



## “Gotta Have It” List 2023

One area of heartbreak at state and international HOSA competitive events is a failure to bring the needed materials/supplies to an event for orientation or competition. Every year, competitors work hard, only to lose points because they are not prepared.

Be prepared! This document lists what you need to bring to Montana SLC. Some needs will vary if you choose to go to ILC. Please be sure to check these changes and check the ILC “Gotta Have It Chart” on the national website\*. Remember this supply list is per team, so if items are disposable and your chapter is sharing a kit, you may need more of the disposable items.

Event	Competition Notes	Supplies
<p><b><i>Biomedical Debate</i></b> Topic: “Medical Errors Should be Considered Criminal Offenses.”</p>	<ul style="list-style-type: none"> <li>● Teams will be seeded off of their combined online test score.</li> <li>● It is the responsibility of the competitor to manage their time when speaking.</li> <li>● See speaker flow chart on Biomed Debate Short Sheet.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Prepared topic materials (hard copy only)</li> <li><input type="checkbox"/> 8 ½ x 11” paper or index cards (optional)</li> <li><input type="checkbox"/> Watch or stopwatch (optional)</li> <li><input type="checkbox"/> Writing utensil</li> </ul>
<p><b><i>Biotechnology</i></b></p>	<ul style="list-style-type: none"> <li>● Competition at SLC is subject to pre-qualification with combined online testing and video submission. Please pay attention to these deadlines.</li> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time. They will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Lab Coat (optional)</li> <li><input type="checkbox"/> Ruler (metric with mm marks)</li> <li><input type="checkbox"/> Safety glasses or goggles shield</li> <li><input type="checkbox"/> Disposable non-latex gloves</li> <li><input type="checkbox"/> Writing utensil</li> </ul>

	<p>when they leave the event as it is an automatic disqualification.</p> <ul style="list-style-type: none"> <li>• Dress code: Attire appropriate to the occupational area.</li> </ul>	
<p><b><i>CERT Skills</i></b></p>	<ul style="list-style-type: none"> <li>• <b>Competition at SLC is subject to pre-qualification with combined online testing and video submission. Please pay attention to these deadlines.</b></li> <li>• At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time. They will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> <li>• Teams will be given the skills one at a time.</li> <li>• Dress code: Attire appropriate to the occupational area.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand (optional)</li> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> 10 pairs of non-latex exam gloves per competitor</li> <li><input type="checkbox"/> 2 goggles/safety glasses</li> <li><input type="checkbox"/> 2 dust masks (verbalize N95 would be used)</li> <li><input type="checkbox"/> 2 helmets (may be verbalized)</li> <li><input type="checkbox"/> Boots (may be verbalized)</li> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Bleeding control/bandage materials (team's choice)</li> <li><input type="checkbox"/> Plain paper or notecards</li> <li><input type="checkbox"/> Supply bag</li> <li><input type="checkbox"/> Clipboard and spiral notebook (optional)</li> </ul>

<p><b><i>Clinical Lab Science</i></b></p>	<ul style="list-style-type: none"> <li>● Competition at SLC is subject to pre-qualification with combined online testing and video submission. Please pay attention to these deadlines.</li> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time. They will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> <li>● Dress code: Attire appropriate to the occupational area.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Lab Coat (optional)</li> <li><input type="checkbox"/> Ruler (metric with mm marks)</li> <li><input type="checkbox"/> Safety glasses or goggles</li> <li><input type="checkbox"/> Disposable non-latex gloves</li> <li><input type="checkbox"/> Sterile non-latex surgical gloves</li> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> Disposable gown</li> <li><input type="checkbox"/> Full face shield or equivalent PPE</li> <li><input type="checkbox"/> Disposable masks with ties or loops</li> </ul>
<p><b><i>Clinical Specialty</i></b></p>	<ul style="list-style-type: none"> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>● The amount of the skill video shown to the judges is up to the competitor and must be incorporated into the 6 minute overall presentation.</li> <li>● Students must be able to be seen in the video.</li> <li>● Event will be prescreened to verify that the identified career</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Portable DVD player, laptop, or tablet with skill pre-loaded that operates on battery power (electricity and WIFI not provided)</li> <li><input type="checkbox"/> Personal copy of the career portfolio (optional to bring to presentation)</li> <li><input type="checkbox"/> Watch with a second hand (optional)</li> <li><input type="checkbox"/> Uploaded pdf of portfolio submitted to Montana HOSA by March deadline.</li> </ul>

