

# Modified Enlarged 18 pt

# OXFORD CAMBRIDGE AND RSA EXAMINATIONS

## Monday 17 January 2022 – 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.

**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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**READ INSTRUCTIONS OVERLEAF**

## **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 questions marked with an asterisk (\*).**

## **ADVICE**

**Read each question carefully before you start your answer.**

**SECTION A**

**Answer ALL the questions.**

- 1 Providers of sport, exercise, leisure and health activities must meet the requirements of the Health and Safety (First Aid) Regulations to keep employees and customers safe.**

**Identify THREE requirements of these regulations.**

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

**3** \_\_\_\_\_

\_\_\_\_\_

**[3]**

- 2 If a child makes a disclosure to a coach about physical abuse, who should the coach inform? [1]**

**Put a tick (✓) in the box next to the ONE correct answer.**

**A Another coach**

☐

**B Safeguarding officer**

☐

**C The child's parent/carer**

☐

**D The child's teacher**

☐

- 3 Monitoring hazards is one role and responsibility of a lifeguard in risk management.  
Give TWO others.**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**[2]**

- 4 Name ONE piece of documentation in risk management.**

\_\_\_\_\_  
**[1]**

- 5 Give ONE reason why a gymnastics coach who works at several primary schools might use a dynamic risk assessment.**

\_\_\_\_\_  
\_\_\_\_\_  
**[1]**

- 6 Identify TWO pieces of guidance that a first aider would find on the leaflet in a first aid kit.**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**[2]**

**7 Give TWO reasons why a first aider would use disposable gloves.**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**[2]**

**8 The table below contains information about three pieces of health and safety legislation. Complete the blanks in the table by providing the name of the legislation that links to each statement. [3]**

<b>Statement</b>	<b>Legislation</b>
<b>The use of chemicals for swimming pools</b>	
<b>Notification of a person suffering a life-threatening injury</b>	
<b>The installation of an accessibility lift on poolside</b>	

**9 Describe TWO ways that special population groups can be supported in an emergency evacuation.**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**[2]**

**10 Use the word bank below to complete the following sentences about emergency situations in a leisure centre.**

<b>fire service</b>	<b>receptionist</b>
<b>safeguarding officer</b>	<b>manager</b>
<b>café staff</b>	<b>fitness instructor</b>
<b>police</b>	<b>first aider</b>

**During an emergency in a leisure centre,  
the \_\_\_\_\_ should make any  
PA announcements.**

**The responsibility for co-ordinating staff lies with  
the \_\_\_\_\_ .**

**A \_\_\_\_\_ will prevent further  
harm to people. [3]**

**SECTION B**

**Answer ALL the questions.**

**11 Jamie works as the head fitness coach at a college and runs fitness sessions in various environments to improve the general and sport-specific fitness of his students.**

**(a) A type of emergency situation which Jamie might have to deal with is a missing person.**

**(i) Give TWO examples of how a missing person incident might happen.**

**1**

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**2**

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**[2]**

**(ii) Describe TWO ways in which Jamie can minimise the risk of a missing person incident happening.**

**1**

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**2**

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**[2]**

**(b) Give reasons why the college will have the following security procedures.**

**Keeping records secure** \_\_\_\_\_

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**CCTV** \_\_\_\_\_

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**[4]**

**(c) Describe FOUR control measures that Jamie would put into place in a weights session to ensure the safety of his participants.**

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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**3** \_\_\_\_\_

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**4** \_\_\_\_\_

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**[4]**



**(d) Identify whether each of the following statements about safeguarding requirements is TRUE or FALSE. [4]**

<b>Statement</b>	<b>True or False?</b>
<b>Jamie has to be the safeguarding lead at the college.</b>	
<b>Sensitive pupil information might have to be shared with other organisations.</b>	
<b>All safeguarding issues must be reported in line with RIDDOR.</b>	
<b>All staff must be appointed through a safeguarding agency.</b>	

