

## Level 3 Cambridge Technical in Sport and Physical Activity

05828/05829/05872

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

Monday 15 January 2018 – Afternoon

Time allowed: 1 hour 30 minutes

You may use:

- no materials required

First Name						Last Name				
Centre Number						Candidate Number				
Date of Birth	D	D	M	M	Y	Y	Y	Y		

#### 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.
- If additional answer space is required, you should use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.

#### 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
Section A: 1-10	/20
Section B: 11	/10
12	/13
13	/8
14	/10
15	/9
<b>Total</b>	<b>/70</b>

**Section A**

Answer **all** the questions.

- 1 Identify **two** parts of duty of care that staff in a sport, exercise, health and leisure environment need to be aware of.

1 .....

2 .....

[2]

- 2 List **two** responsibilities of a lifeguard.

1 .....

2 .....

[2]

- 3 Give **two** examples of how staff in leisure centres follow guidelines in the Data Protection Act.

.....

.....

.....

.....[2]

- 4 A chemical leak is one type of emergency. Give **two** ways in which chemical leaks could occur at a swimming pool.

1 .....

2 .....

[2]

- 5 Identify **one** method of recording and reporting emergencies.

.....

.....[1]

6 List the emergency services who could be called to attend an emergency at a leisure centre.

- 1 .....
- 2 .....
- 3 ..... [3]

7 Give **two** different examples of hazards which could occur in a changing room.

- 1 .....
- 2 ..... [2]

8 Identify **one** area of a leisure centre, other than changing rooms, where a hazard might occur.

- .....
- ..... [1]

9 Identify **three** types of abuse that a member of staff in a sport, exercise, health and leisure setting would need to be aware of.

- 1 .....
- 2 .....
- 3 ..... [3]

10 Describe **two** ways of protecting leisure centre staff against allegations of abuse.

- 1 .....
- 2 ..... [2]

**Section B**

Answer **all** the questions.

**11** Emergencies can occur in a range of sport, exercise, health and leisure settings.

**(a)** Explain how the following emergencies could be caused in a leisure centre.

Fire .....

.....

.....

.....

.....

.....

.....

Missing person .....

.....

.....

.....

.....

.....

.....

**[6]**

**(b)** Give reasons why a power cut at a swimming pool could be classed as an emergency.

.....

.....

.....

.....

.....

.....

.....

.....

**[4]**

**12** Good risk management is being able to identify and assess risks, and put steps in place to prevent them from occurring. In sports coaching businesses, staff members have responsibility for managing risk.

**(a)** List the responsibilities of the following individuals in risk management:

First aider.....  
.....  
.....  
.....

Receptionist.....  
.....  
.....  
.....

Health and safety officer.....  
.....  
.....  
.....

**[6]**

**(b)** Jenny owns a football coaching business. As a sports leader, she has a responsibility for safeguarding and assessing risk in her sessions.

**(i)** Identify **three** other sports leadership responsibilities that Jenny has which can help to ensure that her football sessions run safely.

.....  
.....  
.....  
.....  
.....  
.....

**[3]**

(ii) Describe Jenny’s responsibilities in terms of safeguarding.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

[4]



A series of horizontal dotted lines for writing, spanning the width of the page.





**15** Allan is a fitness instructor and qualified first aider at a gym.

**(a)** Describe Allan’s roles and responsibilities as a first aider working at the gym.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

[5]

**(b)** Preventing cross-infection is one example of emergency first aid at work. Give **four** other examples of how Allan may use emergency first aid in his work at the gym.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

[4]

**END OF QUESTION PAPER**

**ADDITIONAL ANSWER SPACE**

If additional answer space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margin(s) – for example 11(a) or 12(b).

A large rectangular area containing 25 horizontal dotted lines for writing answers. A solid vertical line is on the left side of the area.



**Copyright Information:**

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website ([www.ocr.org.uk](http://www.ocr.org.uk)) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, First Floor, 9 Hills Road, Cambridge CB2 1GE.

OCR is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.