**Competition Brief**

**Competition Title**

Inclusive Skills: Health & Social Care

**Competition Overview**

Health and Social Care workers provide quality care to individuals in a range of facilities, such as a residential home, hospital, or other caring establishments. The nature of their work requires them to have knowledge and skills covering person-centered care, health and safety and policy and procedures.

In this competition, competitors will be expected to demonstrate respect and dignity towards the service user. Display an understanding of hazard identification in a health and social care setting. Demonstrate how to minimise infection control and how to assess an individual’s preferences and communication needs.

Live competition heats will be held at various venues across Wales.

**Entry Criteria**

The competition is for individuals working towards Level 1 with a recognised Additional Learning Need. Entry level learners are also permitted to enter, please ensure your entrants have the skills and competencies to complete the task.

For further guidance on Inclusive Skills competitions please review the guidance available [here](https://inspiringskills.gov.wales/competitions/competitor-support-guidance).

##

## Entry capacity restrictions by organisation

Maximum of up to **2 per location**. **Reserves** may also be registered to account for potential absences or withdrawals.

This is the maximum number of entries permitted by an organisation for this competition.

This is determined by ‘location’ and ‘organisation’. ‘Organisation’ refers to the competitors’ training provider/employer. ‘Location’ refers to a site where the competitor studies/is employed.

This competition may be subject to a selection process if competitor registration numbers exceed the host venue capacity. Where capacity is identified in a competition the reserve competitors may be invited to compete. The decision will be made following a consultation between Skills Competition Wales and the competition lead after registration closes. All parties will be notified of any changes.

For further guidance on these capacities, [click here](https://inspiringskills.gov.wales/competitions/competition-registration-guide).

**Brief**

Competitors will have a 10-minute introduction to the environment to ask questions; then a further 1 hour to complete all three activities. Specific competition content and activities will be outlined on the day. All resources needed for each activity will be provided.

**Activity 1: Identify Risks and Hazards**

Individual task: up to 20 minutes.

Competitors will be shown into a simulated bedroom used by a service user and will be asked to identify six hazards. Competitors are required to identify and explain any possible risks caused by all the Hazards identified, noting their findings in a basic risk assessment.

**Activity 2: Hand Washing Demonstration**

Individual task: up to 10 minutes.

Competitors are required to complete a ‘hand washing’ procedure using the recommended technique proposed by the [NHS](https://www.nhs.uk/live-well/best-way-to-wash-your-hands/). A commentary will show understanding of each step.

Candidates will be required to talk to the judge through the process they are using.

**Activity 3: Supporting a vegetarian Service User to make a healthy choice for a 2 course lunch from a menu.**

Individual task: up to 30 minutes.

Competitors are required to support a service user who has a slight hearing impairment and who is vegetarian to select a 2-course lunch from a menu.

A written menu, that also includes the choices of the food and drink options visually, will be provided. The competitor will need to engage the service user in conversation, taking into consideration their hearing impairment. Their methods of communication are important in this task.

When the service user is making their selection of food and drinks, the competitor will need to consider if the choices they make are appropriate i.e. vegetarian options/health choices and that the portion sizes are also appropriate. Guidance and suggestions should be made if the service user is selecting foods or drinks that are not suitable. A menu choice card will be provided so that the competitor can tick the options made and the quantities requested.

Following the selection, the competitor will be asked to explain why the choices made are appropriate. Their responses will be noted by the judge who is role-playing the service user.

If carrying out this task through English Medium, the competitor will be expected to use some incidental Welsh. All resources will be provided bilingually and learners can complete the tasks in the medium of Welsh or English.

Previous competition briefs are available to view and download via the Skills Competition Wales website, please [click here](https://inspiringskills.gov.wales/competitions/inclusive-skills-health-and-social-care/archives) to access.

**Infrastructure List:**

All resources required will be provided at the venue

**Competition Rules:**

For full terms and conditions of entry and competition rules [visit](https://inspiringskills.gov.wales/terms/registrations-terms-and-conditions).

**Competition specific rules**

Competitors should be dressed appropriately: Hair tied back, flat shoes, no facial piercings, stud earrings only, no loose clothing that could be caught on any equipment. The standard of dress should be clean and smart.

**Generic competition rules**

* Mobile phones are to be switched off during competition activity.
* Listening to music via headphones is not permitted during competition activity.
* Any questions during competition activity should be addressed to the competition judging panel.
* Competitors should not communicate with other competitors during competition activity.
* It is the responsibility of each competitor to arrive on time for each competition session. No additional time will be allowed if you arrive late.
* Technical failure of your equipment should be reported immediately to the judging panel. Additional time will be allocated if the fault is beyond the control of the competitor.