	<p>and skill is NOT duplicated in other HOSA events.</p> <ul style="list-style-type: none"> <li>• Portfolio will be scored at a separate time than presentation and is not required in the presentation (must be submitted to Montana HOSA by deadline for judging)</li> <li>• Competitors may choose to bring their portfolio to reference during the presentation, but no points are awarded on the rating sheet for doing so.</li> </ul>	
<p><b><i>Community Awareness</i></b></p>	<ul style="list-style-type: none"> <li>• At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>• Portfolio itself will be scored at a separate time than presentation and is not required in the presentation (must be submitted to Montana HOSA by deadline for judging)</li> <li>• Competitors should bring their portfolio to reference during the presentation, but no points are awarded on the rating sheet for doing so as it will be pre-scored.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Team's portfolio (optional to bring to presentation)</li> <li><input type="checkbox"/> Notes written on index cards or electronic notecards (optional)</li> <li><input type="checkbox"/> Watch with a second hand (optional)</li> <li><input type="checkbox"/> <b>Uploaded pdf of portfolio submitted to Montana HOSA by deadline.</b></li> </ul>

<p><b><i>CPR/1st Aid</i></b></p>	<ul style="list-style-type: none"> <li>● Competition at SLC is subject to pre-qualification with combined online testing and video submission. Please pay attention to these deadlines.</li> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time. They will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> <li>● HOSA follows American Heart Association guidelines for CPR for healthcare providers. Steps may differ from those recommended by the American Red Cross.</li> <li>● Dress code: Attire appropriate to the occupational area.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand (optional)</li> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> Cravats (2)</li> <li><input type="checkbox"/> Bandaging material as selected by competitor (should include sterile gauze squares, trauma dressing, and non-stick sterile dressing)</li> <li><input type="checkbox"/> Mouth to mask device (infant and adult)</li> <li><input type="checkbox"/> Bag-mask device (adult and infant)</li> <li><input type="checkbox"/> Biohazard bag</li> <li><input type="checkbox"/> Hand sanitizer</li> <li><input type="checkbox"/> Cell phone for simulating 911 call</li> <li><input type="checkbox"/> One pair of scissors</li> <li><input type="checkbox"/> Adhesive tape (2)</li> <li><input type="checkbox"/> PPE: 8 pair of non-latex gloves and 2 sets of goggles or safety glasses</li> </ul> <p>** note teams have the option of bringing items in one kit per team or one kit per person- and should ONLY bring the materials listed above</p>
<p><b><i>Creative Problem Solving</i></b></p>	<ul style="list-style-type: none"> <li>● The Event Manager will hand out secret topics at 20 minute intervals</li> <li>● Each team will be given an appointment time written on an index card. Students need to stay in vicinity of room.</li> <li>● There will be 30 minutes to prepare presentations per team (secret topics will be</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand (optional)</li> <li><input type="checkbox"/> Writing utensil</li> </ul>

	<p>handed out to each group at different times)</p> <ul style="list-style-type: none"> <li>• Scored are combined with online test scores taken prior to SLC</li> </ul>	
<p><b><i>Dental Science</i></b></p>	<ul style="list-style-type: none"> <li>• Competition at SLC is subject to pre-qualification with combined online testing and video submission. Please pay attention to these deadlines.</li> <li>• At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time. They will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> <li>• Dress code: Attire appropriate to the occupational area.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand (optional)</li> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> Disposable mask and gown</li> <li><input type="checkbox"/> Disposable non-latex gloves and utility gloves</li> <li><input type="checkbox"/> Protective eyewear</li> </ul>

