

Examiners' report

CAMBRIDGE TECHNICALS LEVEL 3 (2016)

SPORT AND PHYSICAL ACTIVITY

**OCR Level 3 Cambridge Technical
in Sport and Physical Activity**

Certificate: 05826

Extended Certificate: 05827

Foundation Diploma: 05828

Diploma: 05829

**OCR Level 3 Cambridge Technical
in Sport and Physical Activity
Development**

Extended Diploma: 05872

Unit 4 Summer 2025 series

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Introduction

Our examiners' reports are produced to offer constructive feedback on candidates' performance in the examinations. They provide useful guidance for future candidates.

The reports will include a general commentary on candidates' performance, identify technical aspects examined in the questions and highlight good performance and where performance could be improved. The reports will also explain aspects which caused difficulty and why the difficulties arose, whether through a lack of knowledge, poor examination technique, or any other identifiable and explainable reason.

Where overall performance on a question/question part was considered good, with no particular areas to highlight, these questions have not been included in the report.

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Unit 4 series overview

There is a definite improvement in candidates' knowledge on this specification as the qualification continues. Candidates' knowledge of Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR), risk assessments and first aid procedures has improved, however safeguarding is still an area for centres to work on. Candidates appeared confident on the extended response topic area of first aid. This exam paper had some questions with a more specific focus, for example details about the casualty, or coaches' responsibilities at the start or end of a session and candidates need to be prepared for this. As the lifespan of the qualification grows questions must become more creative in asking about the same topic areas but in different ways.

Candidates who did well on this paper generally:	Candidates who did less well on this paper generally:
• had good knowledge of the topics areas which meant they could name or explain signs of abuse, types of hazards and types of risk assessments • understand safeguarding and how centres can meet safeguarding requirements • gave good detail in their level of response questions • read the questions to make sure they responded in line with the focus of the question.	• were less successful in being able to give signs of abuse, types of hazards or types of risk assessments • did not understand safeguarding • gave brief responses to the extended response questions or spent a long-time explaining information which was given in the question • did not read the question carefully enough to give a response that was specific to the focus of the question • did not attempt some questions.

Section A overview

This section was successfully responded to. Candidates appeared quite confident across the questions other than safeguarding. Safeguarding is something centres need to continue to work on with candidates including the meaning of it and how centres can meet its requirements. The comments below give some good indicators of common but less successful responses which candidates would benefit from knowing. Teachers could highlight these when completing practice papers in class to help candidates understand how to give clear, specific responses that are not vague in relation to the question.

Question 1

- 1 A child goes to the toilet without telling their coach. What type of emergency could this result in?

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

This question was successfully responded to, and most candidates were given this mark.

Question 2

- 2 Other than putting too much chlorine into a swimming pool, give another example of how a chemical leak could occur in a sports and exercise facility.

..... [1]

This question was successfully responded to with the most common point being about spillage of cleaning chemicals.

A mark was given for faulty pump if linked to something other than chlorine for example 'a faulty pump at an ice rink'. This was given the mark as it is a correct mark, however we are not expecting teachers to teach about faulty pumps at an ice rink but included it in the mark scheme to make sure consistency of marking across the assessment team.

A less successful response was chemical bottle/cleaning product bottle being dropped - this is vague as if the lid were on the bottle, it would not lead to a chemical leak. Not being put away correctly was also a common vague response as it would not cause a chemical leak.

Question 3

3 Hazards can occur in different environments within a sports facility.

Read the following statements and identify what **type** of hazard is being described.

(a) Equipment is left out all over a pitch.

.....

(b) A dirty towel left on a food preparation surface.

.....

(c) A lifeguard is tired as they have not been sleeping well due to stress.

.....

[3]

Some candidates had successful responses including knowing the correct terminology for types of hazards. Other candidates didn't know the types of hazards and gave less successful responses including hygiene or trip hazard as opposed to environmental, biological and psychological which are the types of hazards identified in the specification. Most candidates who knew the terminology responded to Question 3 (a) and Question 3 (c) successfully. Question 3 (b) caused some difficulty for many candidates.

Assessment for learning



Candidates must know the types of hazards as identified in the specification and examples to match each type.

Question 4

4 Give **one** example of an auditory control and **one** example of a procedural control that may be used to minimise risk to staff and customers.