**Marking and Assessment**

Marking and judging of this competition will be done by a team of experts from Industry, Further Education or Training Provider, using a marking criteria and allocated marks to ensure consistency.

| **Activity**  | **Description** | **Marks awarded** |
| --- | --- | --- |
| **Activity 1:** Identify risks and Hazards | Identify the 6 hazards, explain potential risks and completion of risk assessment. | 25% |
| **Activity 2:** Hand washing demonstration | Technique, explanation and understanding of the hand washing process.  | 25% |
| **Activity 3:** Supporting a Service User | Meeting service user requirements, appropriateness of choices~~,~~ and communication skills | 45% |
| Use of the Welsh Language | The use of incidental Welsh within activity 3 | 5% |
|  | **Total** | **100%** |

**Feedback and Recognition**

Individual and Group verbal feedback will be provided at the end of the competition. No results or awards will be awarded on the day as marking will be quality assured.

All competitors will be issued with a Participation Certificate on the competition day. First, second, third and highly commended awards will be announced during the celebration event. The highly commended award recognises all competitors who have achieved above average. The celebration event will be held on Wednesday 18th March 2026, further details will be communicated to competitors and their points of contact by email.

.

Marksheets will be available upon request via info@skillscompetitionwales.ac.uk to competitors after the celebration event.

**Competition Lead**

**Lead contact:**

Victoria Davies

victoria.davies@colegsirgar.ac.uk

**Our partners**

This competition is delivered in partnership with



**Briff y Gystadleuaeth**

**Teitl y Gystadleuaeth**

Sgiliau Cynhwysol: Iechyd a Gofal Cymdeithasol

**Trosolwg o'r Gystadleuaeth**

Mae gweithwyr Iechyd a Gofal Cymdeithasol yn darparu gofal safonol i unigolion mewn amrywiaeth o gyfleusterau, megis cartrefi preswyl, ysbytai, neu sefydliadau gofal eraill. Mae natur y gwaith yn gofyn i’r unigolion fod yn wybodus a bod â sgiliau sy’n cwmpasu o amgylch gofal yr unigolyn, iechyd a diogelwch a pholisi a gweithdrefnau.

Yn y gystadleuaeth hon, bydd disgwyl i gystadleuwyr ddangos parch ac urddas tuag at ddefnyddiwr gwasanaeth. I ddangos dealltwriaeth o adnabod peryglon mewn lleoliad iechyd a gofal cymdeithasol. Dangos sut i leihau rheoli heintiau a sut i asesu dewisiadau ac anghenion cyfathrebu’r unigolyn.

Cynhelir rowndiau rhagbrofol byw mewn sawl lleoliad ledled Cymru.

**Meini Prawf Cystadlu**

Mae'r gystadleuaeth ar gyfer unigolion sy'n gweithio tuag at Lefel 1 ag Angen Dysgu Ychwanegol cydnabyddedig. Caniateir i ddysgwyr lefel mynediad hefyd gystadlu, sicrhewch fod gan eich ymgeiswyr y sgiliau a'r cymwyseddau i gwblhau'r dasg.

Am arweiniad pellach ar gystadlaethau Sgiliau Cynhwysol, edrychwch ar y canllawiau sydd ar gael [yma](https://inspiringskills.gov.wales/competitions/competitor-support-guidance).

##

## Cyfyngiadau capasiti mynediad fesul sefydliad

Gellir cofrestru uchafswm o hyd at **2 fesul lleoliad ynghyd.**Gellir cofrestru **cronfeydd wrth gefn** hefyd i gyfrifon absenoldeb neu dynnu'n ôl os bydd angen

Dyma uchafswm y nifer o geisiadau a ganiateir o un sefydliad ar gyfer y gystadleuaeth hon.

Caiff hyn ei benderfynu ar sail 'lleoliad' a 'sefydliad'. Mae’r 'sefydliad' yn cyfeirio at ddarparwr/cyflogwr hyfforddi'r cystadleuwyr. Mae’r 'lleoliad' yn cyfeirio at safle ble mae'r cystadleuydd yn astudio / cael ei gyflogi.

Gall y gystadleuaeth hon fod yn destun proses ddethol os yw'r niferoedd cofrestru cystadleuwyr yn fwy na chapasiti'r lleoliad cynnal. Lle nodir bod capasiti ar gyfer y gystadleuaeth, gellir gwahodd cystadleuwyr wrth gefn i gystadlu.

