

Modified Enlarged 18 pt

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Wednesday 8 June 2022 – Afternoon

Level 3 Cambridge Technical in Sport and Physical Activity

05828/05829/05872

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

Duration: 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**

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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 Link the member of staff to the responsibility that they would most likely take on during an emergency at a leisure centre. [3]

| Member of staff | Responsibility |
|-----------------|-----------------------------------|
| Lifeguard | Co-ordinating the assembly point |
| Receptionist | Making an announcement on the PA |
| Manager | Providing customers with blankets |

- 2 What does the acronym RIDDOR stand for?

_____ [1]

- 3 Give TWO examples of when a RIDDOR report should be completed.

1 _____

2 _____

[2]

- 4 RIDDOR is a type of health and safety legislation used in sport, exercise, health and leisure. Identify THREE others.**

1 _____

2 _____

3 _____

[3]

- 5 Identify THREE safeguarding policies or procedures that are used in sports centres.**

1 _____

2 _____

3 _____

[3]

- 6 Describe FOUR ways that a sports coach can effectively prepare equipment for sports sessions.**

1 _____

2 _____

3 _____

4 _____

[4]

For questions 7–10, complete the statements by adding the correct words in each space.

- 7 First aiders should prevent _____ in the recovery of a patient. [1]**
- 8 A first aider should _____ the situation and circumstances in order to act safely, promptly and effectively in an emergency. [1]**
- 9 First aiders should prevent _____ intervention. [1]**
- 10 A first aid kit should contain at least three pairs of _____ . [1]**

SECTION B

Answer ALL the questions.

- 11 (a) TABLE 11 below shows some of the minimum requirements for the contents of a first aid box according to the Health and Safety Executive (HSE).

Some of the items have been described incorrectly.

Circle the THREE boxes containing the incorrect items. [3]

TABLE 11

| | | |
|--|--|---------------------------|
| Six medium-sized, individually wrapped, sterile, unmedicated wound dressings | Eight safety pins | Two sterile eye pads |
| Leaflet giving general guidance on first aid | An individually wrapped triangular bandage, preferably sterile | Two large wound dressings |

(b) Give TWO examples of each of the following types of abuse.

Physical

1 _____

2 _____

Emotional

1 _____

2 _____

[4]

(c) Describe steps that a sports coach should take if they suspect that one of their participants is being abused.

_____ **[3]**

12* Jasper is a manager of a busy sports centre with lots of activities for both adults and children. Jasper coaches some junior football sessions as part of his role.

Explain how Jasper keeps both the staff and the customers at his sports centre safe. [8]

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.

13 Alannah and Natalie are lifeguards at Water World - a swimming centre in a large holiday resort.

Water World has two swimming pools, a wave machine, three slides and a toddler area.

(a) Identify and give examples of THREE different types of accidents which might occur in and around the pool area.

Accident 1 _____

Description _____

Accident 2 _____

Description _____

Accident 3 _____

Description _____

- (b) While Alannah was on duty as the senior lifeguard, a swimmer slipped when heading towards the pool and sustained a twisted ankle. Alannah had to complete an accident form.**

Name FIVE things that should be recorded on an accident form.

- 1** _____
- 2** _____
- 3** _____
- 4** _____
- 5** _____

[5]

- (c) An adult is choking in the reception area of the swimming centre.**

Describe how the first aider should respond to this.

[illegible]

- 14 (a) Greeta is a yoga teacher. She delivers yoga classes to groups of people in schools, leisure centres, village halls and health clubs.**

Greeta has to complete risk assessments for her classes. The 3rd stage of a risk assessment is 'evaluate risk and decide upon control measures'.

Describe FOUR other stages of a risk assessment.

1 _____

2 _____

3 _____

4 _____

[4]

(c) Indicate whether the following statements are true or false by circling your chosen answer.

- (i) Dog faeces is an example of a chemical hazard which might be found on a sports field.**

True / False [1]

- (ii) 'Evacuation procedures' is a type of key documentation in risk management.**

True / False [1]

- (iii) Fatigue is a psychological hazard which could occur in a sports session.**

True / False [1]

15 Describe how an assistant coach would deal with a fire in the changing rooms of an indoor tennis centre.

[illegible]

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, 12 or 14(a).

[illegible]



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