

Unit Title: Health, safety and welfare in a fitness environment

Level: 2
 Credit value: 2
 Guided learning hours: 16
 Unit expiry date: 31/12/2013

Unit purpose and aim

This unit covers the knowledge and understanding that instructors need to maintain health, safety and welfare in a fitness environment, including the safeguarding of children and vulnerable adults.

Learning Outcomes	Assessment Criteria	Knowledge, understanding and skills
1 Understand emergency procedures in a fitness environment	1.1 Identify the types of emergencies that may occur in a fitness environment 1.2 Describe the roles that different staff and external services play during an emergency 1.3 Explain the importance of following emergency procedures calmly and correctly 1.4 Describe how to maintain the safety of people involved in typical emergencies, including children, older people and disabled people	1.1 Fire, major accident/incident, power cut, bomb scare, gas leak , serious medical emergency of a participant, drowning. 1.2 Learners need to be able to outline key roles of staff such as: instructor, first aider/ lifeguard, responsibility for calling emergency services, , responsibility for evacuation procedures. And also the role of each of the main emergency services. 1.4 making sure people follow given evacuation procedures, keeping them away from the scene etc.

<p>2 Understand health and safety requirements in a fitness environment</p>	<p>2.1 Outline why health and safety is important in a fitness environment</p> <p>2.2 Identify the legal and regulatory requirements for health and safety relevant to working in a fitness environment</p> <p>2.3 Describe Duty of Care and professional role boundaries in relation to special population groups</p> <p>2.4 Identify the typical roles of individuals responsible for health and safety in a fitness organisation</p> <p>2.5 Describe the types of security procedures that may apply in a fitness environment</p> <p>2.6 Describe the key health and safety documents that are relevant in a fitness environment</p>	<p>2.2 <i>Legal:</i> Health and Safety at Work Act, RIDDOR, COSHH, Disability Discrimination Act (DDA), Manual Handling <i>Organisational:</i> Equal Opportunities (EOPS), Emergency Action Plans (EAPS), normal operating procedures (NOPS)</p> <p>2.3 Reasonable adjustments to the fitness environment expected. Additional services and support systems offered where appropriate. Equal treatment. Use of disclosure checks. Special population groups: People aged 14-16 Ante and post natal women Older people (50 plus) Disabled people</p> <p>2.4 First aider, manager, Health & Safety officer etc.</p> <p>2.5 Entrance to the gym, vetting procedures for staff, record security, valuable storage, CCTV, well lit car parks</p> <p>2.6 Risk assessment forms, incident/accident report forms, up to date maintenance records, evacuation procedures.</p>
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<p>3 Understand how to control risks in a fitness environment</p>	<p>3.1 Identify possible hazards in a fitness environment, relating to:</p> <ul style="list-style-type: none"> • facilities • equipment • working practices, including lifting and handling of equipment • client behaviour • security • hygiene <p>3.2 Describe how to risk assess the types of possible hazards in a fitness environment</p> <p>3.3 Describe how to control risks associated with hazards in a fitness environment</p> <p>3.4 Identify the appropriate person/position to contact within a fitness organisation when hazards and risks cannot be controlled personally</p>	<p>3.1 Identify clear awareness of known hazards (something with the potential to cause harm) and actively identify unknown hazards.</p> <p>3.2, 3.3 Form judgements about the extent of risks to a person's health and safety, identifying the future event, probability of the event occurring, consequences if the event happens and person's affected. Identify, the controls needed.</p> <p>3.4 Designated person with responsibility for health and safety. i.e. Health and safety officer, Centre Manager.</p>
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<p>4 Understand how to safeguard children and vulnerable adults</p>	<p>4.1 Describe what is meant by safeguarding the welfare of children and vulnerable adults</p> <p>4.2 Describe the responsibilities and limitations of a fitness instructor in regard to safeguarding children and vulnerable adults</p> <p>4.3 Identify the types of abuse which an instructor may encounter: physical, emotional, neglect, bullying and sexual</p> <p>4.4 Identify possible signs of abuse: physical, emotional, neglect, bullying and sexual</p> <p>4.5 Describe a fitness organisation's policies and procedures in relation to safeguarding children and vulnerable adults, including typical reporting procedures</p> <p>4.6 Describe the procedures to follow to protect oneself from accusations of abuse</p> <p>4.7 Identify the statutory agencies responsible for safeguarding children and vulnerable adults</p> <p>4.8 Explain when it may be necessary to contact statutory agencies</p> <p>4.9 Describe how to maintain the confidentiality of information relating to possible abuse</p>	
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Assessment

Evidence for this unit is generated through the candidate completing an OCR – set worksheet which is then assessed by the centre assessor. The assignment must be completed in full by the candidate and internally marked and verified by the centre before being sampled by the OCR External Verifier.

The assessment materials are available to download from the OCR website.

Evidence requirements

The OCR set worksheet fully meets all the learning outcomes and assessment criteria for this unit. Detailed assessment guidance is provided for centre assessors, outlining minimum requirements for each question. The OCR set worksheet is the only accepted form of evidence for this unit. The assignment should be stored in an appropriate candidate portfolio for access by the OCR External Verifier when requested.

Guidance on assessment and evidence requirements

Candidates are required to complete the OCR set worksheet. Assessors must then assess the work using the assessment guidance to ensure that candidates have fully met the assessment criteria for the unit.

Where candidates have access – related requirements, additional information on how to manage their assessment can be found in the OCR Centre handbook for this qualification.

Details of relationship between the unit and national occupational standards

Instructing Exercise and Fitness 2009 NOS

Resources

Access to OCR website.

Additional information

For further information regarding administration for this qualification, please refer to the OCR document '*Admin Guide: Vocational Qualifications*' (A850).