



**STATE
SKILL
PERFORMANCE
PROJECT**




SkillsUSA®

Disclaimer

To ensure the availability of the materials used in this competition project, the State Competition Technical Committee should study this project plan in advance and make modifications to the materials and/or dimensions as necessary. In order to account for these necessary changes in the competition's contents and scope, the instructions to competitors may also need to be modified.

The SkillsUSA State Skill Performance Project is intended to supplement the guidance of the SkillsUSA Championships Technical Standards. The Technical Standards are the official competition guide for the SkillsUSA Championships and contain rules for all national events.

While most state competitive events are modeled after the national Technical Standards, rules for state events may vary from the national guidelines. It is crucial that all student competitors understand the difference between the State Championships State Skill Performance Project, which is used to prepare for state-level competitions, and the SkillsUSA Championships Technical Standards, which is used to prepare for national-level competitions.

SkillsUSA Framework

The connection between the SkillsUSA Framework and SkillsUSA State Championships is imperative. The SkillsUSA Framework is used to pinpoint the Essential Elements found in Personal Skills, Workplace Skills, and Technical Skills Grounded in Academics. Students will be expected to display or explain how they used some of these Essential Elements. For more information, please visit www.skillsusa.org/about/skillsusa-framework/.



Competition Overview

Competition Name:

Esthetics

Competition Description:

The competitors are evaluated on their techniques and professionalism in the field of skin care. Competitors are tested in two different soft skill tasks including a written knowledge exam covering the fundamentals of skin care and pd test. Additionally, competitors are tested in four technical skill performance tasks consisting of a facial cleansing massage; basic facial; beauty makeup; and fantasy makeup applications. An emphasis on safety and infection control measures will be used in all segments of the skill performance areas.

Number of Competitors (team or individual):

Individual

Competition Level:

State Championship

Competition Length:

4-6 hours

Competition Technical Standards:

The state director will provide the state technical committee with a copy of the current [SkillsUSA Championships Technical Standards](#). The Technical Standards are the official competition guide/rules for the SkillsUSA Championships and are revised annually. The Technical Standards are embedded with important academic standards as well as SkillsUSA Framework standards. The SkillsUSA Framework actualizes what opportunities need to be created for students to enact the SkillsUSA mission. These Framework skills define the mission and enable the organization to develop competitions, programming and assessments that build skills in students that prepare them for life.

The scope for state competitions is determined by the technical standards and due to limitations may not encompass all of the competencies (e.g. length of time available for conducting the skill performance).

Competition Clothing:

SkillsUSA Championships clothing requirements included:

- White dress shirt or white polo
- Black dress slacks
- Black leather work or dress shoes

Note: Wearing socks or hose is no longer required. If worn, socks must be black dress socks and hose must be either black or skin-tone and seamless/non-pattern.

Note: Smock or apron can be worn with the white dress shirt.

For models: Plain black T-shirt, black dress slacks, black or skin-tone seamless hose and black leather shoes; no jewelry. Competitors must have hair pulled away from the face; models must have a clean, cosmetic-free face. Jewelry may be included on the model only during the prop application time in the fantasy portion of the competition.

Competition Material List

Materials (and quantity):

All items necessary for basic facial and massage skills will be provided by the technical committee and will include:

Tools (and quantity): N/A

Equipment (and quantity):

A workstation consisting of the following:

- a. Facial bed/tables (for use in performance of facials)
- b. Chair (for model)
- c. Towel steamers
- d. Water

Electrical needs (voltage & amperage):

Power at a shared workstation can be set up to supply outlets needed for hot towel equipment. Please adjust the power requirements based on the specific equipment and facility utilities/rules.

Items Brought by Competitors

(per the Technical Standards)

Please review the SkillsUSA Championships Technical Standards to review the list of items required for your competitor to bring to competition and adjust this list as necessary for your state competition project plan.

