

Modified Enlarged 18 pt

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Monday 16 January 2023 – 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 Identify TWO types of risk assessment.

1 _____

2 _____
[2]

2 Identify TWO steps in a risk assessment.

1 _____

2 _____
[2]

3 A risk assessment is one type of health and safety document that is used in a sport setting.

Name TWO others.

1 _____

2 _____
[2]

4 Identify THREE roles and responsibilities of a health and safety officer at a gym.

1 _____

2 _____

3 _____
[3]

- 5 Describe the considerations of a gym manager when carrying out a needs assessment for first aid.**

[3]

- 6 Identify TWO considerations when administering Emergency First Aid at Work.**

1

2

[2]

- 7 A first aid kit needs to contain a minimum number of some items. It should have at least:**

Four

Three

Twenty

[3]

- 8 Identify ONE sport and leisure environment where an emergency might occur.**

[1]

9 Name a special population group.

_____ **[1]**

10 Identify ONE responsibility of the fire service during an emergency at a sports facility after staff have evacuated the building.

_____ **[1]**

SECTION B

Answer ALL the questions.

11 Ben is a group swimming instructor at a swimming pool which is located within the local leisure centre.

(a) Explain how the manager at the swimming pool can ensure that they follow the Equality Act in terms of access, facilities and staff.

Access _____

Facilities _____

Staff _____

[6]

Ben has a duty of care for his participants.

- (b) Describe FOUR ways that Ben can protect children and vulnerable adults in his planning and leading of group swimming sessions.**

[4]

- (c) Explain how Ben can protect himself from allegations of abuse.**

[4]

Ben suspects that one of his participants has been abused.

(d) Describe how Ben would deal with this suspected abuse.

[3]

(e) Identify THREE possible signs of physical abuse that Ben should be aware of.

1

2

3

[3]

12 Lexi is a sports coach at the same leisure centre as Ben.

(a) Describe FOUR ways in which Lexi would help participants in her sport session in an evacuation due to a gas leak.

[4]

- (b) When Lexi is coaching, she has certain roles and responsibilities to carry out as well as thinking about the health and safety of participants.

Give an example for each role or responsibility in TABLE 12. An example is completed for you. [3]

TABLE 12

Role or responsibility	Example
Motivator	Is enthusiastic and encourages the participants to get involved and try hard.
Planner	
Role model	
Fairness	

When Lexi plans a session she has to consider the participants' needs to ensure the session is as safe and successful as possible.

- (c) Identify THREE pieces of information that Lexi would need to find out about the participants to ensure her session was suitable.**

[3]

13* Sandy is the manager of a multi sports facility with a range of facilities, as shown in TABLE 13.

TABLE 13

Indoor facilities	Outdoor facilities
Climbing wall	3 grass football pitches
Gym with cardio and weight training equipment	Astro turf
Sports hall	Tennis courts

Using examples, discuss the different types of hazards that could occur at this facility.

Explain how Sandy could minimise the risks of these hazards occurring. [8]

- 14 (a) Indicate whether each of the following statements is TRUE or FALSE by putting a tick (✓) in the box. [3]

A RIDDOR report should be completed if a participant breaks their finger during a sports session.

True

☐

False

☐

Swimmers should quickly gather their clothes before evacuating to ensure that they stay warm.

True

☐

False

☐

In an emergency, a manager will delegate the role of coordinating staff to a receptionist.

True

☐

False

☐

(b) (i) What is the meaning of safeguarding?

[2]

(ii) Who does safeguarding apply to?

[1]

15 Use the word bank provided to complete the sentences below. [6]

DBS checks	public liability insurance	COSHH	PPE
risk assessment	emergency action plan	first aid report	RIDDOR
Data Protection Act	HSE	register of DBS checks	fire log

At a sports centre, there is a need for recording and reporting emergencies. If somebody has broken their leg, both a

_____ and a _____

report form will need to be completed.

In the event of a fire, then the _____ will

need to be updated. The centre will need to comply with

_____, particularly relating to

storage of chemicals used for cleaning.

They will also ensure that staff members are suitable to work with children and vulnerable adults by completing

_____ .

Finally, the centre will need to follow the

_____ with regards to storing the

personal information of customers and staff.

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 12(b).

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 is no text or other markings on the paper.



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