

Cambridge TECHNICALS LEVEL 3

# ***SPORT AND PHYSICAL ACTIVITY***

Cambridge  
TECHNICALS  
2016

Unit 4 – Working safely in sport, exercise, health and leisure  
RESOURCE LINKS

Version 1

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# INTRODUCTION

Resources Link is an e-resource, provided by OCR, for teachers of Cambridge Technicals. It provides descriptions of, and links to, a variety of teaching and learning resources that you may find helpful.

Where appropriate, we have mapped the resources to this OCR unit/learning outcomes (LOs) and provided information about their cost and format.

If you know of other resources you would like to see included here, or discover broken links, please let us know. We would also like to hear from you if have any feedback about your use of these, or other, OCR resources. Please contact us at [resources.feedback@ocr.org.uk](mailto:resources.feedback@ocr.org.uk)

To find out more about this qualification, go to: <http://www.ocr.org.uk/qualifications/cambridge-technicals-sport-and-physical-activity-level-3-certificate-extended-certificate-foundation-diploma-diploma-05826-05829-2016-suite/>



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## 2016 Suite

- New suite for first teaching September 2016
- Externally assessed content
- Eligible for Key Stage 5 performance points from 2018
- Designed to meet the DfE technical guidance

## TYPES OF RESOURCE

### OCR Produced Resources

These are resources devised and produced directly by the Resources Development Team at OCR.

### Publisher Partner Resources

For many subjects OCR works with a publisher partner to ensure that good quality resources such as textbooks are available for first teaching.

Whilst the publisher partner has access to our subject experts and we quality check and endorse these resources they are produced by, and remain the property of, the publisher partner. There is no financial link between OCR and its publisher partners and we do not pay for the development of, or receive any royalties from, these resources.

### Endorsed Resources

These resources were produced entirely independently of OCR, but we have quality checked them for their suitability as a resource to support our qualifications.

### Other Resources

Unless specifically stated these resources are completely independently produced and are not endorsed by OCR. We have looked at them though, and we think they could be useful in supporting our specifications.

We leave it to you, as a professional educator, to decide if any of these resources are right for you and your students, and how best to use them.

# LINKS

## Guidance on health and safety procedures for schools

This document from the Department for Education gives comprehensive advice for school and local authorities regarding all matters relating to health and safety.

**Supports:** LO1

**Cost:** Free

**Format:** Website

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/335111/DfE\\_Health\\_and\\_Safety\\_Advice\\_06\\_02\\_14.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/335111/DfE_Health_and_Safety_Advice_06_02_14.pdf)

## Planning for incidents and emergencies

A comprehensive guide to running sports events safely.

**Supports:** LO1

**Cost:** Free

**Format:** Website

<http://www.hse.gov.uk/event-safety/incidents-and-emergencies.htm>

## Sports emergency care: a team approach

This book focuses on the skills, preparation and knowledge needed to handle real sports emergencies.

**Supports:** LO1

**Cost:** £54.50

**Format:** Book

[http://www.amazon.co.uk/Sports-Emergency-Care-Team-Approach/dp/1617110051/ref=sr\\_1\\_2?s=books&ie=UTF8&qid=1440962425&sr=1-2&keywords=sports+emergency+care](http://www.amazon.co.uk/Sports-Emergency-Care-Team-Approach/dp/1617110051/ref=sr_1_2?s=books&ie=UTF8&qid=1440962425&sr=1-2&keywords=sports+emergency+care)

## Sports emergencies: management scenarios

This book includes clear instructions on what to do in a sports emergency. Each chapter has a diagrammatic or photographic series of steps that must be taken, accompanied by clear instructions.

**Supports:** LO1

**Cost:** £35.99

**Format:** Book

[http://www.amazon.co.uk/Sports-Emergencies-Management-Scenarios-1e/dp/0443068658/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1440962936&sr=1-1&keywords=emergency+management+for+sport](http://www.amazon.co.uk/Sports-Emergencies-Management-Scenarios-1e/dp/0443068658/ref=sr_1_1?s=books&ie=UTF8&qid=1440962936&sr=1-1&keywords=emergency+management+for+sport)

## Health and safety legislation

Includes all health and safety legislation and you can search specific to your industry.