Auditory:

Procedural:

[2]

Many successful responses showed an awareness of types of control measures including fire alarm, PA announcements and EAP/evacuation plan. When candidates were less successful it was because they didn't know what the terms meant and gave responses like signs and filling in paperwork. Common less successful responses were fire exit, evacuation, meeting point and exit route as these not procedures.

Question 5

- 5 First aid books and risk assessment forms are two types of key documentation used to minimise risk.

Name the **two** other documents used to minimise risk.

1

2 [2]

Many less successful candidates did not read this question properly and gave the response 'accident report form' which was in the question (first aid book). Fire log was a common successful response. Other less successful responses included RIDDOR or COSHH. These are names of legislations, and candidates needed to be more specific to say a form or report as this is the document.

Question 6

- 6 Explain the meaning of safeguarding children and vulnerable adults.

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

Safeguarding remains a topic area that the candidates are less successful in. Some candidates have learnt the definition well and gave the exact phrases from the mark scheme, however many don't appear to know what safeguarding is and gave less successful responses about avoiding injuries or making sure children and vulnerable adults are supervised.

Assessment for learning



Use practice papers to become confident with the meaning of safeguarding.

Question 7

- 7 Sports coaches have a responsibility for noticing possible signs of abuse.

State **one different** sign for each of the following types of abuse that might indicate they were taking place.

Neglect:

Emotional:

Physical:

[3]

This question was successfully responded to with many candidates given full marks. Where candidates were less successful it was because they gave vague responses including being sad or a bit down, crying and being sensitive.

Question 8

- 8 A risk assessment must be carried out to ensure the safety of participants. First a coach will identify the hazards and then identify who is at risk.

State **two** other steps a coach would take when carrying out a risk assessment.

1

.....

2

.....

[2]

This question was generally successfully responded to with many candidates showing awareness of the other steps in a risk assessment.

Question 9

- 9 A coach is running a basketball session in a sports hall. A bag has been left hidden under a bench and no one knows who it belongs to.

Identify what type of emergency this is and state **two** actions the coach should take to make sure the participants are safe.

Type of emergency:

Action 1

Action 2

[3]

Most candidates were successful and given all three marks for this question but there were a few candidates who did not identify the emergency as a bomb threat. Less successful responses included missing person or trip hazard. The action point marks were frequently given with the most common responses being 'call 999' and 'evacuate'.

Assessment for learning



Make sure candidates are referring to emergency services or ambulance, police etc and do not say appropriate authorities as this is vague.

Question 10

- 10 There is a fire at a sports centre. Other than putting out the fire, outline **one** other task the fire brigade will carry out during this situation.

..... [1]

This question was successfully responded to, with most candidates being given the mark. A few candidates were less successful as they left the response space blank.

Section B overview

Candidates successfully responded to this section with few no responses which was positive to see, however many candidates were less successful in responding to the questions based on site risk assessment. Responses to the level of response questions showed good detail but must focus on the question as many candidates wrote a significant amount on establishing if the individual was breathing despite the question saying they weren't. Knowledge of RIDDOR has improved but there are some tips below to make sure responses are not vague.

Question 11 (a)

11

- (a) Sam is coaching a multi-sports session. The following risk assessment has been completed. Suggest a suitable control method for the **three** hazards.

Hazard	Risk	Control methods
Participants too competitive/ aggressive towards each other.	Physical harm, e.g. pushed over. Mental harm, e.g. scared.	Have rules in place regarding non-contact or consequences for any aggression. Having a referee.
Injury	Pulled muscle.	1.
Equipment	Injury from tripping over, or standing on equipment.	2.
Water spillage from drinks bottles.	Slipping over.	3.

[3]

Some successful responses were given for this question. Warm up was very commonly given for mark 1. When a response was less successful it was about having a first aider present which isn't a control method to prevent the risk of an injury but a treatment. Wet floor signs and cleaning up the spillage were commonly given, as successful responses for number 3.

Question 11 (b)

(b) Describe what a dynamic risk assessment is.

.....

..... [1]

Where candidates were successful in their response to this question it was because they were aware that this is a risk assessment that is carried out during the event and changes. Where candidates were less successful it was because they were not clear on what the types of risk assessments refer to.

Question 11 (c)

(c) Describe what a site risk assessment is.

.....

