Life Support Skills

Arizona HOSA Event Guideline Supplement

Individual Event: 1 competitor

DIRECT TO STATE — IDEA ELIGIBILITY FORM REQUIRED

Secondary students with an IDEA-qualified IEP only. Work with your advisor to submit the required form.

This supplement is written exclusively for Arizona HOSA events.
Use this checklist with the official event guidelines and scoring rubrics.

Conference	Event Offered	Required Upload Deadline	Details at a Glance
Regional Leadership Conference (RLC)	NO	N/A	**Pathway:** Eligible students register directly for SLC through their advisor. No regional competition.
Online Test	NO	N/A	**Pathway:** No qualifying test or written exam. Compete in skills at SLC.
State Leadership Conference (SLC)	YES	Close of registration	**Form:** Submit eligibility/accommodation form to the state advisor. **Competition:** One CPR skill and one first-aid skill, assessed separately. Top 3 qualifying competitors advance to ILC.
International Leadership Conference (ILC / nationals)	YES	Published HOSA ILC form deadline	**Form:** Submit again through the official ILC process. **Competition:** One round of skills assessment; no written test or second round.

Eligibility and Required Form Checklist

☐ Confirm eligibility with your advisor: This event is for secondary students classified under IDEA with an IEP. A Section 504 plan alone does not qualify.

☐ Complete the current IEP Verification and Accommodation Form linked in the official guidelines. Submit it to the state advisor by the close of SLC registration.

☐ If you qualify for ILC, submit the form again through HOSA's official process by its published deadline. Use Appendix H-1 for accommodation details.

Late or missing form: You may compete, but 35 points are deducted from your final score. There is no pre-judged portfolio or separate upload score.

Required Documents and Materials

☐ Photo ID and a first aid kit containing only the listed supplies.

☐ 2 cravats; sterile gauze squares, roller bandages, trauma dressing and non-stick sterile dressing; and 2 adhesive tapes.

☐ Adult and infant mouth-to-mask devices; biohazard bag; hand sanitizer; phone for simulated 911 calls; and bandage scissors.

☐ 4 pairs of non-latex gloves. Tourniquet: Use the one HOSA provides or bring your own.

Dress code: Wear attire appropriate to the healthcare occupation; see Appendix D.

Arizona HOSA supplies other equipment for the selected skills. Perform steps when equipment is available; simulate or verbalize steps when equipment is unavailable, as directed.

What to do at state

☐ Arrive at the event room at the START of the posted event time frame. Check in with the Event Manager and show photo ID.

☐ Receive your appointment time and stay at the event room in case the event runs early. Staff will escort you into the room.

☐ Tell judges whether you will follow American Heart Association (AHA) or American Red Cross (ARC) protocols before starting.

☐ Listen as staff reads each scenario. The skill's timer starts AFTER staff finishes reading. Complete the skill within its official time limit.

☐ Perform one selected CPR skill and one selected first-aid skill separately. These skills are NOT combined into a single scenario.

☐ Treat any live model as a patient who needs clear explanations. Use safe technique and complete all rubric steps.

☐ Leave when dismissed, complete the event survey and leave the competition area.

Prepare for your skills

CPR options: Adult BLS/CPR; adult BLS/CPR with AED; or infant BLS/CPR.

First-aid options: Epinephrine auto-injector; severe bleeding; choking; open fracture and splinting; heat emergency; severe burns; or nasal naloxone.

Practice with the current skill sheets and listed references, including updated AHA/ARC procedures. SLC and ILC may select different skills.

☐ Keep study materials outside the competition room. Do not share the secret scenario until the event has ended.

Forgot supplies? Tell staff. Arizona allows you to seek supplies from another chapter and still compete if supplies are missing. Follow staff directions for permitted simulation or verbalization.

Accommodations: Plan requests with your advisor before the deadline. Appendix H-1 does not allow extra time for skill performance.

Scoring and advancement

Skills minimum: Earn at least 70% on the assessed skills to be eligible for awards. Arizona also requires a final score of at least 70% after penalties to advance.

SLC to ILC: The top 5 eligible competitors are recognized; the top 3 advance. Fourth and fifth place may serve as substitutes. SLC scores do not carry over to ILC.

Ties: Compare the selected skill worth the most possible points first, then the remaining skill if needed.

This is a secondary-only event under the current ILC guidelines.

Official guidelines and accommodation information

HOSA event guidelines — select Life Support Skills under Emergency Preparedness Events for the form, skill limits and rubrics.

HOSA Appendix H-1 — eligibility verification and accommodation procedures.