Supplied by competitor:

- a. Models must be student members dressed appropriately as described in the required clothing statement; must maintain hair pulled away from the face; must have a clean, cosmetic-free face; and must not wear earrings, facial piercings or necklaces. (Jewelry may be worn in the fantasy portion of the competition.) Models are not required to take a skill-related written test or submit a resume.
- b. A written description of the theme for the fantasy makeup portion of the competition: This written description is limited to one page that is typewritten in a legible font and contained within a plastic sleeve. The description must be submitted at the competition orientation. There will be no exceptions. Late descriptions will result in a 10-point deduction.
- c. One 8"x10" color photograph of the completed competitor work of the fantasy makeup. Photograph is expected to be contained within a plastic sleeve.
- d. Portable kit organizer (to transport and store items needed during the competition).
- e. All items necessary for basic facial and massage skills will include:
 - 1.) Cleanser
 - 2.) Toner
 - 3.) Moisturizer
 - 4.) Exfoliator
 - 5.) Mask
 - 6.) Massage cream
- f. All items necessary for daytime makeup application
- g. All items necessary for fantasy makeup application (use of any item not intended for use on the skin will result in a 10-point penalty)
- h. All necessary product applicators of your choice such as:
 - 1.) Spatulas
 - 2.) Cotton swabs
 - 3.) Fan and mask brushes
 - 4.) Cotton 4x4 pads or sponges
 - 5.) Tissues
 - 6.) Mascara wand
 - 7.) Makeup brushes (All applicators must be disposable or sanitized.)

- i. False eyelash kit
 - 1. Lashes (both strip and tab forms)
 - 2. Adhesives
 - 3. Lash application tools
 - 4. Alcohol wipes and sanitizers
- j. Competitors must bring a minimum of six clean, white terry cloth towels in standard salon size (no holes or stains). Competitors will donate two towels to the competition to put in the hot towel steamer.
- k. Headband
- l. Proper draping supplies (cape for makeup application and one fitted and one flat white, clean, twin-size sheet for massage and facial skills)
- m. Closeable plastic bags for sanitation and soiled linens
- n. Latex-free gloves (at least two pairs)
- o. Paper towels or tissues (can be mini travel size)
- p. Decontamination supplies for equipment and implements (must be EPA approved), e.g., (but not limited to) Barbicide, Utronics, Clorox wipes
- q. Decontamination supplies for hands
- r. Stainless steel bowl for water (1½ quart minimum size)
- s. Blood spill kit must have a properly labeled biohazard bag. A first aid kit by itself is not acceptable.
- t. All competitors must create a one-page resume. See “Resume Requirement” below for guidelines.

Note: All products to be in contact with the skin must be in the original manufacturer’s packaging. All decontamination chemicals must be in the original manufacturer’s packaging.

Competition Update

Definition:

A competition update is anything that is not listed in the SkillsUSA Championships Technical Standards and that a competitor and/or advisor needs to be aware of and bring for the competition.

Competition Schedule

Written knowledge testing is a core component of the SkillsUSA Championships. These tests are designed to assess the knowledge that a student has around their career competition area.

The Esthetic's test includes a written test and the SkillsUSA Framework test.

All tests are done prior to the date of the competition online.

Competition Project

Esthetics Skill Performance Stations and Time Limits:

- ∇ Facial station setup: 5 minutes
- ∇ Cleansing massage: 15 minutes
- ∇ Basic facial procedure: 30 minutes
- ∇ Beauty makeup application: 60 minutes
- ∇ Fantasy makeup application: 75 minutes
- ∇ [Esthetics 10-6-22](#): The 2023 Esthetics competition theme is “Fairy Tale”

Note: Station setups should only consist of items needed for the specific task in progress. Time will be allowed between each task to reset the table. All items should be brought to the competition site in an organized fashion.

These regulations refer to clothing items that are pictured and described at: www.skillsusastore.org. If you have questions about clothing or other logo items, call 1-888-501-2183.