<p><i><b>EMT</b></i></p>	<ul style="list-style-type: none"> <li>● <b>Competition at SLC is subject to pre-qualification with combined online testing and video submission. Please pay attention to these deadlines.</b></li> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time. They will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> <li>● HOSA follows American Heart Association guidelines for CPR for healthcare providers. Steps may differ from those recommended by the American Red Cross.</li> <li>● Dress code: Attire appropriate to the occupational area.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand</li> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> PPE: 10 pairs of non-latex gloves, 4 masks, 4 gowns, and 2 goggles or safety glasses</li> <li><input type="checkbox"/> Cravats (4)</li> <li><input type="checkbox"/> 4x4 dressings (6-10)</li> <li><input type="checkbox"/> Any size self-adhering roller bandages</li> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Adhesive tape</li> <li><input type="checkbox"/> Penlight</li> <li><input type="checkbox"/> 2 occlusive dressing supplies</li> <li><input type="checkbox"/> 4 abdominal/trauma dressings</li> <li><input type="checkbox"/> Stethoscope and BP Cuff</li> <li><input type="checkbox"/> BVM</li> <li><input type="checkbox"/> Pocket mask and/or appropriate barrier (face shield, etc)</li> <li><input type="checkbox"/> Tourniquet</li> <li><input type="checkbox"/> Cell phone for simulating 911 call</li> <li><input type="checkbox"/> Oral airway kit (sizes 0-6)</li> <li><input type="checkbox"/> Non-rebreather mask</li> </ul> <p>** note teams have the option of bringing items in one kit per team or one kit per person</p>
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***Extemporaneous Writing***

\*\*\* Orientation and essay will be combined

- Use of the internet is not allowed.
- We will secure a computer lab for this event, students will have 60 minutes to complete their essay.; students may be asked to print in the computer lab instead of save to flash drive

Watch with a second hand (optional)



<p><b><i>Family Medicine Physician</i></b></p>	<ul style="list-style-type: none"> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>● Competitors will have 10 total minutes to present to the judges. It should be the same presentation that they have given previously to their peers.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand (optional)</li> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> Notes written on index cards or electronic notecards (optional)</li> <li><input type="checkbox"/> Any presentation aids/tools needed to support the presentation</li> </ul>
<p><b><i>Forensic Science</i></b></p>	<ul style="list-style-type: none"> <li>● For this event teams of 2 members will be given the same case study related to forensic medicine.</li> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time. They will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand (optional)</li> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> Highlighters (optional)</li> </ul>

	<ul style="list-style-type: none"> <li>● Note: the content and pictures in the suggested resources or used in the simulated scene may be graphic in nature and may be considered offensive by some. HOSA advisors should seek administrative and parental approval before allowing members to participate in this event.</li> <li>● Teams will be given index cards to take notes if desired.</li> <li>● Online testing scores will be combined with event scores and may be used as a pre-qualifier in this event.</li> </ul>	
<p><b><i>Health Career Display</i></b></p>	<ul style="list-style-type: none"> <li>● Competitors shall report to the orientation for the event. All teams will have 15 minutes to assemble their display in the event room on the provided tables.</li> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>● One healthcare career or a cluster of related health careers may be presented. - The maximum dimensions for the display are: Please check each display to ensure compliance. Height = 3 feet, Width = 4 feet, Depth = 2 feet.</li> </ul>	<ul style="list-style-type: none"> <li>❑ Display with references (36"x48" tri-fold)</li> <li>❑ Index cards or electronic notecards (optional)</li> <li>❑ Reference page and up to 8 photos of the display used for round 1 judging must be submitted as a single pdf to Montana HOSA by March deadline.</li> </ul>

