

Level 3 Cambridge Technical in Sport and Physical Activity

05828/05829/05872

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

Wednesday 18 January 2017 – Morning
Time allowed: 1 hour 30 minutes

You may 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, candidate number and date of birth.
- Answer **all** the questions.
- Write your answer to each question in the space provided.
- Additional paper may be used if required but you must clearly show your candidate number, centre number and question number(s).

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 asterisk (*).
- This document consists of **12** pages.

FOR EXAMINER USE ONLY	
Question No	Mark
1	/2
2	/3
3	/3
4	/3
5	/3
6	/1
7	/1
8	/1
9	/1
10	/2
11	/16
12	/10
13	/8
14	/8
15	/8
Total	/70

Section A

Answer **all** questions.

1 Identify **two** emergencies that could occur at a leisure centre.

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

2 Identify **one** role that each of the following staff members might take on in an emergency evacuation.

Instructor/coach

Lifeguard

Manager

[3]

3 Describe the purpose of a first aid report book.

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

4 Draw a line to link each aim to the most appropriate piece of legislation.

To ensure the safe use of potentially harmful chemicals

Greater access to facilities

To reduce the risk of injuries to workers

Disability Discrimination Act (DDA)

Reporting of Injuries, Disease and Dangerous Occurrences Regulations 1995 (RIDDOR)

Control of Substances Hazardous to Health (COSHH) Regulations 2002

[3]

5 Explain what is meant by 'duty of care'.

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

6 Which **one** of the following is a key piece of documentation for reducing risk in a leisure centre?

Put a tick (✓) in the box next to the correct answer.

(a) Order form for sports equipment

(b) Personal fitness records

(c) Maintenance and service records

(d) Staff payslips

[1]

7 Identify **one** environmental hazard in a leisure centre changing room.

..... [1]

8 Give **one** benefit of installing CCTV in a swimming pool reception area.

..... [1]

9 Which **one** of the following is a responsibility of a first aider?

Put a tick (✓) in the box next to the correct answer.

(a) Preventing members of the public taking photographs

(b) Preventing other staff members from calling 999

(c) Preventing delay in the recovery of a patient

(d) Preventing damage to personal protective equipment (PPE)

[1]

10 State **two** safeguarding requirements that should be in place at sport, exercise, health and leisure facilities.

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

(b) Part of Leon's duty of care when coaching is to treat all participants equally.

Describe how Leon can do this in his coaching sessions.

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.....
.....
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..... [4]

(c) Poppy works with Leon as a coaching assistant. She has some responsibility for completing risk assessments for their coaching sessions.

Describe how using risk assessments could make sessions safer for the children participating.

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..... [4]

12 A chemical leak is one type of emergency situation that could occur at a swimming pool.

(a) Describe the roles of a lifeguard and a receptionist at a swimming pool during a chemical leak.

Lifeguard

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Receptionist

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[6]

(b) Explain how emergency reporting and recording can help in preventing future emergency situations at sport, exercise, health and leisure facilities.

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[4]

13 Lisa is the manager of a leisure centre. One of Lisa's roles is to ensure that the centre's maintenance and service records are up to date.

(a) Explain the importance of keeping these records up to date.

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..... [4]

(b) Describe **two** situations where Lisa's staff would need to wear Personal Protective Equipment (PPE) and what the PPE would be.

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..... [4]

15 Hazards could occur in all areas of a leisure centre.

(a) Identify some areas where hazards might occur and give some examples.

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..... [5]

(b) Describe the methods used to protect the personal property of customers in sport, exercise, health and leisure facilities.

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..... [3]

END OF QUESTION PAPER

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