Note: Competitors and models must wear their official competition clothing to the competition orientation meeting. (Official SkillsUSA blazer not required.)

EQUIPMENT AND MATERIALS

1. Supplied by the technical committee will be a workstation consisting of the following:
 - a. Facial bed/tables (for use in performance of facials)
 - b. Chair (for model)
 - c. Small table for products
 - d. Towel steamers
 - e. Water
 - f. All items necessary for basic facial and massage skills will be provided by the technical committee and will include:
 - 1.) Cleanser
 - 2.) Toner
 - 3.) Moisturizer
 - 4.) Exfoliator
 - 5.) Mask
 - 6.) Massage cream
2. Supplied by competitor:
 - a. Models must be student members dressed appropriately as described in the required clothing statement; must maintain hair pulled away from the face; must have a clean, cosmetic-free face; and must not wear earrings, facial piercings or necklaces. (Jewelry may be worn in the fantasy portion of the competition.) Models are not required to take a skill-related written test or submit a resume.
 - b. A written description of the theme for the fantasy makeup portion of the competition: This written description is limited to one page that is typewritten in a legible font and contained within a plastic sleeve. The description must be submitted at the competition orientation. There will be no exceptions. Late descriptions will result in a 10-point deduction.
 - c. One 8"x10" color photograph of the completed competitor work of the fantasy makeup. Photograph is expected to be contained within a plastic sleeve.
 - d. Portable kit organizer (to transport and store items needed during the competition).
 - e. All items necessary for daytime makeup application
 - f. All items necessary for fantasy makeup application (use of any item not intended for use on the skin will result in a 10-point penalty)
 - g. All necessary product applicators of your choice such as:
 - 1.) Spatulas
 - 2.) Cotton swabs
 - 3.) Fan and mask brushes
 - 4.) Cotton 4x4 pads or sponges
 - 5.) Tissues
 - 6.) Mascara wand

- 7.) Makeup brushes (All applicators must be disposable or sanitized.)
- h. False eyelash kit
 - 1.) Lashes (both strip and tab forms)
 - 2.) Adhesives
 - 3.) Lash application tools
 - 4.) Alcohol wipes and sanitizers
- i. Competitors must bring a minimum of six clean, white terry cloth towels in standard salon size (no holes or stains). Competitors will donate two towels to the competition to put in the hot towel steamer.
- j. Headband
- k. Proper draping supplies (cape for makeup application and one fitted and one flat white, clean, twin-size sheet for massage and facial skills)
 - l. Closeable plastic bags for sanitation and soiled linens
- m. Latex-free gloves (at least two pairs)
- n. Paper towels or tissues (can be mini travel size)
- o. Decontamination supplies for equipment and implements (must be EPA approved), e.g., (but not limited to) Barbicide, Utronics, Clorox wipes
- p. Decontamination supplies for hands
- q. Stainless steel bowl for water (1½ quart minimum size)
- r. Blood spill kit must have a properly labeled biohazard bag. A first aid kit by itself is not acceptable.
- s. All competitors must create a one-page resume. See “Resume Requirement” below for guidelines.

Note: All products to be in contact with the skin must be in the original manufacturer’s packaging. All decontamination chemicals must be in the original manufacturer’s packaging.

RESUME REQUIREMENT

Competitors must create a one-page resume to submit online. SkillsUSA national competitors should submit their resume by June 1. The link for resume submission will be published on <http://updates.skillsusa.org> on May 1. Failure to submit a resume will result in a 10-point penalty.

Your resume must be saved as a PDF file type using file name format of “Last Name_First Name.” For example, “Amanda Smith” would save her resume as **Smith_Amanda**. If you need assistance with saving your file as a PDF, visit [the Adobe website](#) for more information.

Note: Check the Competition Guidelines and/or the updates page on the SkillsUSA website at <http://updates.skillsusa.org>.