	<ul style="list-style-type: none"> <li>• Computers, electronics, or electricity of any kind may not be used</li> <li>• Round 1 judging of the display will be may be scored at a separate time than presentation; photos must be submitted to Montana HOSA by deadline for judging</li> </ul>	
<p><b><i>Health Career Photography</i></b></p>	<ul style="list-style-type: none"> <li>• At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>• Round 1 judging of the photos will be scored at a separate time than presentation must be submitted to Montana HOSA by deadline for judging</li> <li>• Competitors will still need hard copy of photos despite the digital upload to present in binder to judges in Round 2</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand (optional)</li> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> Blue or black binder* with title page, photos, narrative and paperwork. (photos may be be in clear sheet protector)</li> <li><input type="checkbox"/> The ENTIRE completed portfolio (including photos, narratives, and permission forms) must be submitted as a single pdf document to Montana HOSA by March deadline.</li> </ul>
<p><b><i>Healthy Lifestyle</i></b></p>	<ul style="list-style-type: none"> <li>• At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>• Competitors will have a 6 minute interview with the judges (4 minutes to present and 2 minutes to answer questions)</li> <li>• Portfolio itself will be scored at a separate time</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand (optional)</li> <li><input type="checkbox"/> Personal copy of the portfolio (optional to bring to presentation)</li> <li><input type="checkbox"/> Index cards or electronic notecards (optional)</li> <li><input type="checkbox"/> Uploaded pdf of portfolio submitted to Montana HOSA by March deadline.</li> </ul>

	<p>than presentation and is not required in the presentation (must be submitted to Montana HOSA by deadline for judging)</p> <ul style="list-style-type: none"> <li>• Competitors should bring their portfolio to reference during the presentation, but no points are awarded on the rating sheet for doing so as it will be pre-scored.</li> <li>• Note- this event also has an online test taken during the online testing window. Scores will be combined with presentation points.</li> </ul>	
<p><b>Health Education</b></p>	<ul style="list-style-type: none"> <li>• At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>• Portfolio itself will be scored at a separate time than presentation and is not required in the presentation (must be submitted to Montana HOSA by deadline for judging)</li> <li>• Competitors may choose to bring their portfolio to reference during the presentation, but no points are awarded on the rating sheet for doing so as it will be pre-scored.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand (optional)</li> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> Notes written on index cards or electronic notecards (optional)</li> <li><input type="checkbox"/> Personal copy of the portfolio (optional to bring to presentation)</li> <li><input type="checkbox"/> Uploaded pdf of portfolio submitted to Montana HOSA by March deadline.</li> </ul>

<p><b>Home Health Aid</b></p>	<ul style="list-style-type: none"> <li>● Competition at SLC is subject to pre-qualification with combined online testing and video submission. Please pay attention to these deadlines.</li> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time. They will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> <li>● Dress code: Attire appropriate to the occupational area.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand</li> <li><input type="checkbox"/> #2 pencils with eraser</li> <li><input type="checkbox"/> Non-latex gloves (3 pair)</li> <li><input type="checkbox"/> Tape- 1/2" or 1"</li> <li><input type="checkbox"/> Scissors</li> </ul>
<p><b>HOSA Bowl</b></p>	<ul style="list-style-type: none"> <li>● It is up to EACH TEAM to be ready for competition at their assigned times.</li> <li>● Teams will be ranked based on combined online test scores</li> <li>● 10 minutes per competitive round.</li> <li>● Competitors going to the next round must wait in the "Holding" room between rounds.</li> <li>● Viewers are only allowed in competition room for final round.</li> </ul>	

