



Oxford Cambridge and RSA

Wednesday 15 January 2020 – Afternoon

Level 3 Cambridge Technical in Sport and Physical Activity

05828/05829/05872

Unit 4: Working safely in sport, exercise, health and leisure

Time allowed: 1 hour 30 minutes plus your additional time allowance

No extra materials are needed.

Modified Enlarged 18 pt

Please write clearly in black ink.

Centre number

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Candidate number

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First name(s) _____

Last name _____

Date of birth

D	D	M	M	Y	Y	Y	Y
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INSTRUCTIONS

Use black ink. You can use an HB pencil, but only for graphs and diagrams.

Answer **ALL** the questions.

Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.

INFORMATION

The total mark for this paper is 70.

The marks for each question are shown in brackets [].

Quality of written communication will be assessed in the question marked with an asterisk(*).

ADVICE

Read each question carefully before you start your answer.

SECTION A

Answer ALL the questions.

- 1 CCTV is a type of security used in a leisure setting. Identify THREE others.**

1 _____

2 _____

3 _____

[3]

- 2 Give the full name of the following acronym relating to health and safety legislation in sport.**

DBS _____ [1]

- 3 Which one of these is a key health and safety document that is relevant to sport, exercise, health and leisure organisations.**

Put a tick (✓) in the box next to the correct answer. [1]

- (a) Equipment order form
- (b) Emergency action plan
- (c) Customer feedback form
- (d) Exercise class timetable

☐☐☐☐

4 State ONE piece of information that might be reported on an accident report form.

_____ [1]

5 Describe THREE responsibilities of a fire officer at a leisure centre.

1 _____

2 _____

3 _____

[3]

6 Identify TWO responsibilities of a gym instructor when dealing with an emergency.

1 _____

2 _____

[2]

7 Give THREE examples of how hazards could occur in a communal area in a leisure centre.

1 _____

2 _____

3 _____

[3]

8 Describe TWO ways of protecting sports coaches from allegations of abuse.

1 _____

2 _____

[2]

9 Identify THREE responsibilities of a first aider.

1 _____

2 _____

3 _____

[3]

10 Give ONE example of a sign that a child or vulnerable adult may be suffering from neglect.

_____ [1]

SECTION B

Answer ALL the questions.

11 Sam is a lifeguard at her local swimming pool. Sam receives regular training so that she understands how to follow the normal and emergency action procedures at the pool.

(a) Describe the evacuation procedures that Sam should follow when the fire alarm sounds.

[4]

The table below contains information about emergency situations that Sam might encounter.

(b) Complete the blanks in the table, giving either the situation that is being responded to or the appropriate emergency response. [4]

Situation	Emergency response
An individual has fallen at the poolside and cut their elbow.	1.
2.	Evacuate the pool and perform a water test before allowing swimmers to return.
A young child is out of their depth and struggling to stay afloat.	3.
4.	Complete a RIDDOR report

12 Grant is a trampolining coach at a sports centre. He has a responsibility to minimise the risk to all of his participants.

(a) Suggest FOUR ways that Grant could minimise risk for his participants, giving an example for each.

[8]

(b) Grant has to complete maintenance and service checks on his trampoline equipment.

Describe FOUR possible consequences if Grant does not complete maintenance and service checks.

[4]

13 Kate runs hockey sessions on the astro turf pitch at the leisure centre she works at. She is responsible for the safety of her clients when they participate.

(a) Describe how she prepares the environment to keep her participants safe.

[4]

(b)* Using examples, describe the different types of emergencies that may occur during Kate's hockey sessions and how Kate should respond to them. [8]

14 (a) Describe how a first aider would deal with a casualty that is in shock.

(b) Identify and describe TWO methods that are used to protect the personal property of customers in a gym.

Method _____

Describe how this protects property _____

Method _____

Describe how this protects property _____

_____ [4]

15 Drew delivers circuit training sessions for children at his local leisure centre. Safeguarding is a vital part of his ongoing staff training.

(a) (i) Describe the types of abuse that Drew needs to be aware of.

_____ [3]

- (ii) Drew suspects that one of the children who attends circuit training may be suffering from abuse, but he is not sure what to do next.

Suggest THREE sources of information or advice about what he should do.

[3]

(b) Drew has to be aware of any environmental hazards that could occur during his sessions.

Identify TWO environmental hazards and explain how to minimise the risk of each.

Environmental hazard _____

How to minimise risk _____

Environmental hazard _____

How to minimise risk _____

[4]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

If additional answer space is required, you should use the following lined pages. The question numbers must be clearly shown – for example, 1 or 11(a).

This image shows a single page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper.



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