

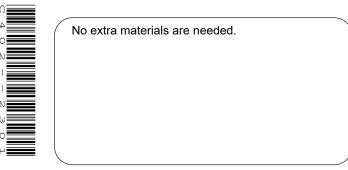
Monday 16 January 2023 – Afternoon

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

C402/2301





Please write clea	arly in black ink. Do not write in the barcodes.
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 page 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 questions marked with an asterisk (*).
- This document has 12 pages.

ADVICE

Read each question carefully before you start your answer.

Section A

Answer **all** the questions.

1	Identify two types of risk assessment.	
	1	
	2	[2]
2	Identify two steps in a risk assessment.	L-J
	1	
	2	 [2]
3	A risk assessment is one type of health and safety document that is used in a sport setting. Name two others.	-
	1	
	2	
		[2]
4	Identify three roles and responsibilities of a health and safety officer at a gym.	
	1	
	2	
	3	[3]
5	Describe the considerations of a gym manager when carrying out a needs assessment for aid.	first
		. [3]

6	Identify two considerations when administering Emergency First Aid at Work.	
	1	
	2	[2]
7	A first aid kit needs to contain a minimum number of some items. It should have at least:	
	Four	
	Three	
	Twenty	[3]
8	Identify one sport and leisure environment where an emergency might occur.	
		[1]
9	Name a special population group.	
		[1]
10	Identify one responsibility of the fire service during an emergency at a sports facility after shave evacuated the building.	staff
		F4 1

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Section B

Answer **all** the questions.

11	Ben is a group swimming instructor at a swimming pool which is located within the loca	l
	leisure centre.	

(a)	Explain how the manager at the swimming pool can ensure that they follow the Equality Act in terms of access, facilities and staff.
	Access
	Facilities
	Staff
_	[6]
Ben	has a duty of care for his participants.
(b)	Describe four ways that Ben can protect children and vulnerable adults in his planning and leading of group swimming sessions.
	[4]

(c)	Explain how Ben can protect himself from allegations of abuse.	
		[4]
	suspects that one of his participants has been abused.	
(d)	Describe how Ben would deal with this suspected abuse.	
		[3]
		[0]
(e)	Identify three possible signs of physical abuse that Ben should be aware of.	
	1	
	2	
	3	[3]

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12 Lexi is a sports coach at the same leisure centre as Ben.

(a)	Describe four ways in which Lexi would help participants in her sport session in an evacuation due to a gas leak.

(b) When Lexi is coaching, she has certain roles and responsibilities to carry out as well as thinking about the health and safety of participants.

Give an example for each role or responsibility in **Table 12**. An example is completed for you.

.....[4]

Role or responsibility	Example
Motivator	Is enthusiastic and encourages the participants to get involved and try hard.
Planner	
Role model	
Fairness	

Table 12

[3]

When Lexi plans a session she has to consider the participants' needs to ensure the session is as safe and successful as possible.

(c)	Identify three pieces of information that Lexi would need to find out about the participants to ensure her session was suitable.
	[3]

Turn over for the next question.

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13* Sandy is the manager of a multi sports facility with a range of facilities, as shown in **Table 13**.

Indoor facilities	Outdoor facilities
Climbing wall	3 grass football pitches
Gym with cardio and weight training equipment	Astro turf
Sports hall	Tennis courts

Table 13

Using examples, discuss the different types of hazards that could occur at this facility.	
Explain how Sandy could minimise the risks of these hazards occurring. [8]	

14	(a)	Indicathe be	licate whether each of the following statements is true or false by putting a tick (\checkmark) in box.		
		A RID	DDOR report should be completed if a participant breaks their finger during a sport on.	ts	
		True False			
		Swim warm	nmers should quickly gather their clothes before evacuating to ensure that they standard	ıy	
		True False			
		In an	emergency, a manager will delegate the role of coordinating staff to a receptionis	t.	
		True			
		False		[3]	
	(b)	(i) V	What is the meaning of safeguarding?		
				[2]	
		(ii) V	Who does safeguarding apply to?		
		••		[1]	

15 Use the word bank provided to complete the sentences below.

DBS checks	public liability insurance	COSHH	PPE
risk assessment	emergency action plan	first aid report	RIDDOR
Data Protection Act	HSE	register of DBS checks	fire log

At a sports centre, there is a need for recording and reporting emergencies.	
If somebody has broken their leg, both a and a	
report form will need to be completed.	
In the event of a fire, then the will need to be updated.	
The centre will need to comply with, particularly relating to	
storage of chemicals used for cleaning.	
They will also ensure that staff members are suitable to work with children and vulnerable	
adults by completing	
Finally, the centre will need to follow the with regards to	
storing the personal information of customers and staff.	[C]
	[6]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

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



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