<p><b><i>Interviewing Skills</i></b></p>	<ul style="list-style-type: none"> <li>● IEP Event</li> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>● Resume and personal statement will be scored at a separate time than the interview (must be submitted to Montana HOSA by deadline for judging)</li> <li>● No materials may be taken into the interview.</li> <li>● Resumes and personal statements should be factual and accurate. Competitors should include real work experience and education, and only apply for the type of job that he/she is currently qualified to hold.</li> <li>● The questions asked during the interview are considered a secret topic. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> </ul>	<ul style="list-style-type: none"> <li>❑ Watch with a second hand (optional)</li> <li>❑ Pdf of resume, personal statement, and eligibility form submitted as a single document to Montana HOSA by March deadline.</li> <li>❑ NOTE: For Montana SLC students DO NOT need a Tallo Digital Profile and will not be scored on one.</li> </ul>
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<p><b><i>Job Seeking Skills</i></b></p>	<ul style="list-style-type: none"> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>● Resume and personal statement will be scored at a separate time than the interview (must be submitted to Montana HOSA by deadline for judging)</li> <li>● No materials may be taken into the interview.</li> <li>● Resumes and personal statement should be factual and accurate. Competitors should include real work experience and education, and only apply for the type of job that he/she is currently qualified to hold.</li> <li>● The questions asked during the interview are considered a secret topic. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> </ul>	<ul style="list-style-type: none"> <li>❑ Watch with a second hand (optional)</li> <li>❑ Pdf of resume and personal statement submitted as a single document to Montana HOSA by March deadline.</li> <li>❑ NOTE: For Montana SLC students DO NOT need a Tallo Digital Profile and will not be scored on one.</li> </ul>
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<p><b><i>Life Support Skills</i></b></p>	<ul style="list-style-type: none"> <li>● IEP Event</li> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time. They will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> <li>● HOSA follows American Heart Association guidelines for CPR for healthcare providers. Steps may differ from those recommended by the American Red Cross.</li> <li>● Dress code: Attire appropriate to the occupational area.</li> </ul>	<ul style="list-style-type: none"> <li>❑ Watch with a second hand (optional)</li> <li>❑ Cravats (2)</li> <li>❑ Bandaging material as selected by competitor (should include sterile gauze squares, trauma dressing, and non-stick sterile dressing)</li> <li>❑ Mouth to mask device (infant and adult)</li> <li>❑ Biohazard bag</li> <li>❑ Hand sanitizer</li> <li>❑ Cell phone for simulating 911 call</li> <li>❑ One pair of scissors</li> <li>❑ Adhesive tape (2)</li> <li>❑ PPE: 4 pair of non-latex gloves and 1 set of goggles or safety glasses</li> </ul>
<p><b><i>Medical Assisting</i></b></p>	<ul style="list-style-type: none"> <li>● <b>Competition at SLC is subject to pre-qualification with combined online testing and video submission. Please pay attention to these deadlines.</b></li> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time. They will have a secret scenario to solve when it is their turn to compete. Students should not</li> </ul>	<ul style="list-style-type: none"> <li>❑ Writing utensil</li> <li>❑ Red pen</li> <li>❑ Barrier devices (non-latex gloves, gown, safety glasses or goggles, mask)</li> <li>❑ Non-latex surgical gloves</li> <li>❑ Watch with a second hand</li> </ul>



	<p>share the secret scenario when they leave the event as it is an automatic disqualification.</p> <ul style="list-style-type: none"> <li>● Dress code: Attire appropriate to the occupational area.</li> </ul>	
<p><b><i>Medical Innovation</i></b></p>	<ul style="list-style-type: none"> <li>● Teams have 15 minutes to assemble their innovation and overall table display.</li> <li>● Teams will be assigned timecards to return for their presentations</li> <li>● Teams may not use flames, body fluids, living organisms, sharps, syringes, or potentially hazardous equipment/materials. Invasive procedures and skin puncturing are prohibited. - The work must be the work of the competitors, including the artistic aspects of the display. Any artwork or photographs must be in compliance with copyright laws. - Any sources used for data or information collection must be published on a reference page attached to the back of the display or on the table. One page only.</li> <li>● Access to electricity and/or WIFI are not provided</li> <li>● Round 1 judging of the display will be may be scored at a separate time than presentation;</li> </ul>	<ul style="list-style-type: none"> <li>❑ Innovation, display materials, reference page</li> <li>❑ All needed audio visual equipment (battery operated)</li> <li>❑ Index cards or electronic notecards (optional)</li> <li>❑ Watch with a second hand (optional)</li> <li>❑ Reference page and up to 8 photos of the display used for round 1 judging must be submitted to Montana HOSA by March deadline.</li> <li>❑ Montana HOSA will not require the video.</li> </ul>

