

## SAMPLE ASSESSMENT MATERIAL

# Level 3 Cambridge Technical in Sport and Physical Activity

05826/ 05827/ 05828/ 05829

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

## Date – Morning/Afternoon

Time Allowed: 1 hour 30 minutes



**You must have:**

- None

**You may use:**

- None

**Do not use:**

- None



First Name						Last Name					
Centre Number						Candidate Number					
Date of Birth											

### INSTRUCTIONS

- Use black ink.
- Complete the boxes above with your name, centre number and candidate number.
- Answer **all** the questions.
- Write your answer to each question in the space provided.
- Do **not** write in the bar codes.

### 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 the question marked with an \*
- This document consists of **16** pages.

Answer **all** questions.

**Section A**

1 Tick **three** items that must be in a first aid box

Sterile eye pads

Scissors

Disposable gloves

Unmedicated wound dressings

Arnica cream

**[3]**

2 Describe the role of a first aider.

.....

.....

.....

.....

.....

.....

..... **[3]**

3 Name **three** types of emergencies that could occur in the sport, exercise, health and leisure industry.

.....  
.....  
..... [3]

4 Give the name of a piece of legislation that deals with health and safety in the sport, exercise, health and leisure industry.

..... [1]

5 Describe the role of this legislation in ensuring safety in the sport, exercise, health and leisure industry.

.....  
.....  
.....  
..... [2]

6 Identify **two** possible hazards in the sport, exercise, health and leisure industry.

.....  
..... [2]

7 A Badminton club have come into a sports hall to start their evening matches and there is water on one of the courts.

Tick the **one** person who a member of the badminton club should report the hazard to.

Paramedic

Fire Brigade

Leisure centre staff

Police Officer

[1]

8 Neglect is a form of abuse.

**True** or **False** (circle your answer)

[1]





Asif is the manager on duty at the leisure centre when the fire alarm sounds. He is also a designated fire officer.

**(b)** Describe Asif's responsibilities in dealing with the fire alarm.

.....

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.....

..... [4]









**(b)** Explain why accident report forms are a key health and safety document in the sport, exercise, health and leisure industry.

.....

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..... [4]



**15** Explain how staff in the sport, exercise, health and leisure industry can protect themselves against allegations of abuse.

.....

.....

.....

..... [2]

**END OF QUESTION PAPER**

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**Sample Assessment Material**

**LEVEL 3 CAMBRIDGE TECHNICAL IN SPORT AND PHYSICAL ACTIVITY**

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

**MARK SCHEME**

**Duration:** 1 hour 30 minutes

**MAXIMUM MARK    70**

## Section A

Question	Answer	Marks	Guidance
1	<ul style="list-style-type: none"> <li>• sterile eye pads</li> <li>• disposable gloves</li> <li>• unmedicated wound dressings</li> </ul>	3	
2	<ul style="list-style-type: none"> <li>• Assess the situation quickly.</li> <li>• Ensure safety</li> <li>• Identify the nature of the injury or illness.</li> <li>• Manage the patient promptly and appropriately.</li> <li>• Organise bystanders.</li> <li>• Get help.</li> <li>• Gather and provide necessary information and, where possible, keep a written record.</li> <li>• Stay with the patient until help arrives.</li> </ul>	3	
3	<ul style="list-style-type: none"> <li>• First aid,</li> <li>• Accidents,</li> <li>• Fire</li> <li>• Missing person</li> <li>• Suspected bomb</li> <li>• Chemical spillage</li> <li>• Power cut</li> <li>• Drowning</li> <li>• Gas leak</li> </ul>	3	Take first 3 answers.
4	<ul style="list-style-type: none"> <li>• Disability Discrimination Act. (DDA),</li> <li>• Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995</li> <li>• Control Of Substances Hazardous to Health</li> <li>• Health and Safety Executive (HSE): Employer's responsibility, employer responsibility and fire safety.</li> </ul>	1	Do not accept acronyms i.e. RIDDOR

Question	Answer	Marks	Guidance
5	<ul style="list-style-type: none"> <li>• Disability Discrimination Act. (DDA) – ensures that appropriate measures are in place in relation to access, facilities, and staff training.</li> <li>• RIDDOR – legislates for what must be reported, types of reportable incidents, recording requirements.</li> <li>• COSHH: stipulates requirements in terms of identification of substances with the potential to cause harm, Personal protective equipment, Documents, What action to take in the event of an incident.</li> <li>• HSE – ensures clarity around employer’s responsibility, employer responsibility and fire safety.</li> </ul>	2	
6	<ul style="list-style-type: none"> <li>• Faulty Facilities</li> <li>• Faulty Equipment</li> <li>• Lack of Security</li> <li>• Unhygienic areas</li> <li>• Working practices, including lifting and handling of equipment</li> <li>• Bad client behaviour.</li> </ul>	2	
7	<ul style="list-style-type: none"> <li>• Leisure centre staff.</li> </ul>	1	
8	<ul style="list-style-type: none"> <li>• True</li> </ul>	1	

