
- ☐ Pillows, Blankets and spreads

### Skill IV: Make an Occupied Bed (Dugan & Roe)

- ☐ Patient
- ☐ Hospital bed w/pillow
- ☐ Laundry hamper
- ☐ Trash can liners for laundry hampers, 1 per competitor
- ☐ Linens (draw sheet or incontinence pad may be used)
- ☐ Bath Blankets and spreads

### Skill V: Admitting a Patient (Roe)

- ☐ Patient
- ☐ ID Bracelet
- ☐ Admission paperwork including patient's belongings list (according to scenario)
- ☐ Patient belongings
- ☐ Labels for belongings
- ☐ Bedside table
- ☐ Overbed table
- ☐ Telephone (if indicated in scenario)

## Personal Care Cont'd



- ☐ Call light, TV & Light controls
- ☐ Blank nurses note for documentation, 1 per competitor

#### Skill VI: Transfer Patient (Dugan & Roe)

- ☐ Patient
- ☐ Hospital bed with linens
- ☐ Chair/wheelchair
- ☐ Blanket or sheet
- ☐ Patient robe and slippers
- ☐ Gait belt (competitor has option to use HOSA's or bring own)

#### Skill VII: Measure and Record Vital Signs (Roe)

- ☐ Patient
- ☐ Digital thermometer with disposable sheaths/probes. (Some digital thermometers use sheath covers while other more expensive thermometers use probe covers.)
- ☐ Biohazard Waste Container
- ☐ Sphygmomanometer
- ☐ Teaching stethoscope
- ☐ Antiseptic wipes
- ☐ Graphic Chart (1 per competitor-in guidelines)
- ☐ Tissues

#### Skill VIII: Ostomy Care (Roe)

- ☐ Patient/manikin
- ☐ Hospital bed with linens and call light
- ☐ Disposable protective pads (2 per competitor)
- ☐ Bath blanket
- ☐ Ostomy pouch (2)
- ☐ Plastic trash bag
- ☐ Disposable wipes
- ☐ Washcloth and warm water
- ☐ Towel
- ☐ Deodorant (if called for in scenario)
- ☐ Gowns (2) one to be removed and a clean gown, both with ties (Do NOT use a gown that opens at the shoulder)
- ☐ Waste container
- ☐ Blank nurses note for documentation, 1 per competitor

## Pharmacy Science

### Round Two Skills, General:

- ☐ Clinical and/or lab stations for selected skills or Basic Set (see [HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)
- ☐ Blank paper (2 sheets per competitor)
- ☐ Basic calculator (1 per competitor)

### Skill I: Identifying Equipment

Ampules	Cylindrical Graduates	Intravenous System – Roller Clamp	Spatula
Autoclave	Eyewash Station	Laminar Airflow Hood	Suppository Mold – Aluminum Type
Auxiliary Labels	Heat Gun	Liquid Oral Syringe	Suppository Mold – Plastic Type
Beaker Tongs	Hot Plate	Medicine Cup	Syringes
Beakers	Indicator Strip (used for sterilization)	Medicine Dropper	Tablet Mold
Calibrated Spoon	Insulin Syringes	Mortar	Transdermal Patch
Compounding Slabs or Disposable Slabs	Intravenous Injection	Pestle	Tuberculin Syringe
Conical Graduates	Intravenous System – Drip Chamber	Pipettes	Weights
Counting Trays	Intravenous System – IV Solution Bag	Safety Syringes	
Crimper	Intravenous System – Piggyback Device	Sharps Container	

### Skill II: Verifying Content of Controlled Substance Prescription and DEA Number (Reference: Johnston)

- ☐ Scenario (must include the prescription to be verified)
- ☐ Prescription Verification Form (one per competitor –in guidelines)
- ☐ Sample controlled substance prescription with DEA number
- ☐ The prescription should include 5 missing items from the list of those required (copy list of verified items for judges to reference).