..... [1]

This question was less successfully responded to. Most candidates gave the response that this is a risk assessment for a specific location/site. Successful responses must refer to both the location and the sport that is taking place, e.g. hockey on a 3G pitch - location and activity.

Assessment for learning



Teachers must make sure candidates know a site risk assessment is more than just the location but also refers to the activity.

Question 11 (d)

(d) A first aid incident occurs.

Place a tick (✓) in **one** box next to the correct statement which describes **both** roles and responsibilities of a first aider.

- A Provide medical aid **AND** ensure casualty is lying down.
- B Make sure bystanders are safe **AND** use sterile water to clean the wound.
- C Prevent condition from becoming worse **AND** prevent harmful intervention.
- D Prevent harmful intervention **AND** contact the HSE.

☐

☐

☐

☐

[1]

Most candidates gave a successful response to this question and were given the mark. A few candidates ticked more than one box which is a less successful response, and no mark could be given.

Question 11 (e)

(e) A person has sustained a dislocated shoulder.

Name **one** item from the first aid kit that would be used to help treat the injury.

..... [1]

Some candidates were given this mark by responding with triangular bandage or safety pins. Many less successful responses including bandage or wound dressing are vague and were not given.

A triangular sling was not accepted as this is not an item in a first aid kit - it is a triangular bandage that is then made into a sling.

Question 12 (a)

12 Managers of sports centres are required to fill in a Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) form in certain circumstances.

(a) Give **three** circumstances in a sports centre that will lead to a RIDDOR form being completed.

1

.....

2

.....

3

.....

[3]

Candidates' knowledge of this topic area has improved. The most accessed marks were from points 1, 2, 9 and 10 of the mark scheme.

Less successful vague responses included:

'injury to public' - candidates needed to qualify this response, to infer that the injury resulted in the public having to go to the hospital.

'needing to go to the hospital' – candidates needed to qualify this response, to infer that the reason for attending hospital was because of the injury. Without reference to injury they could be attending for another reason, e.g. to have a baby or visit someone.

'being off work for 7 days' - candidates needed to qualify this response, to infer that the reason for being off work was because of an injury sustained at work. Without reference to an injury sustained at work, the employees could be off for another reason, e.g. a bereavement or an operation.

Exemplar 1

- 1 Death in the workplace
 - 2 A serious injury in the workplace
 - 3 A specific injury to the worker
- [3]

This response scored 1 mark for the first response but then was too vague in the next responses.

Question 12 (b)

- (b) Give **one** example of an injury that would need to be recorded in the first aid book but **not** reported to RIDDOR.

..... [1]

Many candidates successfully responded to this question. Successful responses included 'a cut', 'a sprain' or 'a graze'. Where candidates were less successful it was because their response was not an injury, e.g. fainting or shock. The question asks for an example of an injury.

Question 12 (c)

(c) There is a fire in a sports centre. State **three** different responsibilities for each of the following job roles:

Manager:

- 1
- 2
- 3

Lifeguard:

- 1
- 2
- 3

[6]

Many candidates successfully responded to this question and were given over 4 marks. The most common responses for the managers responses were:

- evacuate
- oversee staff
- call 999
- liaise with emergency services
- carry out registers

The most common responses for a lifeguard were:

- evacuate the pool
- check the changing rooms
- direct out of the emergency exit
- provide blankets

Less successful responses for Lifeguards were 'doing registers/head counts' or 'evacuating the sports centre'.

Question 13 (a)

13

(a) Safeguarding is one responsibility of a sports coach and activity leader.

State **three other responsibilities** of sports coaches and activity leaders that ensure the safety of participants in their sessions.

1

2

3

[3]

There was a mixture of successful and less successful responses to this question. Some less successful candidates didn't read the question properly and provided three responses relating to safeguarding which weren't accepted. More successful candidates understood the question and responded with other valid responsibilities and were given 2 or 3 marks.

Some candidates provided three responses that were variations of the same point, e.g. 'risk assessment', 'check the playing area' and 'check the weather'.

Exemplar 2

1 ...Checking equipment is fully useable before session.....

2 ...Appropriate staff to participant ratio.....

3 ...Look for signs of abuse.....

[3]

This exemplar shows a less successful response as two of the responses refer to safeguarding which was in the question and the question asked for other responsibilities. This candidate was given 1 mark.

Exemplar 3

1 ...Taking registers.....