PROHIBITED DEVICES

Cell phones or other electronic devices not approved by a competition’s national technical committee are **NOT** allowed in the competition area. Please follow the guidelines in each technical standard for approved exceptions. Technical committee members may also approve exceptions onsite during the SkillsUSA Championships if deemed appropriate.

Penalties for Prohibited Devices

If a competitor's electronic device makes noise or if the competitor is seen using it at any time during the competition, an official report will be documented for review by the SkillsUSA Championships director. If confirmed that the competitor used the device in a manner which compromised the integrity of the competition, the competitor's scores may be canceled.

SCOPE OF THE COMPETITION

The competition is designed to measure skill levels of the professional, entry-level esthetician. The SkillsUSA Framework serves as a foundation for the industry-based technical standards. Areas of focus for the esthetics competition incorporates concepts of theoretical knowledge, professional communications, demonstration of technical skills, practices of safety and health, and professional work ethic.

KNOWLEDGE PERFORMANCE

The competition will include a skill-related written test of questions assessing knowledge of esthetics. There will be additional questions related to professional development.

SKILL PERFORMANCE

An oral communication portion of the competition will assess the verbal presentation skills of the competitor. The technical skill performance tasks will assess skills in facial massage, basic facial, beauty and fantasy makeup application at multiple performance stations. Technique is scored in the performance tasks of facial massage, basic facial and beauty makeup application, and creativity is additionally assessed in the fantasy makeup application. An emphasis on safety and health will be used in all segments of the skill performance areas. Observations during each segment and evaluation of the finished product will be considered in the scoring.

COMPETITION GUIDELINES

1. The competition rules will be reviewed at the scheduled orientation. At the orientation, please be prepared to submit written theme in a plastic sleeve and 8"x10" photograph of completed fantasy makeup in a plastic sleeve. Following a break after the orientation, competitors will be required to be dressed in official competition clothing, provide items for the kit check and complete the written esthetics knowledge test.
2. All competitors must keep their working area clean and always organized.
3. All competitors must follow sanitation and safety procedures throughout the competition. Floor monitors/judges will assess decontamination procedures and safety practices throughout the competition.
4. All competitors must bring a model for the competition. Models are not required to attend the orientation.
 - a. Competitors must have natural nails (short and not artificial) with no nail polish. Hair must be pulled back. No jewelry or facial piercings. (A penalty will result if these rules are not followed.)
 - b. Models must maintain hair off the face, and cosmetic-free skin.

5. Competitors will prepare and perform an oral communication presentation. This will consist of a two- to three-minute oral presentation of an analysis of the skin and client consultation. Competitor will be given a skin type and should be able to recommend a skin care treatment and home care regimen.
6. Time limits:
 - a. Knowledge exam: 30 minutes
 - b. Oral presentation: 2-3 minutes
 - c. Facial station setup: 5 minutes
 - d. Cleansing massage: 15 minutes
 - e. Basic facial procedure: 30 minutes
 - f. Beauty makeup application: 60 minutes
 - g. Fantasy makeup application: 75 minutes
7. Penalty points can occur for the following:
 - a. Any rule not followed, with no exceptions
 - b. Leaving the competition area before completion of task (applies to both competitor and model) without proper escort
 - c. Any product used that is not as manufacturer intended
 - d. Any product that appears to have been altered or not properly identified with the manufacturer's original packaging and original labeling, i.e., product labels cannot be defaced
8. A professional attitude and communication are expected throughout the competition
9. Once time is called, the competitor must stop working
10. Cell phones or other forms of communication technology are not to be in the competition area. If models and/or competitors are using any digital communication device (other than when permitted), points will be deducted. See "Prohibited Devices" above for more information.
11. Setup should only consist of items needed for the specific task in progress. Time will be allowed between each task to reset the table. All items should be brought to the competition site in an organized fashion.
12. Required implements and products must be clean, accounted for and professionally organized. Proper control and usage of products and tools will be always expected.
13. Props such as hair ornaments, wigs and jewelry may be used in the fantasy section but will not be considered in the judging. The chair will provide competitors time to add final props to the fantasy portion after judging is complete.
14. All products used in any portion of the skill competition must be considered safe for application to the skin. This includes any item used on or attached to the skin in the fantasy makeup application.
15. Conversation between competitor and model is limited. Any form of communication with observers, judges and other competitors is prohibited during the competition.