	<p>photos must be submitted to Montana HOSA by deadline for judging</p>	
<b><i>Mental Health Promotion</i></b>	<ul style="list-style-type: none"> <li>• At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>• Competitors will have 7 minutes to present their project to the judges</li> <li>• Supplemental materials will be pre-judged before SLC.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> One pdf of the completed “Be There” Certificates for ALL team members</li> <li><input type="checkbox"/> Notes written on index cards or electronic notecards (optional)</li> <li><input type="checkbox"/> Computer or tablet with social media campaign (optional)</li> <li><input type="checkbox"/> Watch with a second hand (optional)</li> <li><input type="checkbox"/> Digital files showing the Social Media Campaign, Completed Mental Health Consult Form, Reference Pages, and each team members “Be There” Certificates uploaded by the March deadline.</li> </ul>
<b><i>Nursing Assisting</i></b>	<ul style="list-style-type: none"> <li>• Competition at SLC is subject to pre-qualification with combined online testing and video submission. Please pay attention to these deadlines.</li> <li>• At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time. They will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> Watch with a second hand timer</li> <li><input type="checkbox"/> Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask)</li> <li><input type="checkbox"/> Gait belt (optional)</li> </ul>

	<p>automatic disqualification.</p> <ul style="list-style-type: none"> <li>● Note that the competitor has the option of bringing and using his/her own gait belt</li> <li>● Dress code: Attire appropriate to the occupational area.</li> </ul>	
<p><b><i>Personal Care</i></b></p>	<ul style="list-style-type: none"> <li>● IEP Event</li> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time. They will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> <li>● Note that the competitor has the option of bringing and using his/her own gait belt</li> <li>● Dress code: Attire appropriate to the occupational area.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> Watch with a second hand timer</li> <li><input type="checkbox"/> Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask)</li> <li><input type="checkbox"/> Gait belt (optional)</li> </ul>

<p><b><i>Physical Therapy</i></b></p>	<ul style="list-style-type: none"> <li>● Competition at SLC is subject to pre-qualification with combined online testing and video submission. Please pay attention to these deadlines.</li> <li>● At orientation, students will receive an index card with appointment time. Students will return to the event room at least 5 minutes before their allotted time. They will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> <li>● Note that the competitor has the option of bringing and using his/her own gait belt.</li> <li>● Dress code: Attire appropriate to the occupational area.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand timer (optional)</li> <li><input type="checkbox"/> Gown, gloves, mask</li> <li><input type="checkbox"/> Gait belt (optional)</li> </ul>
<p><b><i>Pharmacy Science</i></b></p>	<ul style="list-style-type: none"> <li>● Competition at SLC is subject to pre-qualification with combined online testing and video submission. Please pay attention to these deadlines.</li> <li>● At orientation, students will receive appointment times on index cards. Students will return to the event room at least 5 minutes before their allotted time. Students will have a secret</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand timer</li> <li><input type="checkbox"/> Ink pen</li> <li><input type="checkbox"/> Shoe covers</li> <li><input type="checkbox"/> Face mask</li> <li><input type="checkbox"/> Hair cover w/ beard cover if appropriate</li> <li><input type="checkbox"/> Hair tie for long hair as appropriate</li> <li><input type="checkbox"/> Sterile non-shedding gown w/ snug cuffs</li> <li><input type="checkbox"/> Eye shield or goggles</li> <li><input type="checkbox"/> Sterile, powder free non-latex gloves</li> </ul>