Bydd y penderfyniad yn cael ei wneud yn dilyn ymgynghoriad rhwng Cystadleuaeth Sgiliau Cymru ac arweinydd y gystadleuaeth ar ôl i'r cofrestru gau. Bydd pob parti yn cael gwybod am unrhyw newidiadau.

I gael rhagor o arweiniad ar y capasiti hyn, [cliciwch yma](https://inspiringskills.gov.wales/competitions/competition-registration-guide)

**Briff**

Bydd cystadleuwyr yn cael cyflwyniad 10 munud i'r amgylchedd i ofyn cwestiynau; yna 1 awr arall i gwblhau'r tri gweithgaredd. Bydd y cynnwys a’r gweithgareddau penodol o’r gystadleuaeth yn cael eu hamlinellu ar y diwrnod. Bydd yr holl adnoddau sydd eu hangen ar gyfer pob gweithgaredd yn cael eu darparu.

**Gweithgaredd 1: Nodi Risgiau a Pheryglon**

Tasg unigol: hyd at 20 munud

Bydd cystadleuwyr yn cael eu harwain i ystafell wely efelychiadol a ddefnyddir gan ddefnyddiwr gwasanaeth a gofynnir iddynt nodi chwe pherygl. Gofynnir i gystadleuwyr nodi ac egluro unrhyw risgiau posibl a achosir gan yr holl Beryglon a nodwyd, gan nodi eu canfyddiadau mewn asesiad risg syml.

**Gweithgaredd 2: Arddangosiad Golchi Dwylo**

Tasg unigol: hyd at 10 munud

Gofynnir i gystadleuwyr gwblhau gweithdrefn 'golchi dwylo' gan ddefnyddio'r dechneg a argymhellir gan y [GIG](https://www.nhs.uk/live-well/best-way-to-wash-your-hands/). Bydd sylwebaeth yn dangos dealltwriaeth o bob cam.

**Gweithgaredd 3: Cefnogi Defnyddiwr Gwasanaeth sy'n llysieuwr(aig) i wneud dewis iach oddi ar fwydlen cinio 2 gwrs.**

Tasg unigol: hyd at 30 munud.

Mae'n ofynnol i gystadleuwyr gefnogi defnyddiwr gwasanaeth sydd ag amhariad bychan ar y clyw ac sy'n llysieuwr(aig) i ddewis cinio 2 gwrs oddi ar fwydlen.

Darperir bwydlen ysgrifenedig, sydd hefyd yn dangos lluniau o'r dewisiadau bwyd a diod sydd ar gael. Bydd angen i'r cystadleuydd ymgysylltu â'r defnyddiwr gwasanaeth mewn sgwrs, gan gofio am yr amhariad clyw. Mae eu dulliau cyfathrebu yn bwysig yn y dasg hon.

Pan fydd y defnyddiwr gwasanaeth yn dewis bwyd a diod, bydd angen i'r cystadleuydd ystyried a yw eu dewisiadau yn briodol h.y. dewisiadau llysieuol/dewisiadau iach a bod maint y dogn hefyd yn briodol. Dylid cynnig arweiniad ac awgrymiadau os yw'r defnyddiwr gwasanaeth yn dewis bwyd neu ddiod anaddas. Darperir cerdyn dewisiadau bwydlen er mwyn i'r cystadleuydd dicio'r dewisiadau a'r dognau.

Ar ôl dewis, gofynnir i'r cystadleuydd egluro pam mae'r dewisiadau yn briodol. Bydd eu hymatebion yn cael eu nodi gan y beirniad sy'n chwarae rôl y defnyddiwr gwasanaeth.

Os bydd y cystadleuydd yn cyflawni'r dasg hon yn Saesneg, bydd disgwyl iddo/iddi ddefnyddio rhywfaint o Gymraeg. Bydd yr holl adnoddau yn cael eu darparu'n ddwyieithog a gall dysgwyr gwblhau'r tasgau yn y Gymraeg neu'r Saesneg.

Mae briffiau cystadleuaeth flaenorol ar gael i'w gweld a'u llwytho o’r wefan Cystadleuaeth Sgiliau Cymru, [cliciwch yma](https://inspiringskills.gov.wales/competitions/inclusive-skills-health-and-social-care/archives) i gael mynediad iddynt.