**Supports:** LO2

**Cost:** Free

**Format:** Website

<http://www.hse.gov.uk/legislation/>

## Health and safety in the health and fitness industry

A look at health and safety in the fitness industry, including downloadable risk assessment, policy, guidance and checklists.

**Supports:** LO2

**Cost:** Free – but need to register to join the website (which is free)

**Format:** Website

[http://www.healthandsafetyclick.net/topic\\_hs.cfm/Health\\_and\\_Fitness/53/](http://www.healthandsafetyclick.net/topic_hs.cfm/Health_and_Fitness/53/)

## Duty of care – roles and responsibilities

A look at duty of care in a sports setting, including the roles and responsibilities of those involved.

**Supports:** LO2

**Cost:** Free

**Format:** Website

[http://www.bowlschildprotect.co.uk/Duty\\_of\\_Care.html](http://www.bowlschildprotect.co.uk/Duty_of_Care.html)

## Innovative security products

A list of the '8 most innovative security products of 2015', plus other security products and systems. Not sports/gym specific but might get learners thinking!

**Supports:** LO2

**Cost:** Free

**Format:** Website

<http://www.ifsecglobal.com/8-innovative-security-products-unveiled-ces-2015/>

## Running a safe sports club

Clear and useful advice to those involved in sports clubs. Includes what to do to comply with health and safety law.

**Supports:** LO3

**Cost:** Free

**Format:** Website

<http://www.hse.gov.uk/entertainment/leisure/amateur-sports-club.htm>

## Creating an emergency action plan

9 steps to creating your own emergency action plan.

**Supports:** LO3

**Cost:** Free

**Format:** Website

<http://www.reactfirst.co.uk/live/tips34.asp>

## Emergency action plan

A detailed look at emergency action plan protocol.

**Supports:** LO3

**Cost:** Free

**Format:** Website

<http://sportsmedicineinternational.com/services/plans-sample-eap>

## Example of a risk assessment

Straightforward risk assessment example.

**Supports:** LO3

**Cost:** Free

**Format:** Website

<http://www.footy4kids.co.uk/how-to-coach-youth-soccer/health-and-safety/risk-assessments-or-youth-soccer-coaches>

## The role of the first aider

Explanation of the roles and responsibilities of a first aider.

**Supports:** LO4

**Cost:** Free

**Format:** Website

<http://www.sja.org.uk/sja/first-aid-advice/what-to-do-as-a-first-aider/the-role-of-a-first-aider.aspx>



## Duty of care and the law

A comprehensive explanation of the law surrounding duty of care.

**Supports:** LO4

**Cost:** Free

**Format:** Website

<http://www.realfirstaid.co.uk/dutyofcare/>

## First Aid courses

Free, online first aid courses.

**Supports:** LO4

**Cost:** Free

**Format:** Website

<http://www.firstaidforfree.com/>

## First aid kit contents

An overview of first aid kits and a list of the recommended contents.

**Supports:** LO4

**Cost:** Free

**Format:** Website

<http://www.realfirstaid.co.uk/workplacefirstaidkits/>

## How can I avoid being accused of abuse?

Clear and user-friendly guidelines for those working with children and vulnerable adults on how to keep yourself safe from allegations of abuse.

**Supports:** LO5

**Cost:** Free

**Format:** Website

<https://www.kidpower.org/library/article/avoid-being-accused/>

## Child abuse and neglect

The NSPCC website provides a range of information. These pages are concerned with signs of abuse and neglect and what to do if you suspect someone is at risk.

**Supports:** LO5

**Cost:** Free

**Format:** Website

<http://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/>

## Safeguarding resource bank

A variety of learner friendly resources including a 'safeguarding dilemmas worksheet' and an online quiz.

**Supports:** LO5

**Cost:** Free

**Format:** Website

<http://vle.westking.ac.uk/course/view.php?id=1515>

## Child protection resources

This webpage has a range of downloadable documents and information sheets that cover child protection in schools. Including a 'school sport safeguarding – check and challenge tool'.

**Supports:** LO5

**Cost:** Free – but need to sign up for TES online (which is free)

**Format:** Weblinks to downloadable documents

<https://www.tes.com/teaching-resources/search/?q=school%20sport%20safeguarding>



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