STANDARDS AND COMPETENCIES

EST 1.0 — Professionalism

- 1.1. Dresses appropriately and professionally
 - 1.1.1. Image is conducive to industry
 - 1.1.2. Guidelines of technical standards are followed
- 1.2. Demonstrates self-assuredness

- 1.3. Demonstrates self-accountability through preparation and follow-through of tasks
- 1.4. Models respect for others
- 1.5. Pays attention to detail when projecting self-image
- 1.6. Exhibits dependability through punctuality
- 1.7. Effective and efficient completion of assigned tasks
- 1.8. Completed projects display high degree of quality attained with enthusiasm
- 1.9. Applies significant effort to achieve optimal results
- 1.10. Demonstrates optimism and positivity in expressing themselves
- 1.11. Demonstrates knowledge of active and attentive listening skills
- 1.12. Demonstrates personal management skills
- 1.13. Works to establish and adhere to timelines
- 1.14. Adheres to guidelines of acceptable use of technology
- 1.15. Demonstrates accurate knowledge and skills related to competition tasks
- 1.16. Demonstrates awareness of industry trends

EST 2.0 — Setup and Client Protection — judged in all technical skill task areas of competition (basic facial, beauty and fantasy makeup) – 5-minute time limit

- 2.1. Sanitize hands
- 2.2. Disinfect work area or uses protective covering
- 2.3. Set up work area
- 2.4. All supplies in original packaging
- 2.5. All products, materials and supplies are maintained in sanitary condition
- 2.6. Disinfect or cover chair
- 2.7. Dispose of soiled materials using infection control procedures
- 2.8. Apply body drape or cover for protection
- 2.9. Apply hair drape or cover
- 2.10. No cross-contamination of products to skin or skin to product

EST 3.0 — Cleansing Massage - 15 minutes

- 3.1. Preparation of workstation
- 3.2. Demonstration of cleansing the face
 - 3.2.1. Cleansing of the lips
 - 3.2.2. Cleansing of the eye area
 - 3.2.3. Distribution of cleansing product
 - 3.2.4. Cleansing of entire face
- 3.3. Demonstration of facial massage
 - 3.3.1. Distribution of massage product
 - 3.3.2. Demonstration manipulations includes the following:
 - Effleurage
 - Petrissage
 - Tapotement
 - Friction/Vibration
- 3.4. Manipulation techniques demonstrate smoothness, flow and rhythm
- 3.5. Maintain continuous contact during massage
- 3.6. Removal of massage product without dragging or pulling

EST 4.0 — Basic Facial (consisting of exfoliation, steaming, facial mask, toner and moisturizer), 30 minutes