**Rhestr Seilwaith:**

Bydd yr holl adnoddau sydd eu hangen yn cael eu darparu yn y lleoliad

**Rheolau’r Gystadleuaeth:**

Am yr holl delerau ac amodau ynghylch ymgeisio a rheolau cystadlu [ewch i](https://inspiringskills.gov.wales/terms/registrations-terms-and-conditions?lang=cy)

**Rheolau sy'n benodol i’r gystadleuaeth hon:**

Dylai cystadleuwyr wisgo'n briodol: Gwallt wedi'i glymu'n ôl, esgidiau gwastad, dim tyllau hwyneb, clustdlysau styden yn unig, dim dillad rhydd a all gael ei ddal mewn unrhyw offer.

Dylai safon y wisg fod yn lân ac yn smart.

Rheolau cyffredinol y gystadleuaeth

* Dylai ffonau symudol gael eu diffodd yn ystod gweithgareddau’r gystadleuaeth.
* Ni chaniateir gwrando ar gerddoriaeth drwy glustffonau yn ystod gweithgareddau'r gystadleuaeth.
* Dylai unrhyw gwestiynau yn ystod gweithgareddau’r gystadleuaeth gael eu gofyn i banel beirniadu'r gystadleuaeth.
* Ni ddylai cystadleuwyr gyfathrebu â chystadleuwyr eraill yn ystod gweithgareddau’r gystadleuaeth.
* Cyfrifoldeb unigol pob cystadleuydd yw cyrraedd ar amser ar gyfer pob sesiwn cystadlu. Ni chaniateir amser ychwanegol os byddwch yn cyrraedd yn hwyr.
* Dylai rhoi gwybod i'r panel beirniadu am fethiant technegol eich offer ar unwaith. Bydd amser ychwanegol yn cael ei neilltuo os yw'r nam y tu hwnt i reolaeth y cystadleuydd.

**Marcio ac Asesu**

Bydd tîm o arbenigwyr o'r Diwydiant, Addysg Bellach neu o’r Darparwr Hyfforddiant yn marcio ac yn beirniadu'r gystadleuaeth hon, gan ddefnyddio meini prawf marcio a marciau sydd wedi'u gosod i sicrhau cysondeb.

| **Gweithgaredd** | **Disgrifiad** | **Marciau a ddyfarnwyd** |
| --- | --- | --- |
| **Gweithgaredd 1**: Nodi risgiau a Pheryglon | Nodi 6 perygl, esbonio risgiau posibl a chwblhau asesiad risg.  | 25% |
| **Gweithgaredd 2**: Arddangosiad golchi dwylon | Techneg, esboniad a dealltwriaeth o'r broses.  | 25% |
| **Gweithgaredd 3**: Cefnogi Defnyddiwr Gwasanaeth | Cwrdd â gofynion y defnyddiwr gwasanaeth, priodoldeb dewisiadau, sgiliau cyfathrebu esboniad. | 45% |
| Cymraeg Achlysurol | Defnyddio Cymraeg Achlysurol o fewn gweithgaredd 3 | 5% |
|  | **Cyfanswm** | **100%** |

**Adborth a Chydnabyddiaeth**

Darperir adborth llafar yn unigol ac mewn grŵp ar ddiwedd y gystadleuaeth.

Ni fydd unrhyw ganlyniadau na gwobrau yn cael eu rhoi ar y diwrnod gan y bydd y marcio’n cynnwys elfen sicrwydd ansawdd.

Bydd pob cystadleuydd yn cael Tystysgrif Cyfranogi ar ddiwrnod y gystadleuaeth. Bydd gwobrau cyntaf, ail, trydydd a chanmoliaeth uchel yn cael eu cyhoeddi yn ystod y digwyddiad dathlu. Mae'r wobr canmoliaeth uchel yn cydnabod yr holl gystadleuwyr sydd wedi cyflawni sgôr uwch na'r cyfartaledd. Cynhelir y digwyddiad dathlu ar Dydd Mercher 18 Mawrth 2026, bydd manylion pellach yn cael eu rhoi i gystadleuwyr a'u pwyntiau cyswllt trwy e-bost.

Bydd taflenni marciau ar gael ar gais drwy info@skillscompetitionwales.ac.uk i gystadleuwyr ar ôl y digwyddiad dathlu.

**Arweinydd y Gystadleuaeth**

**Prif gyswllt:**

Victoria Davies

victoria.davies@colegsirgar.ac.uk

**Ein partneriaid**

Mae'r gystadleuaeth hon yn cael ei chyflwyno mewn partneriaeth â

