



Level 3 Cambridge Technical in Sport and Physical Activity

Time allowed: 1 hour 30 minutes

C402/2406

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)

Last name

Date of birth

D	D	M	M	Y	Y	Y	Y
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- 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.

- 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.

- Read each question carefully before you start your answer.

Section A

- 1** Identify **two** organisations that are involved in safeguarding children and vulnerable adults.

1

2

[2]

- 2** Neglect and sexual abuse are two types of abuse.

Name **two** other types of abuse.

1

2

[2]

- 3** State what DBS stands for.

Give **one** role of the DBS.

DBS:

Role:

.....

[2]

- 4** Give **two** examples of how a sport and leisure facility might ensure accessibility for a person who is blind or deaf.

1

2

[2]

- 5** A bag is stolen from the changing rooms in a sports centre.

Identify **three** security procedures that the sports centre might have in place to help prevent a theft like this from happening, or to help them identify who took it.

1

2

3

[3]

- 6** All employees have a responsibility to help ensure the health and safety of staff and centre users.

The statements in the table describe a health and safety responsibility.

Other than a manager, state which staff member is most likely to be responsible for this job.

The top row has been completed as an example.

Health and safety responsibility	Staff most likely to be responsible for this job
Make sure their qualifications are up to date.	First aider
Make sure everyone signs in and out of the building so they have an accurate record of who is there.	
Organises the fire drills and checks staff training.	

[2]

- 7** Give **two** examples of how a first aider can minimise risk.

1

2 [2]

- 8** Give **one** example of personal protective equipment (PPE) that a cleaner might use when cleaning the changing rooms.

1 [1]

- 9** A centre should have emergency and evacuation procedures in place.

On the table below, circle **three** pieces of information that must be included in the emergency and evacuation procedures.

Number of people	Fire exit location	Safety check on gym equipment	Emergency contact numbers
What the emergency is	Where the manager's office is located	Date of emergency	Meeting point location

[3]

10 The Health and Safety Executive (HSE) has which of the following roles:

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

- A** Ensures everyone has equal access.
- B** Outlines an employer's responsibility with regards to health and safety and liability.
- C** Puts control measures in place to make sure a plan is being actioned within sport centres.
- D** States what training staff must have and how to protect client information.

☐☐☐☐

[1]

Section B**11**

- (a)** A football coach has a duty of care for the participants in their session.

Explain what this means.

.....

.....

.....

.....

.....

..... [2]

- (b)** Other than children and vulnerable adults, name **two** special population groups that need to be treated equally under duty of care.

1

2 [2]

- (c)** The football coach delivers sessions outside on sports fields.

Identify **three** different hazards that could occur.

1

.....

2

.....

3

..... [3]

- (d) Identify **three** ways that the coach can prepare the environment to make sure it is a safe football session.

1

.....

2

.....

3

.....

[3]

12 A netball coach fulfils many roles.

- (a) Fill in the table to identify which role is being described.

The top row has been completed as an example.

Description	Name of role
Decides what to do in the sessions, writes idea down, picks the focus of the session for the next term.	Planner
Uses appropriate language, shows fair play, is always on time, follows the rules and has healthy lifestyle choices.	

[1]

- (b) The netball coach gives a new group of participants a questionnaire to help establish the group's needs.

Other than name and age, state **three** pieces of information that the coach would need to find out about the participants to help inform the planning of their sessions.

1

2

3

[3]

(c) State **four** ways that the netball coach can ensure the safeguarding of their participants.

- 1
-
- 2
-
- 3
-
- 4
-

[4]

Please turn over for the next question

13* Risk assessments are a legal requirement that aim to ensure the safety of participants.

Describe the **three** different types of risk assessment and give examples of when they would be used.

Name and explain the steps of carrying out a risk assessment.

[8]

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

14 A first aider is checking the first aid kit.

In the box there is:

- A guidance leaflet
- Sterile individually wrapped plasters
- Sterile eye pads
- Large and medium sterile, individually wrapped unmedicated wound dressings.

(a) State the **three** items that are missing in order to meet the HSE minimum requirements.

1

2

3

[3]

(b) A first aider has several roles and responsibilities when carrying out first aid.

Select **True** or **False** for the following statements.

A first aider must:

Provide medical aid

True

☐

False

☐

Prevent harmful intervention

True

☐

False

☐

Prevent further danger

True

☐

False

☐

[3]

(c) Describe how a first aider would treat the following casualties:

A player who has a large cut on their leg.

.....

.....

A performer suffering from shock.

.....

.....

[4]

15 Emergency situations can happen in different locations within a sports facility and for a variety of reasons.

(a) Other than a swimming pool and café, give **three** types of environments in which emergencies might happen in the sport, exercise, health and leisure setting.

1

2

3

[3]

(b) The table is incomplete.

Complete the table by putting an answer next to each number.

Emergency	Staff member	Action taken	Emergency reporting and recording forms
Fire	Manager	1 2	7 8
Missing Person	3	Make a PA announcement	9
4	Café staff	Clean up spillage	
Bomb Threat	5	Guide people from their class to a safe area	
6	Health and safety officer	Provide torches	

[9]

(c) Explain how completing a risk assessment and maintenance and service records could reduce the risk of emergencies happening.

Risk assessment:

.....

Maintenance and service records:

.....

[2]

END OF QUESTION PAPER

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