### Skill III: Withdrawing Liquid from a Vial (References: Johnston, Moini, McCartney)

- ☐ Transport vehicle (stainless steel cart, basket or tray to facilitate transfer)
- ☐ Hood (can be simulated – large enough to comfortably work under in DCA or Direct Compounding Area)
- ☐ Wipes for cleaning the transport vehicle and supplies
- ☐ Alcohol preps / swabs
- ☐ Vial to be used (should have stopper under flip top)
- ☐ Vials to serve as distractors
- ☐ Syringe and needle of correct size
- ☐ Directions for drug and amount to be withdrawn (scenario using brand or generic drug names)

## Pharmacy Science Cont'd

- ❑ Sink with soap, water, and paper towels, if available

### Skill III: Withdrawing Liquid from a Vial cont'd

- ❑ Biohazard container (puncture proof)
- ❑ Wastebasket (large enough for all competitors' gowns and paper from supplies)
- ❑ Stopwatch (phones in airplane mode if using for timing)
- ❑ Adjustable height chair OR adjustable height table (skill can be done either sitting or standing). One of the two (chair or table) will be adjustable.
- ❑ Scrap paper and pencil (2 sheets per competitor for calculations, if needed)
- ❑ Anteroom or signage for supply area

### Skill IV: Compounding an Oral Suspension (References: McCartney)

- ❑ Smarties candy "tablets" or easily crushable demo dose drugs in Rx vials WITH LABELS that include drug name, tablet strength, lot number, expiration date
- ❑ Scenario including Completed recipe or formula, and Master Formula Sheet (in guidelines)
- ❑ Compounding directions from [nationwidechildrens.org](http://nationwidechildrens.org) (1 per section for judges)
- ❑ Prescription order for oral suspension
- ❑ Small Mortar and pestle
- ❑ Small bottle of suspending vehicle WITH LABELS that include agent, lot and expiration date (such as VersaFree by Humco)
- ❑ Liquid medication bottle as indicated by scenario
- ❑ Correct label to be used w/ additional labels to serve as distraction
- ❑ Auxiliary Labels (Shake well, Refrigerate, Take with Food, Use By, etc.)
- ❑ Counting trays
- ❑ Spatula for counting tablets on tray
- ❑ Assorted graduated cylinders
- ❑ Bottle brushes (for cleaning graduated cylinders)
- ❑ Sink, paper towels, and soap for handwashing
- ❑ 70% isopropyl alcohol for equipment cleanup
- ❑ Transport vehicle (stainless steel cart, basket or tray to facilitate transfer)
- ❑ Scrap paper and pencil (2 sheets per competitor for calculations, if needed)

### Skill V: Patient Screening for Pharmacist Consultation (Reference: All)

- ❑ Scenario explaining which screening(s) are to be done
- ❑ Screening checklist copies identified in the scenario (judges will use during rating of competitor – one per judge, in guidelines)
- ❑ Patient
- ❑ Patient Screening Form, one per competitor (pg.11 of guidelines)

### Skill VI: Filling a Prescription (Reference: Johnston, Moini)

- ❑ Prescription (via the scenario)
- ❑ Patient/actor
- ❑ Correct computer-prepared prescription label and additional labels to act as distractors
- ❑ Auxiliary labels (such as take with food, for external use only, shake well)
- ❑ Counting tray & spatula
- ❑ Alcohol swab for cleaning counting tray & spatula
- ❑ Correct size medication container w/additional medication containers of incorrect size to act as distractors

## Pharmacy Science Cont'd

- ❑ Correct medication tablets (Smarties or other candy may be used, or demo drugs are available for order) w/incorrect medication tablets to act as distractors
- ❑ Scrap paper and pencil (2 sheets per competitor for calculations, if needed)
- ❑ Sink with soap, water, and paper towels, if available

**Skill VII: Aseptic Garbing, Hand Washing and Gloving (Reference: McCartney)**

- ❑ Sterile, foamed 70% Isopropyl Alcohol
- ❑ Pre-saturated surgical scrub sponge/brush
- ❑ Aseptic, lint-free, disposable towels
- ❑ Sink access (with or without foot pedals)
- ❑ Wastebasket
- ❑ Anteroom and Clean Room (could be simulated by signage or dividing areas within room)

## Phlebotomy

### Round Two Skills, General:

- ☐ Clinical and/or lab stations for selected skills or Basic Set (see [HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)
- ☐ HOSA Charting form

### Skill I: Handwashing (Simmers)

- ☐ Sink
- ☐ Paper towels

### Skill II: Tourniquet Application

- ☐ Venipuncture arm (Do not use live patient)
- ☐ Tourniquet
- ☐ Chair/table or venipuncture chair

