



2025 North West Regional Skills Canada Competition

Contest Description

Fairview High School

April 10 & 11, 2025

EVENT: Fashion Technology		LEVEL: Secondary
DURATION OF CONTEST: 6 HOURS		LOCATION: Fairview High School (FHS) – Home Economics Lab
COMPETITION SCHEDULE:		REGIONALIZED: NO If YES, To compete at the Provincial Skills Canada Competition students must qualify at their Regional Skills Canada Competition.
ORIENTATION	April 10 th @ 6:00pm	
COMPETITION	April 11 th 9:00am – 12:00pm	
LUNCH	12:00pm – 12:30pm	
COMPETITION	12:30pm – 3:30pm	
JUDGING	3:30pm – 5:30pm	
ORIENTATION IS MANDATORY: Should a competitor not attend orientation they will be disqualified from the competition.		
AWARDS CEREMONY INFORMATION: April 11 th @ 6 pm in the NWP Fairview Campus Theatre		

CONTEST INTRODUCTION

To assess the contestant’s ability in sewing construction related to the field of fashion technology.

PROJECT DESCRIPTION

- Competitors will choose their own pattern for the competition. **Pattern choices need to be submitted to the committee NO LATER than March 15 for their approval** prior to the competition. Competitors are encouraged to submit their pattern as soon as it has been selected/created.
 - Email pattern selection to Amoskalyk@nwpolytech.ca for approval. Approvals will be completed within 2 business days. Those not approved will have reasoning included.
- Patterns/designs chosen by the students may be either a store-bought pattern or one drafted by the participant as long as it meets the following criteria:
 - Can be sewn during the allotted competition time.
 - Is a top/shirt that has sleeves, a closure, and one additional design feature (ex. colour blocking, ruffles, decorative elements, etc.)
 - Is a design that will highlight the participant’s skill level.
- Competitors should arrive with pattern pinned and ready to cut on the morning of the contest. Competitors will be given time to layout their pattern so that it can be judged prior to the competition start time. **DO NOT** cut prior to the competition.





- The **Garment Information Sheet** (see below) must accompany your pattern layout on the morning of the competition. Please **staple a 2 inch by 2-inch swatch of the fabric** you are using to the Garment Information Sheet.
- A fashion illustration or technical drawing must accompany your pattern layout on the morning of the competition. The illustration/technical drawing **must clearly** show all the construction details of the garment (seams, topstitching, closures, decorative elements, etc.) and can be drawn using the croquis found at <https://skillsalberta.com/wp-content/uploads/2022/10/PSCC-Watermark.pdf> if desired. The illustration/technical drawing will not be judged but will give the judges a clear vision of your chosen design that will assist in the process.
- Students are encouraged to sew a practice garment at home or school, in order to establish assembly techniques and timelines for completion.
- Competition support will be available in the room throughout the contest. Competition support may be approached with questions about machine issues but should not be relied upon to provide garment construction support.
 - **Supervisors for these competitors are expected to remain at FHS and be prepared to help with any equipment malfunctions if necessary.**
- It is recommended that competitors label all equipment. NWP and FHS are not responsible for any equipment.
- Visitors (including friends, family members, classmates, and teachers, etc.) will not be allowed to enter competition rooms without permission from the Competition Support in the room. Communication with competitors could result in points being deducted from the competitor's final score.

EQUIPMENT & MATERIALS

Equipment and Materials Competitors Must Supply:

- Pattern of competitor's choice – vetted per above
- Sewing machine, needles, thread, and bobbins
- Serger
- Iron and ironing board with cover; water if necessary
- A power bar and/or extension cord is required
- Fabric
 - price of fabric is NOT to exceed \$30.00 per meter
 - fabric choice is a main fabric
- Equipment and supplies needed to construct garment (e.g.: tape measure, pins, scissors, marking equipment, etc.)
- Appropriate hanger to display your garment
- Please label all personal equipment
- **Optional:** Sealed water bottle (must not be able to spill). NO other beverages are allowed. NO food is allowed.