	<p>scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</p> <ul style="list-style-type: none"> <li>● Dress code: Attire appropriate to the occupational area</li> </ul>	
<p><b><i>Prepared Speaking</i></b> Topic: "Beyond All Limits"</p>	<ul style="list-style-type: none"> <li>● At orientation, students will receive appointment times on index cards. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>● Competitors will have a maximum of 5 minutes to deliver their prepared speech on the topic.</li> <li>● Use of index cards or electronic notes are permitted. - Props may NOT be used</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand timer (optional)</li> <li><input type="checkbox"/> Paper or electronic notecards (optional)</li> </ul>

<p><b>Public Health</b>  Topic: “Heart Healthy for Life: What You Need to Know Now”</p>	<ul style="list-style-type: none"> <li>● For our purposes in Montana, ALL teams will simply begin at Round #2.</li> <li>● At orientation, students will receive an appointment time, on index card. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>● 5 minutes to setup for presentation; 9 minutes to give presentation; 3 minutes to tear down</li> <li>● Presentation tools such as PowerPoint, posters, music, props, costumes, and other presentation tools may be used, with the goal of developing and presenting a creative and effective public health presentation. The presentation must effectively inform the public about public health emergencies, with reference to the annual topic, when presented to mature adolescent and adult groups in the high school and community. - The competitors may NOT interact with the judges and may NOT give them anything before, after, or during the presentation.</li> <li>● Access to electricity and/or WIFI are not provided</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand timer (optional)</li> <li><input type="checkbox"/> Paper or electronic notecards (optional)</li> <li><input type="checkbox"/> Equipment and/or presentation aids to be used</li> </ul>
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<p><b>Public Service Announcement</b> Topic: "How to Talk to Friends and Family About Mental Health"</p>	<ul style="list-style-type: none"><li>● At orientation, students will receive an appointment time on index card. Students will return to the event room at least 5 minutes before their allotted time.</li><li>● Teams will bring a portable DVD player or laptop computer to show their PSA to the judges</li><li>● Teams have 1 minute to show their PSA to the judges and then a 4 minute presentation to describe their creative process</li><li>● Costumes or props may not be used</li><li>● Judging of the PSA video itself be may be scored at a separate time than presentation; materials must be submitted to Montana HOSA by deadline for judging</li></ul>	<ul style="list-style-type: none"><li>❑ Watch with a second hand timer (optional)</li><li>❑ Laptop or portable DVD player using battery power to show the PSA</li><li>❑ Index cards or electronic notecards (optional)</li><li>❑ The reference page, copyright form, and airdate form must be submitted as a single pdf document to Montana HOSA by March deadline along with a link to the 30 second video</li></ul>
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<p><b>Researched Persuasive Speaking and Writing</b>  Topic: “Virtual Learning: Positive or Negative for Future Health Professionals”</p>	<ul style="list-style-type: none"> <li>● At orientation, students will receive an appointment time, on index card. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>● The speech may or may not be worded exactly as written in the researched written paper. The main ideas must remain the same but the competitor may elaborate in the speech.</li> <li>● Judging of the paper itself be may be scored at a separate time than the speech; written paper must be submitted to Montana HOSA by deadline for judging</li> </ul>	<ul style="list-style-type: none"> <li>❑ Index cards or electronic notecards (optional)</li> <li>❑ Watch with a second hand timer (optional)</li> <li>❑ The research paper should be submitted as pdf document to Montana HOSA by March deadline.</li> </ul>
<p><b>Research Poster</b></p>	<ul style="list-style-type: none"> <li>● At orientation competitors will be provided materials to hang and display their research poster</li> <li>● At orientation, students will receive an appointment time, on index card. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>● Competitors will give a 4 minute presentation to the judges followed by 2 minutes of questions by the judges</li> <li>● Judging of the poster itself be may be scored at a separate time than the speech; poster pdf must be submitted to</li> </ul>	<ul style="list-style-type: none"> <li>❑ Index cards or electronic notecards (optional)</li> <li>❑ Watch with a second hand timer (optional)</li> <li>❑ Printed Research Poster (48”x 36” landscape orientation)</li> <li>❑ A pdf copy of the research poster should be submitted to Montana HOSA by March deadline</li> </ul>



