

**Modified Enlarged 24 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

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2

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**[2]**

**2 Identify TWO steps in a risk assessment.**

1

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2

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**[2]**

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

**Name TWO others.**

1

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2

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**[2]**

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

1

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2

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3

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**[3]**

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

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**[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]**

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

**[1]**

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**7**

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**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. [6]**

**Access** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Facilities** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Staff** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**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.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

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

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**[4]**

**Ben suspects that one of his participants has been abused.**

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

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**[3]**

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

**1** 

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**2** 

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**3** 

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**[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.**

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**[4]**

**13**

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**(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 opposite. An example is completed for you. [3]**

TABLE 12

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

**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.**

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**[3]**

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

**TABLE 13**

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

**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]**

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**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?**

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**[2]**

**(ii) Who does safeguarding apply to?**

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**[1]**

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

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

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).**

A vertical line is positioned on the left side of the page. To its right, there are 18 horizontal lines spaced evenly down the page, creating a ruled area for writing.









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