### Skill III: Routine ETS Venipuncture

- ☐ Venipuncture arm
- ☐ Patient for steps 1 – 8 then to venipuncture arm
- ☐ Tourniquet
- ☐ Chair/table or venipuncture chair
- ☐ Sink with running water and paper towels or alcohol based hand-rub
- ☐ ETS holder
- ☐ Needles
- ☐ Tubes - Light Blue, Red, Light or Dark Green, and Lavender
- ☐ Gauze pad
- ☐ Puncture, leak proof container

### Skill IV: Fainting During Venipuncture Skill

- ☐ Patient
- ☐ Venipuncture arm with tourniquet and needles inserted/ change to live patient on step #4
- ☐ Tourniquet
- ☐ Chair/table or venipuncture chair
- ☐ Sink with running water and paper towels or alcohol based hand-rub
- ☐ ETS holder
- ☐ Needles
- ☐ Tubes - Light Blue, Red, Light or Dark Green, and Lavender
- ☐ Gauze pad

## **Phlebotomy (con't)**

- ☐ Puncture, leak proof container
- ☐ Cold compress or washcloth
- ☐ Trashcan or basin

**Skill V: Heel Puncture**

- ☐ Manikin for heel puncture
- ☐ washcloth, towel, diaper, or warming device
- ☐ Lancet
- ☐ Gauze pad
- ☐ Blood collection tube
- ☐ Simulated Blood

**Skill VI: Removing Contaminated Gloves**

- ☐ Waste receptacle

**Skill VII: Accidental Arterial Stick**

- ☐ Venipuncture arm with tourniquet and needles inserted/ change to live patient on step #4 – move to live patient
- ☐ Patient
- ☐ Tourniquet
- ☐ Chair/table or venipuncture chair
- ☐ Sink with running water and paper towels or alcohol based hand-rub
- ☐ ETS holder
- ☐ Needles
- ☐ Tubes - Light Blue, Red, Light or Dark Green, and Lavender
- ☐ Gauze pad
- ☐ Puncture, leak proof container
- ☐ Gauze bandage

**Skill VIII: 24 - hour**

- ☐ Container for 24 hour urine collection
- ☐ Label
- ☐ Patient

## Physical Therapy

### Round Two Skills, General:

- ☐ Clinical and/or lab stations for selected skills or Basic Set (see [HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders (scenario must include patient information and instructions from the therapist)
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms- competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Sink with soap, water, and paper towels, if available
- ☐ Stopwatch(es)

### Skill I: Ambulating with Transfer/Gait Belt (DHO & Pierson/Fairchild)

- ☐ Patient
- ☐ Bed with side rails OR Armed chair
- ☐ Patient robe and shoes/slippers with non-skid soles
- ☐ Gait belt (competitor has option to use HOSA's or bring own)
- ☐ Judge instructions – must indicate if patient is going to fall

### Skill II: Ambulating with a Walker (DHO & Pierson/Fairchild)

- ☐ Patient
- ☐ Front Wheeled Walker
- ☐ Armed Chair
- ☐ Gait Belt (competitor has option to use HOSA's or bring own)
- ☐ Patient shoes/slippers with non-skid soles
- ☐ Judge instructions – must indicate if walker adjustments are needed
- ☐ Scenario- must indicate distance/time for ambulation)

### Skill III: Ambulating with a Cane (DHO & Pierson/Fairchild)

- ☐ Patient
- ☐ Cane
- ☐ Armed Chair
- ☐ Gait Belt (competitor has option to use HOSA's or bring own)
- ☐ Patient shoes/slippers with non-skid soles
- ☐ Scenario – must indicate patient information and instructions from therapist that indicate the gait the therapist taught the patient
- ☐ Judge instructions – must indicate if cane adjustments are needed
- ☐ Scenario- must indicate distance/time for ambulation)

### Skill IV: Range of Motion (DHO & Pierson/Fairchild)

- ☐ Patient
- ☐ Bed with sides rails OR PT table
- ☐ Bath blanket/linens as appropriate to setting

## Physical Therapy Cont'd



- ☐ Scenario – must indicate patient information and instructions from therapist that indicate the number of repetitions for each movement

