

# Wednesday 15 January 2020 – Afternoon

# Level 3 Cambridge Technical in Sport and Physical Activity

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

Time allowed: 1 hour 30 minutes C402/2001

No extra materials are needed.

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Please write clea	arly in black ink.
Centre number	Candidate number
First name(s)	
Last name	
Date of birth	D D M M Y Y Y

#### **INSTRUCTIONS**

- Use black ink. You can use an HB pencil, but only for graphs and diagrams.
- Answer all the questions.
- Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers 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 has 12 pages.

#### **ADVICE**

· Read each question carefully before you start your answer.

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

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## Section A

## Answer all the questions.

1	CCTV is a type of security used in a leisure setting. Identify <b>three</b> others.	
	1	
	2	
	3	[3]
2	Give the full name of the following acronym relating to health and safety legislation in	sport.
	DBS	[41
		·············[']
	Which one of these is a key health and safety document that is relevant to sport, exemple the sport of the second	rcise,
	Put a tick ( $\checkmark$ ) in the box next to the correct answer.	
	(a) Equipment order form	
	(b) Emergency action plan	
	(c) Customer feedback form	
	(d) Exercise class timetable	
		[1]
	State <b>one</b> piece of information that might be reported on an accident report form.	
		[1]
		[1]
	Describe <b>three</b> responsibilities of a fire officer at a leisure centre.	
	Booshipo un co recipencia muco er a mo emeci at a releare comme.	
	1	
	2	
	3	

6	Identify <b>two</b> responsibilities of a gym instructor when dealing with an emergency.	
	1	
	2	[2]
7	Give <b>three</b> examples of how hazards could occur in a communal area in a leisure centre.	
	1	
	2	
	3	[3]
8	Describe <b>two</b> ways of protecting sports coaches from allegations of abuse.	
	1	
	2	[2]
9	Identify <b>three</b> responsibilities of a first aider.	
	1	
	2	
	3	 [3]
10	Give <b>one</b> example of a sign that a child or vulnerable adult may be suffering from neglect.	
		F41

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### **Section B**

### Answer **all** the questions.

11 Sam is a lifeguard at her local swimming pool. Sam receives regular training so that she understands how to follow the normal and emergency action procedures at the pool.

(a)	Describe the evacuation procedures that Sam should follow when the fire alarm sounds.					
	[4]					

The table below contains information about emergency situations that Sam might encounter.

**(b)** Complete the blanks in the table, giving either the situation that is being responded to or the appropriate emergency response.

Situation	Emergency response
An individual has fallen at the poolside and cut their elbow.	1.
2.	Evacuate the pool and perform a water test before allowing swimmers to return.
A young child is out of their depth and struggling to stay afloat.	3.
4.	Complete a RIDDOR report

[4]

12		nt is a trampolining coach at a sports centre. He has a responsibility to minimise the risk to of his participants.
	(a)	Suggest <b>four</b> ways that Grant could minimise risk for his participants, giving an example for each.
		[8]
	(b)	Grant has to complete maintenance and service checks on his trampoline equipment.  Describe <b>four</b> possible consequences if Grant does not complete maintenance and
		service checks.
		[4]

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13 Kate runs hockey sessions on the astro turf pitch at the leisure centre she works at. She is

Describe how she prepares the environment to keep her participants safe.
Using examples, describe the different types of emergencies that may occur during K hockey sessions and how Kate should respond to them.


14	(a)	Describe how a first aider would deal with a casualty that is in shock.	
			[4]
	(b)	Identify and describe <b>two</b> methods that are used to protect the personal property of customers in a gym.	
		Method	
		Describe how this protects property	
		Method	
		Describe how this protects property	
			[4]

15			livers circuit training sessions for children at his local leisure centre. Safeguarding is a of his ongoing staff training.
	(a)	(i)	Describe the types of abuse that Drew needs to be aware of.
			[3]
		(ii)	Drew suspects that one of the children who attends circuit training may be suffering from abuse, but he is not sure what to do next.
			Suggest three sources of information or advice about what he should do.
			[3]

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Drew has to be aware of any environmental hazards that could occur during his sessions.
Identify <b>two</b> environmental hazards and explain how to minimise the risk of each.
Environmental hazard
How to minimise risk
Environmental hazard
How to minimise risk
[4]

# **END OF QUESTION PAPER**

### **ADDITIONAL ANSWER SPACE**

If additional answer space is required, you should use the following lined pages. The question numbers must be clearly shown – for example, 1 or 11(a).



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