Equipment and Materials Supplied by the Committee:

- Back up serger
- A station for each competitor including:
 - 3 ft. by 6 ft. table
 - Chair
 - Electrical outlet (students must bring their own extension cords and/or power bar as not all electrical outlets are directly beside the students' table)

JUDGING CRITERIA

Competitors will be judged on:

- Pattern layout
- Garment information sheet
- Construction – stitches
- Construction – seams
- Construction – sleeves
- Construction – closure
- Construction – design feature
- Finishing – pressing
- Finishing – presentation
- Level of difficulty*

* Participants are encouraged to attempt something that will challenge their abilities vs something that is too easy for their skill level. The committee would rather see a competitor attempt something a little bit harder and have some minor issues with it than to perfectly sew something below their skill level.

See judging sheet below on page 6 & 7 for further detail.

RELATED CAREER AND TECHNOLOGY STUDIES COURSES

Descriptions of all modules are located at the following website:

<https://education.alberta.ca/career-and-technology-studies/programs-of-study/>

CLOTHING REQUIREMENT

It is important that competitors present a professional image and appearance:

- Appropriate work clothing must be worn to compete including no open-toed shoes, no cloth or knit shoes. All clothing must be neat and clean and free of rips and tears. Casual wear such as shorts will not be permitted. No loose-fitting clothes or jewelry.
- Cell phones are not allowed in the competition area.
- Students who wish to listen to music while they work will be allowed to bring in headphones and iPods, mP3 players, etc. as long as the device does not have internet browsing capabilities. Competition assistants may ask to see the device to ensure it complies with requirements.





SAFETY

The health, safety and welfare of all individuals involved with Skills Canada Alberta are of vital importance. Safety is a condition of participation with Skills Canada Alberta and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committees, any competitor can be denied the right to participate should they not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.

ADDITIONAL INFORMATION

Lunch will be provided for all competitors. Unfortunately, all allergies may not be able to be accommodated for. Please connect with the local Regional Coordinator for more information.

Regulations & Policies: A copy of the Skills Canada Alberta Regional Regulations & Policies can be found at the following link: <http://www.skillsalberta.com/policies-and-procedures>

COMMITTEE MEMBERS

Nan Nelson	Tech Committee Chair
Mary Reynolds	Retired Home Economics Teacher





Garment Information Sheet

Please complete the following questionnaire. **Staple a 2 inch by 2 inch swatch** of your fabric to it. Submit these documents along with your pattern layout on the morning of the competition.

Please describe the type of fabric (fibre content & fabric type) you have selected to construct this garment.

Please explain why this fabric is an appropriate choice for this pattern.

Based upon your fabric choice, please explain the care requirements for your garment.

Seam allowance: _____ in/cm

Hem allowance: _____ in/cm

Cost Analysis: The purpose of this section is to allow you to compare the cost of creating a garment to the cost of purchasing it.

Fabric Cost (for one garment)

\$ _____ (A)

Notions (including thread, closures, trims, etc)

\$ _____ (B)

Labour – Production

\$ _____ (C)

(Based on 5-hour competition time and \$15/hour)

Total (A+B+C)



Judging Sheet						
Competitor #:						
	Excellent 4	Great 3	Proficient 2	Needs Work 1	Incomplete 0	N/A
Pattern Layout						
Efficient use of fabric						
Grain lines positioned properly						
Fabric patterns line up						
Nap of fabric is observed						
Stretch of fabric is observed						
Garment Information Sheet						
Fabric sample						
Type of fabric – content, weave, knit						
Fabric appropriate to the design; explanation						
Washing instructions included/appropriate						
Appropriate thread colour for construction						
Appropriate thread colour for finishes						
Cost Analysis – fabric, notions, labour, total						
Construction – Stitches						
Stitch length appropriate for fabric						
Consistency of stitch						
Correct and consistent tension						
Construction – Seams						
Straight and consistent seam allowance						
Flatness of finished seam						
Appropriate choice of seam finishes						
Seam finishes properly executed						
Topstitching correct and straight if done						
Construction – Sleeves						
Attached to body correctly						
Hem of sleeve executed cleanly and appropriately						

Construction – Design Feature						
Constructed properly						
Appropriate placement						
Degree to which it enhances the appearance of the garment						
Finishing – Pressing						
All seams						
Finishing – Presentation						
All threads are clipped close						
Hanger appeal						
Fabric appropriate to skill level						
Level of challenge and complexity						
Judges' Comments						