Question	Answer	Marks	Guidance
9	<ul style="list-style-type: none"> <li>• Unexplained recurrent injuries (including burns, cuts etc.)</li> <li>• Improbable excuses or refusal to explain injuries</li> <li>• Wearing clothes to cover injuries</li> <li>• Refusal to undress for exercise</li> <li>• Aggression towards others</li> <li>• Fear of physical contact</li> </ul>	3	
10	<ul style="list-style-type: none"> <li>• Child Protection and vulnerable adults (CPSU)</li> <li>• Social Services</li> <li>• National Governing Bodies (NGBs)</li> </ul>	1	Do not accept acronyms

## Section B

Question		Answer	Marks	Guidance
11	(a)	<ul style="list-style-type: none"> <li>• Switch off the music</li> <li>• Stop the fitness activity.</li> <li>• With the lifeguards get all the clients out of the pool.</li> <li>• Consider needs of specific populations (disabilities, older adult, and children).</li> <li>• Direct to a safe environment (fire assembly point)</li> <li>• Swimmers should not be allowed to go to the changing rooms to retrieve belongings.</li> <li>• Ensure appropriate procedures are in place. (Spare towels, blankets etc.)</li> <li>• Clients to only return when the fire brigade has given the all clear.</li> </ul>	4	No points awarded for contacting the fire brigade (ringing 999) as this wouldn't be their responsibility.
	(b)	<ul style="list-style-type: none"> <li>• Check his designated area is clear of people</li> <li>• Direct people to nearest fire exit where required</li> <li>• Contact emergency services/dial 999</li> <li>• Coordinate staff and ensure they are meeting their responsibilities</li> <li>• Take a register of all staff to ensure they have all cleared the building</li> <li>• Follow appropriate reporting methods after the incident</li> </ul>	4	
	(c)	<p>Indicative content:</p> <p>Numbered points are knowledge and understanding; bullet points are more developed points.</p> <ol style="list-style-type: none"> <li>1. Carrying out risk assessments and considering how risks could be reduced;</li> <li>2. Outlining safe operational procedures which identify and take account of all relevant hazards;</li> <li>3. Carrying out regular site inspections...</li> </ol>	8	<p><b>Level 3 (7-8 marks)</b></p> <p><b>A comprehensive answer:</b></p> <ul style="list-style-type: none"> <li>• Detailed knowledge and understanding</li> <li>• Effective analysis/evaluation and/or discussion/explanation/development</li> <li>• Clear and consistent practical application of knowledge</li> <li>• Accurate use of technical and specialist vocabulary</li> <li>• High standard of written communication.</li> </ul> <p><b>At Level 3 responses are likely to include:</b></p>

Question	Answer	Marks	Guidance
	<ul style="list-style-type: none"> <li>• ...to check policies and procedures are being properly implemented;</li> <li>4. Making changes to working practices that are safe and comply with legislation;</li> <li>• Preparing health and safety strategies and developing internal policy;</li> <li>• Leading in-house training with managers and employees about health and safety issues and risks;</li> <li>5. Keeping records of inspection findings and producing reports that suggest improvements;</li> <li>6. Recording of incidents and accidents...               <ul style="list-style-type: none"> <li>• ...and producing statistics for managers;</li> <li>• Being up to date with new legislation and maintaining a working knowledge of all Health and Safety Executive (HSE) legislation and any developments that affect the employer's industry;</li> <li>• Producing management reports, newsletters and bulletins;</li> </ul> </li> <li>7. Ensuring the safe installation of equipment;</li> <li>8. Managing and organising the safe disposal of hazardous substances               <ul style="list-style-type: none"> <li>• e.g. asbestos, chemicals for swimming pool</li> </ul> </li> <li>9. Advising on a range of specialist areas               <ul style="list-style-type: none"> <li>• e.g. fire regulations, hazardous substances, noise, safeguarding machinery and occupational diseases.</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Detailed explanation of a range of aspects of the role of Health and Safety Officer</li> <li>• Clear application to the context of safety at a swimming pool throughout</li> <li>• Several points are developed and/or exemplified</li> </ul> <p><b>Level 2 (4–6 marks)</b>  <b>A competent answer:</b></p> <ul style="list-style-type: none"> <li>• Satisfactory knowledge and understanding</li> <li>• Analysis/evaluation and/or discussion/explanation/development attempted with some success</li> <li>• Some success in practical application of knowledge</li> <li>• Technical and specialist vocabulary used with some accuracy</li> <li>• Written communication generally fluent with few errors.</li> </ul> <p><b>At Level 2 responses are likely to include:</b></p> <ul style="list-style-type: none"> <li>• Satisfactory explanation of some aspects of the role of Health and Safety Officer</li> <li>• There may be a lack of application to the context of safety at a swimming pool</li> <li>• Majority of points made are not developed and/or exemplified</li> </ul> <p><b>Level 1 (1–3 marks)</b>  <b>A limited answer:</b></p> <ul style="list-style-type: none"> <li>• Basic knowledge and understanding</li> <li>• Little or no attempt to analyse/evaluate and/or discuss/explain/develop</li> <li>• Little or no attempt at practical application of knowledge</li> <li>• Technical and specialist vocabulary used with limited success</li> </ul>

