

Worksheet Assignment

OCR Level 3 Certificate in Personal Training

Unit 2 – Health, safety and welfare in a fitness environment

Worksheet Assignment

OCR Level 3 Certificate in Personal Training

Unit 2 – Health, safety and welfare in a fitness environment

Guidance for Centres

- OCR's worksheet assessments for this unit are available to download free of charge from our website: www.ocr.org.uk
- These assessments have been designed to meet the full requirements of the unit and cover all assessment criteria.
- Learners should take part in a planned learning programme that covers the underpinning knowledge and skills of the qualification.
- Learners should be allowed sufficient time to complete all of the assessment activities. The amount of time may vary depending on the nature of the assessment activities and the ability of individual learners.
- Each learner must produce individual and authentic evidence for each question within the assessment.
- Centre staff may give support and guidance to learners. This support and guidance should focus on checking that learners understand what is expected of them. It is not acceptable for tutors to provide model answers or to work through answers in detail.
- Tutors should give feedback to learners to support and guide them in producing evidence to the required standard.
- Learners may use information from any relevant source to help them with producing evidence for the assessment activities.
- Learners must be guided on the use of information from other sources to ensure that confidentiality is maintained at all times.
- Learners may continue answers on separate paper or type their responses if they wish.
- To assist in the assessment of learners' work, centres can use the assessment guidance for this unit provided by OCR which is available to download from the OCR website.
- Assessors' decisions should be quality assured across the centre through internal moderation. For further information about internal moderation please refer to the section on Assessment and Moderation in the Centre Handbook.

Unit 2 Assessment

Health, Safety and Welfare in a Fitness Environment

Understand Emergency Procedures in a Fitness Environment

1. Explain the importance of following emergency procedures calmly and correctly.

2. Identify **three** types of emergencies that may occur in the fitness environment.

1.
2.
3.

3. Outline the roles of both the staff in the fitness environment and also those of the emergency services in an emergency situation.

Emergency situation:
Staff in fitness environment:
Emergency services:

4. Describe how the safety of participants (including any children, older people and disabled people) would be maintained in an emergency situation.

Understand health and safety requirements in a fitness environment

5. Outline why health and safety is important in a fitness environment

6. Identify **three** key legal and regulatory requirements for health and safety relevant to working in a fitness environment.

Legal/regulatory requirement
1.
2.
3.

7. As an Exercise Instructor you have a 'Duty of Care' to your participants. List **two** ways you would show a Duty of Care to your clients.

1.
2.

8. Identify **two** typical roles of individuals responsible for health and safety in a fitness organisation.

1.
2.

9. Describe **two** security procedures you would expect to find in a fitness environment

1.
2.

10. Identify **two** health and safety documents that are used in a fitness environment.

1.

2.

Understand how to control risks in a fitness environment

11. Using the table provided on the next page, conduct a risk assessment for one of the following environments, gym, exercise to music studio, or swimming pool.

- You must identify a minimum of six hazards to include;
 - Facilities
 - Equipment
 - Hygiene
 - Lifting / handling of equipment
 - Client behaviour
 - Security

- The people at risk e.g. participants or instructors
- The possibility of an accident (1 being minimum and 3 maximum)
- The severity of any accident (1 being minimum and 3 maximum)
- The level of risk that the hazard poses (Level of risk = possibility x severity)
- The control measures that can be taken to minimise the risk

An example has been given below:

Hazard	People at risk	Probability of accident	Severity of accident	Level of Risk (Probability x severity)	Control measures
Spilt water in the changing rooms	All individuals using the changing rooms	2	2	4	Ensure that water is mopped up immediately and that changing rooms are checked regularly by staff

If you wish, you may reproduce this table to give you more space to answer.

Area _____

Hazard	People at risk	Probability of accident	Severity of accident	Level of Risk (Probability x severity)	Control measures

12. From time to time, risks occur which you feel you are unable to deal with, who would you contact if this were the case?

Understand how to safeguard children and vulnerable adults

13. Describe what is meant by safeguarding the welfare of children and vulnerable adults?

14. What are the responsibilities and limitations of a fitness instructor in regard to safeguarding?

15. List **two** types of abuse which a fitness instructor may encounter and one possible sign of abuse for each.

1.	Possible sign
2.	Possible sign

16. What should fitness instructors do to protect themselves from accusations of abuse?

17. What policy could a fitness organisation have to help safeguard children and vulnerable adults?

18. Name an agency responsible for safeguarding vulnerable adults and in what circumstances they might need to be contacted?

19. Describe how to maintain the confidentiality of information relating to possible abuse?

Learner Signature:

Date:.....

Assessor Comments:

Assessor Signature:

Date:

IV Signature:

Date: