

## Wednesday 17 January 2024 – 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

C402/2401



No extra materials are needed.



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

Centre number

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Candidate number

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First name(s)

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Last name

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Date of birth

D	D	M	M	Y	Y	Y	Y
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### INSTRUCTIONS

- Use black ink.
- Write your answer to each question in the space provided. You can use extra paper if you need to, but you must clearly show your candidate number, the centre number and the question numbers.
- 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 **12** pages.

### ADVICE

- Read each question carefully before you start your answer.

**Section A**

1 Name the organisation that sets the rules and standards for health and safety in the workplace in the UK.

..... [1]

2 Give an example of how the following emergencies could occur in a sports centre.

Missing person .....

.....

Suspected bomb .....

.....

Fire .....

.....

[3]

3 A child is lacking in energy and has dirty clothes. Identify the type of abuse this could indicate.

..... [1]

4 Fill in the missing words.

Duty of care is the legal and ethical responsibility of those involved in leading activities. It

helps to prevent ..... of children and vulnerable adults. It also

ensures equal treatment of special population groups such as .....

[2]

5 Give **two** benefits of having CCTV installed in a gym.

1 .....

.....

2 .....

.....

[2]

6 The police have been called to a sports centre to deal with a suspected bomb. Give **two** roles the police may carry out in this situation.

1 .....

.....

2 .....

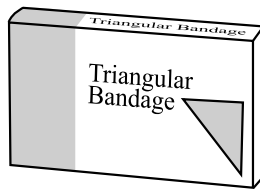
.....

[2]

7 Circle **three** items that **must** be in a first aid box.



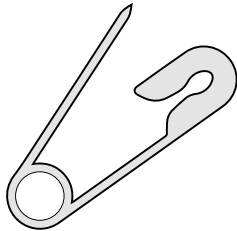
Antibacterial wipes



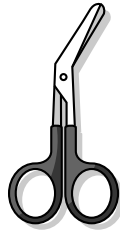
Triangular bandages



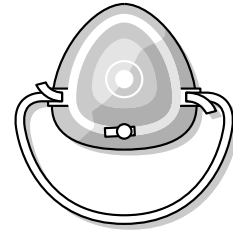
Sterile water



Safety pins



Scissors



Sterile eye pads

[3]

8 Outline **two** ways in which the Data Protection Act can be followed by a receptionist.

1 .....

.....

.....

2 .....

.....

.....

[2]

**9** Give **two** requirements of the First Aid Regulations (1981).

1 .....

.....

2 .....

.....

**[2]**

**10** Identify **two** roles of a lifeguard in an emergency evacuation.

1 .....

2 .....

**[2]**

**Section B**

**11** A netball club have come into a sports hall to start their evening matches and there is water on the court.

**(a)** Name this type of hazard.

..... [1]

No one notices the water. During the match a player slips over and hurts their leg. It is a suspected break, and they are taken to hospital.

**(b)** Name **two** methods of emergency recording and reporting that must be used.

1 .....

2 ..... [2]

**(c)** Give **two** reasons why it is important to keep a record of accidents and emergencies.

1 .....

.....

2 .....

..... [2]

**(d)** The sports centre also has outdoor fields for rugby and football. Give **two** examples of biological hazards that could occur on the sports field.

1 .....

2 ..... [2]

(e) The sports centre has a rota of various jobs for staff to complete throughout their shift. One of the jobs is to clean the changing rooms and toilets.

Suggest **three** steps the staff should take to ensure they minimise any risks to themselves or centre users whilst carrying out the cleaning.

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

[3]

12 The Child Protection in Sport Unit (CPSU), which is part of the NSPCC, helps safeguard children and vulnerable adults in sport.

(a) Name a National Governing Body (NGB) in sport and state **one** way in which they support safeguarding in their sport.

(i) National Governing Body ..... [1]

(ii) How they support safeguarding ..... [1]

(b) Name another sports organisation in the UK that NGBs may work with to ensure the safety of participants in their sport.

..... [1]

(c) Coaches have safeguarding responsibilities.

Give **two** examples of how a coach could help to safeguard any children or vulnerable adults in their session.

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

[2]

(d) As well as safeguarding, coaches have other responsibilities whilst leading sessions.

Circle **two** of these responsibilities.

Be a friend

Have a healthy diet

Assess risk

Comfort participants if  
upset

Set ground rules

Communicate with the  
NGB

[2]

(e) A coach suspects a child in their sessions is being abused.

Give **three** steps they should take.

1 .....

.....

2 .....

.....

3 .....

.....

[3]

13

(a)\* A chemical or gas leak is one type of emergency situation that could occur in a sports centre.

- Using examples, explain different ways a chemical or gas leak could occur in a sports centre.
- Explain the steps a manager could take to minimise the risk of a chemical or gas leak occurring.
- Outline what the manager should do during the emergency.

[8]

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(b) Give **two** reasons why it is important that staff have training to deal with emergency situations.

1 .....

.....

2 .....

.....

[2]

(c) Identify **two** pieces of information included in an Emergency Action Plan (EAP) that would help the staff deal with the emergency situation.

1 .....

.....

2 .....

.....

[2]

14 Risk assessments are important to ensure the safety of all those involved during an activity.

(a) In the table below state which type of risk assessment would be most appropriate.

Scenario	Type of risk assessment
A schoolteacher carrying out a risk assessment for a sports hall.	
A coach carrying out a risk assessment during a mountain climbing expedition as it looks like a storm is coming.	
A gym manager carrying out a risk assessment on a treadmill in a gym.	
A netball coach carrying out a risk assessment for a netball match on an outdoor court.	

[4]

(b) Part of a risk assessment is to identify control measures to minimise risk.

Give an example of the following types of control measures:

auditory control .....

visual control .....

physical control .....

procedural control .....

[4]

**15** A first aider arrives at the scene of an accident at a sports centre. Two footballers have been injured.

**(a)** State **three** things the first aider should do immediately when they arrive at the scene.

1 .....

.....

2 .....

.....

3 .....

.....

**[3]**

**(b)** One of the players is breathing but unconscious. Describe how the first aider would put the player in the recovery position.

.....

.....

.....

.....

.....

.....

**[3]**

**(c)** When dealing with emergency situations staff members have different roles and responsibilities. Complete the table below to show which member of staff is most likely to carry out the role.

<b>Role/responsibility</b>	<b>Member of staff who is most likely to carry out the task</b>
Stop the activity	
Coordinate staff	
Make a PA announcement	
Prevent further harm	

**[4]**

**END OF QUESTION PAPER**



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