



Oxford Cambridge and RSA

Tuesday 6 June 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

C402/2306



No extra materials are needed.



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number

Candidate number

First name(s) _____

Last name _____

Date of birth

INSTRUCTIONS

- Use black ink.
- 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.
- Answer **all** the questions.

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 **16** pages.

ADVICE

- Read each question carefully before you start your answer.

Section A

1 Identify the **three** emergency services.

- 1
- 2
- 3

[3]

2 Select **one** way in which staff can protect themselves from allegations of abuse.

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

A Avoiding 1:1 situations

B Carrying out risk assessments

C Having a DBS

D Having an up-to-date first aid qualification

[1]

3 Explain **two** benefits of having a membership system to help ensure safety of staff and customers in a sports centre.

- 1
-
-
-
- 2
-
-

[2]

4 For each of the following health and safety documents, give **one** piece of information it would contain.

An example is done for you.

Accident form

Details of treatment given

Risk Assessment Form

Evacuation procedure/
EAP

[2]

5 Give **one** example of a psychological hazard, and **one** example of a chemical hazard that could occur in a leisure centre.

Psychological hazard:

Chemical hazard:

[2]

6 For each of the following statements identify which health and safety legislation they refer to:

(i) personal information being stored securely and only kept for a set period of time.

Legislation: [1]

(ii) provide access to the facility for everyone.

Legislation: [1]

7 Suggest **two** ways a sports centre could minimise the risk of accidents happening in the changing rooms.

1

.....

2

.....

[2]

8 Give **three** examples of how a lifeguard could minimise risk.

1

2

3

[3]

9 What treatment would a first aider give to an unconscious casualty that isn't breathing?

..... [1]

10 A type of abuse a child could suffer is neglect.

Give **two** signs of neglect.

1

2

[2]

Section B

11 A manager of a sports centre has a responsibility to ensure that COSHH regulations are adhered to.

(a) What does COSHH stand for?

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

(b) In relation to COSHH, explain what measures should be put into place to ensure the safety of staff and the sports centre users.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
..... **[3]**

(c) RIDDOR is another example of health and safety legislation.

What does RIDDOR stand for?

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

(d) For each of the following scenarios identify if a RIDDOR report would need to be completed.

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

(i) A member of the public breaks their leg on the treadmill and must go to hospital.

True

False

(ii) A cook in the café becomes badly burnt when they spill boiling water down their arms and legs.

True

False

(iii) A customer slips on a wet floor in the changing rooms and sprains their ankle.

True

False

[3]

(b) Other than disabled people, give an example of a group that is classed as a specific population. Explain why it is important to consider the needs of this specific population group in an emergency evacuation.

(i) Specific population group:

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

(ii) Why it is important:

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

(c) Give **two** examples of how a disabled person’s needs could be met in an emergency evacuation.

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

(d) The fire safety officer at Oakenfield Fitness Centre keeps an up-to-date fire log. Identify **two** checks that should be carried out and that are recorded in the fire log.

1
2 [2]

(e) Other than a fire, give **two** other types of emergencies that could occur in the Oakenfield Fitness Centre multi-sports facility.

1
2 [2]

13 The following transcript is a record of the conversation between an assistant sports coach and a child in a gymnastic training squad.

Child: Can I speak to you about something privately?

Assistant coach: Yes, what's the matter?

Child: You promise you won't tell anyone? I don't know what to do.

Assistant coach: Yes, I promise, I won't tell anyone. What is wrong?

Child: The coach keeps telling me if I don't lose weight then I'll never be good enough to compete at national level. He says I'm fat. He says I have to train more. I said I have schoolwork and have to look after my sister, but he said if I am not at training every night, he will drop me from the team.

Assistant coach: (laughs) Really? This can't be true. Does he hit you too?

Child: No.

Assistant coach: Leave it with me, I'll speak to him. You are good enough and you don't need to lose weight. Don't worry about it.

(a) What type of abuse is the child saying has happened?

..... [1]

(b) According to safeguarding procedures, the assistant coach doesn't deal with the situation correctly.

Identify **two** things that the assistant coach should **not** have done when dealing with the child reporting abuse.

1

2

[2]

(c) State **two** people or organisations that the assistant coach should now report this situation to.

1

2

[2]

14 A first aider is called to an incident on a rugby pitch. Two rugby players have collided in a tackle. One of them has a cut above their eyebrow and is complaining of a sore shoulder which may be dislocated.

(a) Explain how the first aider would assess the situation and ensure the safety of the injured players.

1

.....

.....

2

.....

.....

3

.....

.....

[3]

(b) The first aider gets the first aid kit, which meets the HSE minimum requirements.

Identify **three** items in the first aid kit that could be used to help treat the injuries the rugby players sustained.

Item 1:

Item 2:

Item 3:

[3]

(c) The first aider is completing the accident report form. The first aider describes the accident.

What other information would need to be added?

.....

.....

.....

.....

.....

.....

.....

[3]

15 A group of young sports leaders are planning to carry out tag rugby sessions for primary school children.

(a) Name and justify the type of risk assessment they should complete.

Type of risk assessment:

Justification:

.....

[2]

(b) Before planning the sessions, the young leaders contacted the schools to find out information about the participants to ensure the sessions they planned were appropriate and safe.

Identify **three** pieces of information they should find out about the participants that will help them to plan safe and appropriate sessions.

1

2

3

[3]

(c) Apart from slip and trip hazards, give **three** different examples of hazards that could occur in the sessions.

1

2

3

[3]

(d) Other than a risk assessment, suggest **four** steps the young leaders could take before and at the start of the sessions to minimise the risks and ensure the participants' safety.

1

.....

2

.....

3

.....

4

.....

[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 in the margins – for example, 11(b) or 14(c).

A large vertical rectangular area containing 25 horizontal dotted lines for writing answers.

A series of horizontal dotted lines for writing, spanning the width of the page.

A series of horizontal dotted lines for writing, spanning the width of the page.



Oxford Cambridge and RSA

Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, OCR (Oxford Cambridge and RSA Examinations), The Triangle Building, Shaftesbury Road, Cambridge CB2 8EA.

OCR is part of Cambridge University Press & Assessment, which is itself a department of the University of Cambridge.

© OCR 2023

C402/2306