

Wednesday 15 January 2025 – 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

C402/2501



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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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

1 First aid regulations outline the minimum requirements that a first aid kit must contain. Are the following items part of the minimum requirements?

Place a tick (✓) in the correct box.

(a) Antiseptic wipes must be included in a first aid kit.

True

False

[1]

(b) Scissors must be included in a first aid kit.

True

False

[1]

2 Describe the purpose of maintenance and service records **and** why they are important?

Purpose:
.....

Importance:
.....

[2]

3 Other than making a PA announcement, state **two** other roles of a receptionist in an emergency situation.

1

2

[2]

4 Identify what type of risk assessment is being described in the statement below:

‘Carried out before the session, taking into account the location, activity and relevant hazards.’

Type of risk assessment: [1]

5 Malnourishment is a possible sign of what type of abuse?

..... [1]

6 The Health and Safety (First-Aid) Regulations 1981 state that a 'needs assessment' must be carried out.

Place a tick (✓) in the boxes, next to the **three** correct considerations of a needs assessment.

- A Full first aid kit
- B Have a defibrillator
- C History of accidents
- D Location of the first aid kit
- E Nature of the workplace/activity
- F Remoteness of the facility from emergency services

[3]

7
(a) What does the acronym HSE stand for?
..... [1]

(b) Give **one** role of the HSE.
.....
..... [1]

8 Other than children and people with disabilities, name **two** special population groups that need to be treated equally under duty of care.
1
2 [2]

9 State **three** pieces of information that need to be included in an emergency evacuation procedure.
1
2
3 [3]

10 Give **two** examples of injuries that would be reported under RIDDOR regulations.

1

2

[2]

5
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12

(a) Give an example of each of the following types of hazards:

Environmental:

Biological:

Chemical:

Psychological:

[4]

(b) A risk assessment can be used to reduce the risk of hazards.

Number the following statements from 1–5, in the correct order for the steps taken when carrying out a risk assessment.

Record findings and implement them	
Identify hazard	
Review and update risk assessment	
Evaluate the risk and decide on control measures	
Identify those at risk	

[5]

(c) Give an example of each of the following control measures that could be used to minimise hazards.

Auditory:

.....

Physical:

.....

Procedural:

.....

[3]

13

(a) Which **two** of the following statements define safeguarding correctly?

Place a tick (✓) in the correct boxes.

- A Preventing impairment of health and development
- B Protection from maltreatment
- C Responding to abusive people
- D Treating all participants equally

[2]

(b) Suggest **three** ways in which a manager can meet safeguarding requirements.

- 1
- 2
- 3

[3]

(c) National Governing Bodies (NGB) have a role in safeguarding.

Identify **three** other roles of a National Governing Body.

- 1
- 2
- 3

[3]

(d) Other than a National Governing Body (NGB), name **one** organisation that is involved with safeguarding children and vulnerable adults.

..... [1]

14 COSHH and the Data Protection Act are two pieces of legislation a sports centre must comply with.

(a) What does the acronym COSHH stand for?

..... [1]

(b) Give **three** examples of how a sports centre complies with COSHH.

1

2

3

[3]

(c) Give **two** examples of how a sports centre could comply with the Data Protection Act.

1

2

[2]

(d) A leisure centre will have certain security procedures in place to protect people and their possessions.

Give **three** examples of security procedures that should be in place.

1

2

3

[3]

15 A gym user falls over some equipment that is left out on the floor and cuts their leg. They are treated by one of the staff at the gym.

(a) Other than a cut, give **two** other examples of minor injuries that could be treated under the Emergency First Aid at Work qualification.

- 1
- 2 **[2]**

(b) Suggest **four** ways that a sports coach could minimise risk before a session starts in order to avoid accidents.

- 1
- 2
- 3
- 4 **[4]**

(c) Explain **four** ways in which a power cut in a sports centre could put people's safety at risk.

- 1
- 2
- 3
- 4 **[4]**

END OF QUESTION PAPER

EXTRA ANSWER SPACE

If you need extra space use this lined page. You must write the question numbers clearly in the margin.

A large rectangular area with a vertical solid line on the left side and horizontal dotted lines extending across the page, providing space for writing answers.



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