

Level 3 Cambridge Technical in Sport and Physical Activity

05828/05829/05872

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

Wednesday 23 May 2018 – Afternoon

Duration: 1 hour 30 minutes

C402/1806



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.
- Additional paper may be used if necessary 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.

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Question No	Mark
Section A: 1-10	/20
Section B: 11	/8
12	/11
13	/8
14	/9
15	/14
Total	/70

Section A

Answer **all** the questions.

1 Which **one** of the following is a role of a gym instructor during an emergency?

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

(a) Clear away free weights

(b) Evacuate the area

(c) Fill out an entry in the accident book

(d) Finish off a customer fitness assessment

[1]

2 Identify **three** types of emergency that could occur in a sports hall.

1.....

2.....

3.....

[3]

3 Draw a line to link the staff members to the roles they are **most** likely to take on in an emergency situation.

Lifeguard

Apply an ice pack to an injury

Receptionist

Clear the swimming pool

First aider

Direct emergency services

[3]

4 State **two** roles of the Disclosure and Barring Service (DBS).

1.....

2.....

[2]

5 Which **one** of the following must sport centre staff do when recording and retaining customer contact details?

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

(a) Ensure that the information is available to all staff members

(b) Ensure that the information is kept secure

(c) Ensure that the information is made available online

(d) Ensure that paper copies of the information are always available

[1]

6 Name **one** organisation other than the DBS involved with the safeguarding of children and vulnerable adults.

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

7 One requirement of the Health and Safety (First Aid) Regulations 1981 is the provision of first aid. Name the **three** other requirements.

1.....
2.....
3.....

[3]

8 Identify **two** ways that a first aider can prevent cross-infection when dealing with a casualty.

1.....
2.....

[2]

9 Draw a line to match the following roles and responsibilities in risk management to the correct member of staff.

Risk-assessing activities

Receptionist

Keeping accurate records of who is in the building

Manager

Staff training

Coach/instructor

[3]

10 Describe **one** way that staff in a leisure centre can reduce safety risks for their customers.

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

Section B

Answer **all** the questions.

11 (a) Customers of sport, exercise and leisure facilities have different needs depending on their circumstances.

(i) Give **two** examples of specific population groups who would have particular needs in sport, exercise and leisure settings.

1.....

2.....

[2]

(ii) Describe **two** ways in which emergency evacuation procedures would need to reflect the needs of specific population groups.

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[2]

(b) Describe how leisure centre staff should respond if there was a suspected bomb.

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[4]

12 (a) What are the roles of the following staff members in ensuring the health and safety of users of a fitness centre?

Health and Safety officer

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Manager.....

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[4]

(b) What security procedures should staff at leisure centres implement to ensure safety for users?

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[4]

(c) How do sports coaches and activity leaders meet their duty of care for their customers?

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[3]

14 Karl is a swimming teacher and a qualified first aider at a large leisure centre.

(a) Identify **two** items that the Health and Safety Executive recommends to be included in a first aid kit, and give an example of how each might be used by Karl.

Item 1

Use

.....

.....

Item 2

Use

.....

.....

[4]

(b) Describe what Karl would do to assess a situation in an emergency. Explain how he might use any available equipment to administer first aid.

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.....[5]

15 Julie is the manager of a large multi-sport facility. She has many responsibilities in her role, including risk management.

(a) Identify **three** different types of risk assessment that Julie might have to undertake and give an example of when each one might be used.

Type 1

Example

.....

.....

Type 2

Example

.....

.....

Type 3

Example

.....

.....

[6]

(b) Explain how sports coaches and instructors at the facility assess and minimise the risks to their users.

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[4]

(c) Name **two** key health and safety documents, and explain how Julie would use them in her job.

Documentation 1.....

Explanation

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Documentation 2.....

Explanation

.....

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[4]

END OF QUESTION PAPER

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