	Montana HOSA by deadline for judging	
<p><b>Speaking Skills</b> Topic: "Beyond All Limits"</p>	<ul style="list-style-type: none"> <li>• IEP Event</li> <li>• At orientation, students will receive appointment times on index cards. Students will return to the event room at least 5 minutes before their allotted time.</li> <li>• Competitors will have a maximum of 4 minutes to deliver their prepared speech on the topic.</li> <li>• Use of index cards or electronic notes are permitted. - Props may NOT be used</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Index cards or electronic notecards (optional)</li> <li><input type="checkbox"/> Watch with a second hand timer (optional)</li> </ul>
<p><b>Sports Medicine</b></p>	<ul style="list-style-type: none"> <li>• <b>Competition at SLC is subject to pre-qualification with combined online testing and video submission. Please pay attention to these deadlines.</b></li> <li>• At orientation, students will receive appointment times on index cards. Students will return to the event room at least 5 minutes before their allotted time. Students will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> <li>• Dress code: Attire appropriate to the occupational area</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand timer (optional)</li> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> Underwrap of any size, color, or type</li> <li><input type="checkbox"/> Athletic tape appropriate for skills</li> <li><input type="checkbox"/> Elastic wrap</li> <li><input type="checkbox"/> Tape scissors or tape cutter</li> <li><input type="checkbox"/> Heel or lace coated with friction proofing material</li> <li><input type="checkbox"/> Pad for shoulder</li> </ul>

<p><b><i>Surgical Tech</i></b></p>	<ul style="list-style-type: none"> <li>● Competition at SLC is subject to pre-qualification with video submission. Please pay attention to these deadlines.</li> <li>● At orientation, students will receive appointment times on index cards. Students will return to the event room at least 5 minutes before their allotted time. Students will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.</li> <li>● Dress code: Attire appropriate to the occupational area</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> Sterile surgical gloves size 8 for gloving someone else</li> <li><input type="checkbox"/> Sterile surgical gloves of competitor's size</li> <li><input type="checkbox"/> Sterile gown</li> <li><input type="checkbox"/> Scrubbing equipment- brush w/detergent soap, impregnated sponge or brush and a file- metal or plastic</li> <li><input type="checkbox"/> Sterile towel</li> <li><input type="checkbox"/> Scrub suit/cap, mask, goggles or face shield, and shoe covers</li> </ul>
<p><b><i>Veterinary Science</i></b></p>	<ul style="list-style-type: none"> <li>● Competition at SLC is subject to pre-qualification with combined online testing and video submission. Please pay attention to these deadlines.</li> <li>● At orientation, students will receive appointment times on index cards. Students will return to the event room at least 5 minutes before their allotted time. Students will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch with a second hand timer (optional)</li> <li><input type="checkbox"/> Writing utensil</li> <li><input type="checkbox"/> Sterile non-latex surgical gloves</li> <li><input type="checkbox"/> Exam non-latex gloves</li> <li><input type="checkbox"/> 2-4" wide gauze roll (18" or longer)</li> </ul>

	<p>when they leave the event as it is an automatic disqualification.</p> <ul style="list-style-type: none"><li>• Dress code: Attire appropriate to the occupational area</li></ul>	
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\*Biggest changes from SLC to ILC are:

- TALLO guidelines will be different at ILC. Montana does not use Tallo, so check in about alternative submission methods
- Check digital submission dates for ILC.
- Montana HOSA does not require official HOSA binders- black or blue is fine