

Healthy Lifestyle Competitor Orientation



IT IS THE RESPONSIBILITY OF THE COMPETITOR TO KNOW AND FOLLOW THE EVENT GUIDELINES AND [TEXAS HOSA GENERAL RULES AND REGULATIONS](#).

FOR COMPLETE GUIDELINES, REFER TO WWW.HOSA.ORG

FOR TEXAS HOSA AREA SPRING LEADERSHIP CONFERENCE, THE COMPETITOR WILL PROVIDE

- [Photo ID](#)
- Portfolio
- Index cards or electronic notecards (optional)

COMPETITOR RESPONSIBILITIES

- Competitors will report to the event room no more than 15 minutes before their appointment time.
- Competitors should bring any items listed in the “Competitors Must Provide” box found above.
- **NOTE: The Healthy Lifestyle portfolio is no longer uploaded to Tallo.**
- Competitors should wait after their interview with the judges to receive their original portfolio.

APPOINTMENT TIMES

- **There will be no holding room for this event.** An appointment time will be assigned to each competitor qualifying as a finalist and will be posted in hard copy outside the Competitive Event Headquarters.

EVENT PROCESS – REFER TO THE HEALTHY LIFESTYLE EVENT GUIDELINES AT WWW.HOSA.ORG

TEXAS HOSA ELECTRONIC DEVICES POLICY

- While competitors can have their cell phones, smart watches, etc with them, they must be in the off position and stored with their personal items. The competitor may not touch the devices at any time during the event. There will be consequences for doing so. Be sure to turn off your devices and put them away before entering the room. **EXCEPTION: use of cell phone for electronic note cards.**

Click [HERE](#) for the Texas HOSA General Rules & Regulations (TxGRRs)