**(e) Jamie is involved in employing coaching staff as a part of his role as head coach in the college.**

**Discuss what Jamie needs to consider in terms of safety when employing coaching staff, including:**

## his own responsibilities

**the responsibilities the coaches will have. [6]**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**Fig. 12.1 shows some data about accidents which have happened across a number of sports and leisure facilities in a local area.**

Fig. 12.1

<b>Top 5 places injuries happen:</b> <b>1. Sports hall</b> <b>2. Swimming pool</b> <b>3. Changing rooms</b> <b>4. Soft play area</b> <b>5. Fitness studio</b>	<b>5 most frequent injuries:</b> <b>1. Bruise</b> <b>2. Cut/graze</b> <b>3. Sprain</b> <b>4. Nose bleed</b> <b>5. Head injury</b>	<b>Treatment required:</b> <b>80% needed first aid only</b> <b>13% had to attend hospital</b> <b>7% required an ambulance</b>
<b>Top 5 causes of injury:</b>	<b>Examples of these causes of injury:</b>	
<b>1. Contact with an object</b>	<b>Being hit by a ball/racket/bat</b>	
<b>2. Slip or trip causing a fall</b>	<b>Slipping on wet floor / tripping on a step</b>	
<b>3. Sporting injury during activity</b>	<b>Pulling a muscle or over-stretching during the activity</b>	
<b>4. Collision/contact with another person</b>	<b>Two players bumping into each other during 5-a-side football</b>	
<b>5. Collision/contact with a wall</b>	<b>Bumping into end of pool when swimming backstroke / running into wall after chasing a shot in badminton</b>	
<b>Age of those injured:</b> <b>0 – 7 years = 25%</b> <b>8 – 15 years = 35%</b> <b>16 – 30 years = 20%</b> <b>31 – 55 years = 7%</b> <b>Over 55s = 13%</b>	<b>Role of those injured:</b> <b>Customers = 80%</b> <b>Staff = 18%</b> <b>Other visitors (e.g. cleaners) = 2%</b>	<b>Gender of those injured:</b> <b>58% males</b> <b>35% females</b> <b>7% not recorded / not known</b>

**12\* Ingrid is the manager of a newly opened leisure centre in the same local area that the data in Fig. 12.1 is from.**

**Ingrid is keen to ensure that accidents are kept to a minimum in her centre.**

**Using the data from Fig. 12.1, explain what Ingrid can do to try to achieve the best safety record possible.**

**Your answer should consider:**

**factors which seem to influence which accidents are most likely to occur, and to whom**

**things which Ingrid should prioritise**

**actions Ingrid can take to minimise risk in these areas. [8]**

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**Fig. 13.1 shows a High Intensity Interval Training session. There are lots of exercise stations which participants move to, doing different activities at each. Some use equipment and floor mats. An instructor leads the session and tells people when it is time to move to the next exercise station.**

**Fig. 13.1**



**Source: <https://www.1610.org.uk/blog/hiit-training-exercise-can-be-accessible-anywhere/>**



**13 Identify FOUR potential hazards using Fig. 13.1.**

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

**3** \_\_\_\_\_

\_\_\_\_\_

**4** \_\_\_\_\_

\_\_\_\_\_

**[4]**

**14 Martin is a health and safety officer at an indoor tennis centre.**

**(a) Describe the emergency procedures that Martin will need to consider when planning for a situation in which the centre is evacuated.**

[illegible]

**(b) Describe FIVE aspects of Martin's role as a health and safety officer during an evacuation.**

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**[5]**

**15 (a) Accidents occur in a range of environments.**

**For each example of an accident shown below, tick (✓) the correct column for which environment it is most likely to occur in. [4]**

<b>Example of Accident</b>	<b>Sports Hall</b>	<b>Gym</b>	<b>Changing Room</b>	<b>Playing Fields</b>	<b>Café</b>
<b>Electric shock from hairdryer</b>					
<b>Burn or scalding with hot water</b>					
<b>Twisting an ankle on uneven ground</b>					
<b>Breaking a toe by dropping equipment</b>					

**(b) Describe TWO steps which can be taken to minimise the risk of accidents in communal areas such as a café.**

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**[2]**

**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 in the margins – for example, 11(a) or 14(b).**

[illegible]





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