#### Skill V: Ambulating with Crutches (DHO & Pierson/Fairchild)

- ☐ Patient
- ☐ Crutches
- ☐ Armed Chair
- ☐ Gait Belt (competitor has option to use HOSA's or bring own)
- ☐ Scenario – must indicate patient information and instructions from therapist that indicate the gait the therapist taught the patient
- ☐ Judge instructions – must indicate if adjustments are needed for the crutches and the gait to be performed

#### Skill VI: Ice Pack Application (DHO)

- ☐ Patient
- ☐ Hospital bed with linens or exam table or table/chair
- ☐ Basin and sink
- ☐ Towels (2)
- ☐ Ice packs or plastic bags and ice w/ice scoop
- ☐ First aid tape
- ☐ Hamper
- ☐ Non-latex gloves
- ☐ Scenario – must indicate patient information and instructions from therapist that indicate the type of cold pack to be used and duration of treatment

#### Skill VII: Transfer from Supine to Sitting Position (Pierson/Fairchild)

- ☐ Patient
- ☐ Bed or mat

#### Skill VIII: Donning & Removing Transmission –Based Isolation Garments (DHO)

- ☐ Handrub
- ☐ Infectious waste container

NOTE for Event Personnel Implementation: Skills I, III, V and VI have multiple options. It may be helpful to modify the rating sheet before the event begins to make judging clearer and consistent. Once the scenario is finalized, cross out (or delete) the steps (points possible) on the rating sheet that will not apply to the selected skill.

## Prepared Speaking

- ☐ Presentation room-one per section, Basic Set (see [HOSA Room Set](#))
- ☐ Event topic card for judges
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Clipboards for judges (optional)
- ☐ Flash card for 1-minute remaining, one per section

## Public Health

### Both Rounds:

- ☐ Presentation room-one per section, Basic Set (see [HOSA Room Set](#))
- ☐ Event topic card for judges
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Clipboards for judges (optional)
- ☐ Flash card for 1-minute remaining, one per section
- ☐ Table for team props & materials

## Public Service Announcement

- ☐ Presentation room-one per section, Basic Set (see [HOSA Room Set](#))
- ☐ Event topic card for judges
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Clipboards for judges (optional)
- ☐ Flash card for 1-minute remaining, one per section
- ☐ List of competitors who have uploaded required materials to HOSA Digital Upload System by deadline

## **Researched Persuasive Writing and Speaking**

- ☐ Room with lectern (podium) and table and chairs for judges, Basic Set (see [HOSA Room Set](#))
- ☐ Competitor list for check-in
- ☐ One (1) stopwatch for each section (Event personnel phones in airplane mode if using for timing)
- ☐ Flash card for 1-minute remaining
- ☐ Rating sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge, and personnel
- ☐ Copy of guidelines for judges
- ☐ #2 lead pencils (for judges & competitor evaluations)
- ☐ Hand Sanitizer (alcohol based handrub)
- ☐ List of competitors who have uploaded required materials to HOSA Digital Upload System by deadline

## Research Poster (SS/ PSC)

- ❑ Special Room Set (see [HOSA Room Set](#))
- ❑ Poster Session and Judging Room set-up options
  - Rent standing bulletin boards that the posters can be attached to:
    - 4 push pins per competitor
  - Painters tape/Velcro/push pins to attach posters to walls
  - 8 ft tables or banquet rounds (2 posters per table) if setting up the posters to lay flat on tables
- ❑ Competitor list for check-in
- ❑ Tape measure
- ❑ Method for identifying competitor table/bulletin board spots
- ❑ Rating sheets – one per judge per competitor
- ❑ Evaluation Forms – competitor, judge, and personnel
- ❑ #2 lead pencils (for judges & evaluations)
- ❑ Clipboards for judges
- ❑ Copy of guidelines for judges
- ❑ Hand Sanitizer (alcohol based handrub)
- ❑ Flash card for 1-minute remaining
- ❑ Stopwatch or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ❑ List of competitors who have uploaded required materials to HOSA Digital Upload System by deadline