- 4.1. Exfoliation
 - 4.1.1. Safe and sanitary product use, distribution and application
 - 4.1.2. Safe manipulation of exfoliation product
 - 4.1.3. Removal of exfoliation product from the skin
- 4.2. Steaming
 - 4.2.1. Proper preparation for steaming of the face
 - 4.2.2. Test towel temperature on wrist safely
 - 4.2.3. Demonstration of steaming the face
 - 4.2.4. Drape towel to cover the face so nose and/or mouth are uncovered
 - 4.2.5. Lift towel from face safely
- 4.3. Facial Mask
 - 4.3.1. Proper preparation for facial mask
 - 4.3.2. Remove mask product from container using infection control procedures
 - 4.3.3. Application of facial mask
 - 4.3.4. Mask product application sufficiently covers skin of the face, excluding eyes, lips and nasal passages
 - 4.3.5. Mask coverage is consistently maintained
 - 4.3.6. Remove all residual mask product safely
- 4.4. Apply toner, freshener or astringent safely
 - 4.4.1. Product is applied as directed
 - 4.4.2. All applicable facial skin is treated
- 4.5. Face is moisturized
 - 4.5.1. Product is applied as directed
 - 4.5.2. All applicable facial skin is treated
- 4.6. Infection Control
 - 4.6.1. Dispose of soiled materials using infection control procedures
 - 4.6.2. Practice infection control procedures and safety throughout all portions of basic facial
 - 4.6.3. Maintain work area in a safe manner throughout service

EST 5.0 — Beauty Makeup (application of daytime or evening makeup following current trends), 60 minutes

- 5.1. Preparation
 - 5.1.1. All items necessary for beauty makeup and application must be in original packaging
 - 5.1.2. Protect clothing with protective covering or cape
 - 5.1.3. Secure hair off face
 - 5.1.4. Sanitize hands
- 5.2. Demonstration of facial beauty makeup
 - 5.2.1. Prepare the face for cosmetic applications
 - 5.2.2. Foundational treatments applied to balance and enhance the coloration of the skin
 - 5.2.3. Application of setting product
 - 5.2.4. Treatment of eye lids enhance the natural beauty

- 5.2.5. Liner product enhances the shape of the eye
- 5.2.6. Lash product enriches the length, color and volume of lashes
- 5.2.7. Eyebrows are treated to provide definition and balance
- 5.2.8. Lip Liner provides balanced lip shape
- 5.2.9. Lip color offers cohesiveness to overall look
- 5.2.10. Cheek color provides vibrance
- 5.2.11. All cosmetic products applied enhance skin and features without lines of demarcation and resulting in a professional appearance
- 5.3. Safety and infection control
 - 5.3.1. Dispose of soiled materials using infection control procedure
 - 5.3.2. No evidence of cross-contamination is present
 - 5.3.3. All products applied to the skin are used as intended
 - 5.3.4. Practice infection control procedures safely throughout service
 - 5.3.5. Maintain work area in a safe manner throughout service

Note: Time or supplies are not provided to remove beauty makeup; product removal may be done during the scheduled break time at the competition site.

EST 6.0 — Fantasy Makeup (a general theme is provided annually), 75 minutes

- 6.1. Preparation
 - 6.1.1. Written theme demonstrates accurate and appropriate use of logic, spelling, grammar and punctuation
 - 6.1.2. All items for fantasy makeup application must be in original packaging
 - 6.1.3. Protect shoulders with protective covering or a cape
 - 6.1.4. Sanitize hands
- 6.2. Demonstration of facial fantasy makeup
 - 6.2.1. Proper application of all necessary fantasy make-up products
 - 6.2.2. Display of creativity while staying within the theme
 - 6.2.3. Implements the creative process
 - 6.2.4. Completed look — impact of change
- 6.3. Safety and infection control
 - 6.3.1. Dispose of soiled materials using infection control procedures
 - 6.3.2. No evidence of cross-contamination is present
 - 6.3.3. All products applied to the skin are used as intended
 - 6.3.4. Practice infection control procedures safely throughout service
 - 6.3.5. Maintain work area in a safe manner throughout service

EST 7.0 — Oral Presentation — Apply the knowledge and skills necessary for professional communication, 2-3 minutes

- 7.1. Present oral communication to judges; professional oral communication monitors personal language and actions
- 7.2. Maintain a professional attitude and models appropriate behavior
- 7.3. Presentation communicates a clear purpose
- 7.4. Use eye contact
- 7.5. Voice is used appropriately, including volume and tone
- 7.6. Professional terminology is used, including grammar
- 7.7. Organization of thoughts exhibits flow