

**Modified Enlarged 18 pt**

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS**

**Tuesday 6 June 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.**

**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.**

**Answer ALL the questions.**

## **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**

**1 Identify the THREE emergency services.**

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

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

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

**[3]**

**2 Select ONE way in which staff can protect themselves from allegations of abuse.**

**Put a tick (✓) next to the ONE correct answer. [1]**

**A Avoiding 1:1 situations**

☐

**B Carrying out risk assessments**

☐

**C Having a DBS**

☐

**D Having an up-to-date first aid qualification**

☐

- 3 Explain TWO benefits of having a membership system to help ensure safety of staff and customers in a sports centre.**

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

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_ **[2]**

- 4 For each of the following health and safety documents, give ONE piece of information it would contain.**

**An example is done for you.**

**Accident form**

**Details of treatment given**

**Risk Assessment  
Form**

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**Evacuation  
procedure/EAP**

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**[2]**

- 5 Give ONE example of a psychological hazard, and ONE example of a chemical hazard that could occur in a leisure centre.**

**Psychological hazard:**

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**Chemical hazard:**

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**[2]**

- 6 For each of the following statements identify which health and safety legislation they refer to:**

**(i) personal information being stored securely and only kept for a set period of time.**

**Legislation: \_\_\_\_\_ [1]**

**(ii) provide access to the facility for everyone.**

**Legislation: \_\_\_\_\_ [1]**

- 7 Suggest TWO ways a sports centre could minimise the risk of accidents happening in the changing rooms.**

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

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

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**[2]**

**8 Give THREE examples of how a lifeguard could minimise risk.**

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

**[3]**

**9 What treatment would a first aider give to an unconscious casualty that isn't breathing?**

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

**10 A type of abuse a child could suffer is neglect.  
Give TWO signs of neglect.**

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

\_\_\_\_\_

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

\_\_\_\_\_ **[2]**

**SECTION B**

**11 A manager of a sports centre has a responsibility to ensure that COSHH regulations are adhered to.**

**(a) What does COSHH stand for?**

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

**(b) In relation to COSHH, explain what measures should be put into place to ensure the safety of staff and the sports centre users.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ **[3]**

**(c) RIDDOR is another example of health and safety legislation.**

**What does RIDDOR stand for?**

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

- (d) For each of the following scenarios identify if a RIDDOR report would need to be completed.**

**Put a tick (✓) in the box next to the correct answer. [3]**

- (i) A member of the public breaks their leg on the treadmill and must go to hospital.**

**True** ☐

**False** ☐

- (ii) A cook in the café becomes badly burnt when they spill boiling water down their arms and legs.**

**True** ☐

**False** ☐

- (iii) A customer slips on a wet floor in the changing rooms and sprains their ankle.**

**True** ☐

**False** ☐



**12 Oakenfield Fitness Centre is a multi-sports facility with a swimming pool and gym.**

**A big fire breaks out and the centre has to be evacuated.**

**(a)\* With reference to the different jobs within the centre, explain how each member of staff would carry out their roles and responsibilities to help deal with the emergency evacuation. [8]**

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**(b) Other than disabled people, give an example of a group that is classed as a specific population. Explain why it is important to consider the needs of this specific population group in an emergency evacuation.**

**(i) Specific population group:**

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**[1]**

**(ii) Why it is important:**

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**[1]**

- (c) Give TWO examples of how a disabled person's needs could be met in an emergency evacuation.**

1

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2

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**[2]**

- (d) The fire safety officer at Oakenfield Fitness Centre keeps an up-to-date fire log.**

**Identify TWO checks that should be carried out and that are recorded in the fire log.**

1

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2

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**[2]**

- (e) Other than a fire, give TWO other types of emergencies that could occur in the Oakenfield Fitness Centre multi-sports facility.**

1

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2

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**[2]**



- 13 The following transcript is a record of the conversation between an assistant sports coach and a child in a gymnastic training squad.

Child: Can I speak to you about something privately?

Assistant coach: Yes, what's the matter?

Child: You promise you won't tell anyone? I don't know what to do.

Assistant coach: Yes, I promise, I won't tell anyone. What is wrong?

Child: The coach keeps telling me if I don't lose weight then I'll never be good enough to compete at national level. He says I'm fat. He says I have to train more. I said I have schoolwork and have to look after my sister, but he said if I am not at training every night, he will drop me from the team.

Assistant coach: (laughs) Really? This can't be true. Does he hit you too?

Child: No.

Assistant coach: Leave it with me, I'll speak to him. You are good enough and you don't need to lose weight. Don't worry about it.

- (a) What type of abuse is the child saying has happened?

- (b) According to safeguarding procedures, the assistant coach doesn't deal with the situation correctly.**

**Identify TWO things that the assistant coach should NOT have done when dealing with the child reporting abuse.**

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

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

\_\_\_\_\_  
[2]

- (c) State TWO people or organisations that the assistant coach should now report this situation to.**

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

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

[2]

**14 A first aider is called to an incident on a rugby pitch. Two rugby players have collided in a tackle. One of them has a cut above their eyebrow and is complaining of a sore shoulder which may be dislocated.**

**(a) Explain how the first aider would assess the situation and ensure the safety of the injured players.**

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

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

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

**[3]**

**(b) The first aider gets the first aid kit, which meets the HSE minimum requirements.**

**Identify THREE items in the first aid kit that could be used to help treat the injuries the rugby players sustained.**

**Item 1:** \_\_\_\_\_

**Item 2:** \_\_\_\_\_

**Item 3:** \_\_\_\_\_

**[3]**



- (c) The first aider is completing the accident report form. The first aider describes the accident.

What other information would need to be added?

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[3]

- 15 A group of young sports leaders are planning to carry out tag rugby sessions for primary school children.

- (a) Name and justify the type of risk assessment they should complete.

Type of risk assessment:

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Justification:

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[2]

- (b) Before planning the sessions, the young leaders contacted the schools to find out information about the participants to ensure the sessions they planned were appropriate and safe.**

**Identify THREE pieces of information they should find out about the participants that will help them to plan safe and appropriate sessions.**

1

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2

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3

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**[3]**

- (c) Apart from slip and trip hazards, give THREE different examples of hazards that could occur in the sessions.**

1

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2

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3

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**[3]**

- (d) Other than a risk assessment, suggest **FOUR** steps the young leaders could take before and at the start of the sessions to minimise the risks and ensure the participants' safety.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

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

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