## Respiratory Therapy

### Round Two Skills, General:

- ☐ Clinical and/or lab stations for selected skills or Basic Set (see [HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders (scenario must include instructions from the athletic trainer)
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Sink with soap, water, and paper towels, if available
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)
- ☐ Copy of resource pages for judge review
- ☐ Clipboards for judges (optional)

### Skill I: Basic Airway Management (Egan & AARC)

- ☐ Manikin
- ☐ ID bracelet
- ☐ BVM
- ☐ O2 tubing (O2 can be simulated)
- ☐ Judge script
- ☐ HOSA Treatment sheet (page 21 of guidelines)

### Skill II: Donning & Removing Transmission Based Isolation Garments (DHO & AARC)

- ☐ Judge script

### Skill III: Administering Oxygen via Nasal Cannula (DHO & AARC)

- ☐ Manikin
- ☐ ID bracelet
- ☐ Nasal cannula
- ☐ O2 tubing (O2 can be simulated or empty tank used)
- ☐ HOSA Treatment sheet (page 21 of guidelines)

### Skill IV: Pulse Oximetry (Egan animation & AARC)

- ☐ Patient
- ☐ ID bracelet
- ☐ Oximeter
- ☐ Disposable probes for each patient
- ☐ HOSA Treatment sheet (page 21 of guidelines)

### Skill V: Assessment of Newborn (Egan & AARC)

- ☐ Infant manikin or doll
- ☐ ID bracelet
- ☐ Wet towel

## Respiratory Therapy (con't)

- ☐ Infant warmer (can be simulated)
- ☐ Bulb syringe or nasal aspirator
- ☐ Judge script
- ☐ HOSA Treatment sheet (page 21 of guidelines)

### Skill VI: Vital Signs (DHO & AARC)

- ☐ Patient
- ☐ ID bracelet
- ☐ Blood pressure cuff
- ☐ Stethoscope
- ☐ Alcohol pads
- ☐ Graphic chart (page 18 of guidelines)

### Skill VII: Hand-held Nebulizer (Egan & AARC)

- ☐ Patient
- ☐ Physician order or included in the scenario
- ☐ Stethoscope
- ☐ Alcohol pads
- ☐ Nebulizer
- ☐ Medication for nebulizer (water)
- ☐ Sterile water
- ☐ HOSA Treatment sheet (page 21 of guidelines)



## Speaking Skills

- ☐ Presentation room-one per section, Basic Set (see [HOSA Room Set](#))
- ☐ Event topic card for judges
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch and/or timer, one per section (Event Personnel phones in airplane mode if using for timing)
- ☐ Section Summary Form- one per section/Master Summary Form-one per event
- ☐ Clipboards for judges (optional)
- ☐ Flash card for 1-minute remaining, one per section
- ☐ List of competitors who did NOT upload required eligibility form as instructed so points can be deducted in Tabulations

## Sports Medicine

### Round Two Skills, General:

- ☐ Clinical and/or lab stations for selected skills or Basic Set (see [HOSA Room Set](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders (scenario must include instructions from the athletic trainer)
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Sink with soap, water, and paper towels, if available
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)
- ☐ Copy of resource pages for judge review
- ☐ Clipboards for judges (optional)

### Skill I: Anatomical Landmark Identification (France & Prentice)

- ☐ Patient in t-shirt or tank top & shorts (for live demonstrations)
- ☐ Judge script with at least 21 specific anatomical locations identified from the upper & lower extremity areas listed in chart below
- ☐ Answer key for judges
- ☐ Small adhesive labels (any shape small enough to place on patient and stay on until removed)

<b>Anatomy of the:</b>	<b>Bones (<i>including bony landmarks &amp; joint names</i>)</b>	<b>Ligaments or Other Structures</b>	<b>Muscles (<i>including origin &amp; insertion, belly, &amp; tendons</i>)</b>
<b>Foot</b>	Phalanges 1-5 Metatarsals Tarsals	Transverse arch Longitudinal arches	Adductor Hallucis Flexor/Extensor Digitorum Extensor Hallucis Longus
<b>Ankle &amp; Lower Leg</b>	Tibia Fibula Tarsals	Anterior/Posterior Tibiofibular Anterior/Posterior Talofibular Calcaneofibular Deltoid	Fibularis(Peroneus) Longus/Brevis Extensor/Flexor Digitorum Longus Gastrocnemius Soleus Tibialis Anterior Extensor/Flexor Hallucis Longus Achilles Tendon

