

## Wednesday 16 January 2019 – Afternoon

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

05828/05829/05872 Unit 4: Working safely in sport, exercise, health and leisure

Duration: 1 hour 30 minutes

C402/1901



**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	/8
13	/14
14	/8
15	/12
<b>Total</b>	<b>/70</b>

**Section A**

Answer **all** the questions.

- 1 (a) State which type of sport and leisure environment the following accident would be most likely to occur in:

Hot water being spilt on someone: .....[1]

- (b) Which piece of Health and Safety legislation is most relevant to avoiding chemical leaks in swimming pools?

.....[1]

- (c) Which role would be most likely to deal with hiring staff in a leisure centre?

.....[1]

- 2 Give **three** examples of accidents that could occur on an outdoor playing field.

1 .....

.....

2 .....

.....

3 .....

.....

[3]

- 3 Which **one** of the following people should be contacted in the event of a missing person at a leisure centre. Put a tick (✓) in the box next to the correct answer.

(a) First aider

(b) Visiting dance teacher

(c) Marketing Manager

(d) Duty Manager

[1]

4 Describe **two** health and safety responsibilities of a receptionist at a leisure centre.

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

5 Identify **three** items from a first aid box that might be needed to treat a large open wound.

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

6 Identify **two** pieces of first aid information that employees at a gym must be informed about.

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

7 Which **one** of the following is a responsibility of the Disclosure and Barring Service (DBS).

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

- (a) Making decisions about who to appoint in a job interview
- (b) Providing trained sports coaches
- (c) Processing requests for criminal records checks
- (d) Ensuring sport and leisure staff are suitably qualified

[1]

8 Describe **two** of the evacuation procedures that a gym instructor would follow in an emergency.

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

9 Describe a task carried out by a fitness instructor that would be an example of 'risk management'.

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

10 State **two** legal and ethical responsibilities when leading sports activities.

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

**Section B**

Answer **all** the questions.

**11** Different types of emergencies can occur at a leisure centre.

**(a)** Explain how accidents might occur in the following areas:

Communal areas .....

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Sports hall.....

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**[4]**

**(b)** Explain why it is important that staff understand their roles and responsibilities in the event of an emergency.

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**[4]**

**12 (a)** Sean is an instructor at a leisure and fitness club. He is also the designated fire officer there.

In the event of a fire, indicate whether Sean should take responsibility as fire officer, or if the Fire Service should do, for each of the following actions:

Action	Sean	Fire Service
Assist anyone who needs help in evacuating when the alarm is first raised		
Fight the fire if it is getting out of control		
Search toilets and other areas for people		
Stop the fire spreading by closing doors and windows		
Rescue people still in the building after the initial evacuation		

**[5]**

**(b)** As a fire officer, Sean has to do regular fire safety checks around the leisure and fitness club.

Identify **three** things Sean should regularly check in this role.

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

**[3]**

**13\*** Zara works as a coach for a soccer school who host sessions in parks and on school playing fields.

**(a)** Using examples, describe:

- the types of risk assessment which Zara will have to complete
- the steps she should take in completing them
- control measures which Zara could put in place to minimise risks for participants.

**[8]**

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**(b)** Zara is considering running some indoor sessions in a sports hall during the winter.

How would the potential hazards be different in an indoor sports hall compared to outdoor playing fields?

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