Question			Answer	Marks	Guidance
					<ul style="list-style-type: none"> <li>Written communication lacks fluency and there will be errors, some of which may be intrusive.</li> </ul> <p><b>At Level 1 responses are likely to include:</b></p> <ul style="list-style-type: none"> <li>Basic knowledge of the role of Health and Safety Officer</li> <li>More descriptive than explanatory</li> <li>Little or no application to the context of safety at a swimming pool</li> <li>Few if any developed and/or exemplified points</li> </ul> <p><b>[0 marks]</b> No response or no response worthy of credit.</p>
12	(a)		<ul style="list-style-type: none"> <li>Locking the changing rooms while people are playing/using facilities</li> <li>Membership (checking when entering the facilities)</li> <li>Monitoring of entrance (member of staff present)</li> <li>Vetting procedures for staff</li> <li>Record security, such as logging who enters and leaves</li> <li>Valuable storage such as lockers</li> <li>CCTV to monitor activity around the changing facilities</li> </ul>	6	
	(b)		<p>Five steps – one mark for each of :</p> <ul style="list-style-type: none"> <li>Identify the hazards</li> <li>Decide who might be harmed and how</li> <li>Evaluate the risks and decide on control measures</li> <li>Record your findings and implement them</li> <li>Review your assessment and update if necessary</li> </ul> <p>Control measures – max three marks from:</p> <ul style="list-style-type: none"> <li>Check goal posts before match (staff/ referee)</li> <li>Follow NGB guidelines (FA goal post safety)</li> <li>Check surface for hazards (holes, foreign objects etc.)</li> <li>Players responsible to wear the correct footwear</li> <li>Players responsible for removing jewellery</li> </ul>	8	

Question		Answer	Marks	Guidance
13	(a)	<ul style="list-style-type: none"> <li>• Ask them: 'Are you choking?'</li> <li>• Encourage them to cough.</li> <li>• If coughing doesn't work, help the casualty bend forward.</li> <li>• Use the heel of your hand to give up to five sharp back blows between their shoulder blades.</li> <li>• Check their mouth to see if there's anything in there and, if there is, get them to pick it out</li> <li>• If back blows don't work, give up to five abdominal thrusts.</li> <li>• Stand behind them.</li> <li>• Link your hands between their tummy button and the bottom of their chest, with your lower hand clenched in a fist.</li> <li>• Pull sharply inwards and upwards.</li> <li>• If they're still choking, repeat back blows and abdominal thrusts</li> <li>• If they're still choking after you've repeated these steps three times, call 999</li> <li>• If they lose consciousness at any stage, open their airway and check their breathing.</li> <li>• If they're not breathing, start chest compressions and rescue breaths (CPR - cardiopulmonary resuscitation)</li> <li>• Sarah should not have allowed the participant to take part with gum in their mouth</li> <li>•</li> </ul>	8	Correct order needed, although steps can be missed, with the exception of point about not allowing participant to take part with gum in their mouth which could be noted anywhere in the response.
	(b)	<ul style="list-style-type: none"> <li>• Certain types of accident have to be reported in order to meet HSE/RIDDOR legislation</li> <li>• They help to identify risks which need to be reduced/addressed</li> <li>• Health and safety is particularly relevant in the sport, exercise, health and leisure industry...</li> </ul>	4	

Question		Answer	Marks	Guidance
		<ul style="list-style-type: none"> <li>• ...due to different types of facility, equipment, physical nature of activity, etc...</li> <li>• They record date, time, etc...of accidents/incidents which may be important if any legal case or investigation takes place</li> <li>• They record details of accidents for future reference</li> <li>• They can be the starting point for creating new action plans/emergency procedures</li> <li>• They can help to correct poor practice</li> <li>• They are an incentive to have proper safeguards in place</li> <li>• Properly addressing accidents and risks helps to sport, exercise, leisure and health organisations to protect their reputation</li> </ul>		
14	(a)	<ul style="list-style-type: none"> <li>• Follow organisational procedures</li> <li>• Talk to designated member of staff.</li> <li>• Refer to child protection officer.</li> <li>• Record and store details according to the data protection act.</li> <li>• Continue to provide the child a safe environment</li> <li>• Do not contact the alleged abuser</li> </ul>	4	
	(b)	<ul style="list-style-type: none"> <li>• Protecting from maltreatment</li> <li>• Preventing impairment of health and development</li> <li>• Ensuring provision of safe and effective care</li> </ul>	2	
15		<ul style="list-style-type: none"> <li>• Ensure appropriate staffing ratios (e.g. avoid one to one)</li> <li>• Provide staff with appropriate safeguarding training.</li> </ul>	2	