<b>Anatomy of the:</b>	<b>Bones (<i>including bony landmarks &amp; joint names</i>)</b>	<b>Ligaments or Other Structures</b>	<b>Muscles (<i>including origin &amp; insertion, belly, &amp; tendons</i>)</b>
<b>Knee</b>	Femur Patella Tibia  Fibula	Medial Collateral Lateral Collateral Patellar Ligament/Tendon	Rectus Femoris Vastus Lateralis Vastus Medialis Oblique  Sartorius Gracilis Biceps Femoris Semitendinosus Semimembranosus Popliteus
<b>Elbow &amp; Forearm</b>	Humerus  Radius Ulna	Ulnar Collateral  Radial Collateral Annular	Biceps/Triceps  Brachioradialis Supinator Pronator Teres Pronator Quadratus Flexor/Extensor Carpi Ulnaris Flexor/Extensor Carpi Radialis
<b>Wrist, Hand &amp; Fingers</b>	Phalanges 1-5 Carpals Metacarpals	Anatomical Snuffbox  Thenar/Hypothenar Eminence	Flexor/Extensor Digiti Minimi  Flexor/Extensor Pollicis  Abductor Pollicis Longus
<b>Shoulder</b>	Clavicle Scapula Humerus	Sternoclavicular Acromioclavicular Glenohumeral Coracoclavicular Coracoacromial	Infraspinatus Teres Major/Minor Deltoid Biceps/ Triceps Rhomboids Major/Minor Levator Scapula Trapezius Serratus Anterior Latissimus Dorsi
<b>Neck, Spine &amp; Head</b>	Cervical Spine 1-7 Thoracic Spine 1-12 Lumbar Spine 1-5 Parietal Occipital Temporal Zygomatic Frontal Nasal Maxilla Mandible	None	None

## Sports Medicine Cont'd

### Skill II: Joint Action & Maximum Range of Motion Identification (France & Prentice)

- ☐ Patient in t-shirt or tank top & shorts, if indicated in scenario
- 15 numbered photos from list in guidelines OR list of 15 poses if using live model
  - ☐ Foot/Ankle eversion 20 degrees
  - ☐ Foot/Ankle inversion 40 degrees
  - ☐ Ankle dorsiflexion 20 degrees
  - ☐ Ankle plantarflexion 45 degrees
  - ☐ Knee flexion 140 degrees
  - ☐ Hip adduction 40 degrees
  - ☐ Hip abduction 45 degrees
  - ☐ Hip extension 10 degrees
  - ☐ Hip flexion 125 degrees
  - ☐ Hip internal rotation 45 degrees
  - ☐ Hip external rotation 45 degrees
  - ☐ Shoulder flexion 180 degrees
  - ☐ Shoulder extension 50 degrees
  - ☐ Shoulder abduction 180 degrees
  - ☐ Shoulder adduction 40 degrees
  - ☐ Shoulder internal rotation 90 degrees
  - ☐ Shoulder external rotation 90 degrees
  - ☐ Elbow flexion 145 degrees
  - ☐ Forearm pronation 80 degrees
  - ☐ Forearm supination 85 degrees
  - ☐ Wrist extension 70 degrees
  - ☐ Wrist flexion 80 degrees
  - ☐ Wrist radial deviation/abduction 20 degrees
  - ☐ Wrist ulnar deviation/adduction 45 degrees
- ☐ Exam table or chair (if using live patient)
- ☐ Joint Action & Maximum ROM Identification worksheet (one per competitor, in guidelines)

### Skills III A-D: Taping/Wrapping (Beam)

- ☐ Patient in t-shirt or tank top & shorts (shoulder spica may be done over shirt or tank top)
- ☐ Scenario
- ☐ Tape adherent spray
- ☐ Treatment table or chair(s), per scenario
- ☐ Waste receptacle

## Veterinary Science

### Round Two Skills, General:

- ☐ Clinical and/or lab stations for selected skills or Basic Set (see [HOSA Room Sets](#))
- ☐ Holding rooms or areas for competitors (if off-site)
- ☐ Written scenario- copies for competitors, judges, section leaders
- ☐ Patient and judge scripts as needed
- ☐ Competitor list(s) for check-in
- ☐ Rating Sheets – one per judge per competitor
- ☐ Evaluation Forms – competitor, judge and personnel
- ☐ #2 lead pencils with eraser (judges & evaluations)
- ☐ Copy of Guidelines for judges
- ☐ Hand sanitizer (alcohol based handrub)
- ☐ Stopwatch(es) (phones in airplane mode if using for timing)

### Skill I: Identify Equipment and Instruments (Reference: All resources)

Identify 15 instruments/equipment or photos from the following list:

Ambu Bag	Endotracheal Tubes & Laryngoscope	Mouth Speculum	Sharps Container
Autoclave	Fecal Floatation Kits	Needle Holders	Splints
Bair Hugger Warming Unit	Hoof Testers	Patient Warming System	Surgical Pack
Balling Gun	Insulin Syringe	Penrose Drains	Tetotomy or Iris Scissors
Barnes Dehorner	Lavage System	Pulse Oximeter	Through the Needle Catheter
Binocular Microscope	Leukopet System	Radiograph Machine	Tissue Forceps
Butterfly Catheter	Mayo Scissors	Reagent Strip Test	Tooth Float
Cattle Prod	Mayo Stands	Scalpel Blades	Trocar
Clipboard	Mobile Crash Cart	Semi-Automated External Defibrillator	Urinary Catheters
Colostrometer	Mobile X-Ray Unit	Senn Or Rake Retractor	Vacutainer

### Skill II: Identification of Companion Animal Breeds/Species (AKC and Cat Fancier web sites)

- ☐ 15 Breed/Species pictures from resource
  - ☐ Dogs = American Kennel Club - [www.akc.org](http://www.akc.org)
  - ☐ Cats = The Cat Fanciers' Association - [www.cfainc.org](http://www.cfainc.org)
- ☐ Companion Animal Breeds Identification Sheet- (1 per competitor, in guidelines)

### Skill III: Preparation of the Operative Site (Sirois)

- ☐ Written Scenario (must include patient's identity and surgical skill being performed)
- ☐ Progress notes (stating patient was bathed, surgical site clipped & scrubbed, and urine expressed)
- ☐ Surgical scrub/germicide (e.g., povidone-iodine or chlorhexidine scrub)
- ☐ Artificial animal
- ☐ Sterile forceps
- ☐ 10% Povidone iodine solution in a spray bottle
- ☐ Roll of 1" cloth tape
- ☐ Wrapped sterile bowl (2 per section)

## Veterinary Science Cont'd

- ☐ Waste bag

### Skill III: Preparation of the Operative Site (Cont'd)

- ☐ 4x4 sterile gauze sponges (6 per competitor)
- ☐ Sink with soap, water, and paper towels, if available

### Skill IV: Simple Fecal Floatation (Sirois)

- ☐ Floatation solution (commercially prepared or water labeled “floatation solution”)
- ☐ Paper cups
- ☐ Simulated animal feces
- ☐ Tongue depressor
- ☐ 10 cm (4 x 4) gauze squares
- ☐ Shell vial or 15 mL conical centrifuge tube
- ☐ Cover slip
- ☐ Glass slide
- ☐ Sink with soap, water, and paper towels, if available

### Skill V: Lifting and Restraining a Dog (Sirois)

- ☐ Scenario
- ☐ Small artificial dog
- ☐ Medium-sized artificial dog
- ☐ Exam table
- ☐ Sink with soap, water, and paper towels, if available

### Skill VI: Wrapping a Surgical Pack

- ☐ Large wrap
- ☐ Instrument tray
- ☐ Layer of cloth or paper for second wrap
- ☐ Autoclave or gas sterilization indicator tape
- ☐ Sink with soap, water, and paper towels, if available

### Skill VII: Preparing a Feline to Obtain Temperature ([Preparing a Feline for Exam AAFP and ISFM Feline-Friendly Handling Guidelines](#))

- ☐ Artificial cat
- ☐ Carrier (front/door & top remove)
- ☐ Large towel
- ☐ Scenario (indicating if cat comes out of carrier easily or not)
- ☐ Synthetic FFP analog (simulated)
- ☐ Sink with soap, water, and paper towels, if available