2 ...Making sure the players have correct equipment^..... (footwear)

3 ...checking sports equipment isn't faulty.....

[3]

This shows a strong response where the candidate gave three different responsibilities that cover different aspects so scored 3/3.

Question 13 (b)

- (b) Identify **two** steps at the **start** and **two** steps at the **end** of a sports session that a coach could take to ensure the safety of children in their session.

Start of session:

Step 1

.....

Step 2

.....

End of session:

Step 1

.....

Step 2

.....

[4]

'Warm up' and 'cool down' were very frequently given successful responses. Many candidates responded, 'registers at the start and end'. This was not given the mark for registers at the end as coaches do not do registers at the end of the session to check that no one is missing. Many candidates were given both marks for the start of the session but a few only scored one mark for what a coach does at the end of the session.

Less successful responses included 'staff ratios' and 'risk assessments' - while these are things a coach does to minimise risk they are not carried out at the start of a session.

'Make sure the children get home safely' was also a less successful response as a coach ensures they are collected by the appropriate person - they do not make sure they get home safely.

Question 13 (c) (i)

(c)

- (i) Explain how these **two** requirements help to safeguard children and vulnerable adults.

Safeguarding policies:

.....

.....

Effective recruitment of staff:

.....

.....

[2]

This question was less successfully responded to as the candidates were unsure why safeguarding policies help to safeguard.

Many candidates were not given the second mark for effective recruitment, as they were not aware that DBS checks and checking criminal background would help make sure people are safe to work with children.

Question 13 (c) (ii)

- (ii) State **one** other safeguarding requirement.

..... [1]

There was a mixture of successful and less successful responses to this question. Many candidates gave DBS checks as their response, but this was covered within part (i) of the question as a response to effective recruitment. This question asked for **one** other safeguarding requirement. More successful response to this question were 'safeguarding training', 'a safeguarding lead' or 'correct ratios'.

Question 14 (a)

14

- (a) Identify **three** security procedures a sports centre could use **and** explain how each procedure would help to increase security.

Procedure 1:

Explanation:

.....

Procedure 2:

Explanation:

.....

Procedure 3:

Explanation:

.....

[6]

Many candidates could name three procedures however less successful candidates could not always link to how each procedure helped increase security. For example, many candidates identified CCTV but gave an explanation 'this could be used as evidence or to find out who did something'. This doesn't help increase security so was not given.

Assessment for learning



Candidates must recognise the focus of the question. For example, Question 14 (a) asked for how each procedure identified helped to increase security. CCTV is a deterrent. 'Evidence of what happened' is a function of CCTV but not one that increases security.

Question 14 (b)

- (b) Sports centres must also follow Control of Substances Hazardous to Health (COSHH) requirements.

Locking cleaning cupboards and storing chemicals correctly are two ways in which a sports centre can meet the requirements.

State **two** other ways a sports centre can comply with COSHH.

1

2 [2]

This was successfully responded to, and candidates were confident on this topic area.

Question 14 (c)

- (c) The Equality Act 2010 is another legislation centres have to follow.

Outline **three** ways in which the centre could meet the requirements of this legislation.

1

.....

2

.....

3

..... [3]

There was a mixture of successful and less successful responses to this question. Some candidates were able to provide three correct responses with common responses being about ramps, lifts into the pool, accessible sessions. Less successful candidates got very caught up on gender which has been very high profile in the news.

Question 15 (a)*

15

(a)* Sport, exercise, health and leisure providers have to meet a range of requirements to operate safely.

Describe the requirements of the Health and Safety (First Aid) Regulations 1981.

Explain how a first aider would respond to the following injuries:

- choking
- a casualty who is unconscious and not breathing.

[8]

Overall, this was successfully responded to with candidates showing a good knowledge of first aid responses. Candidates showed good knowledge of CPR. Many candidate responses were about clearing the area, checking for dangers and calling the emergency services. However, many candidates did spend a significant amount of time/space writing about how to tell if the casualty was breathing or not. Many candidates wrote about checking for response, nipping the individual, listening for breathing, watching for the chest to rise - but the example given said unconscious and not breathing - so this assessment had already been made, and this information was not needed.

Assessment for learning



Candidates should practice focusing in on what the question is asking for to make sure that time is not wasted. This question said casualty is not breathing - they needed to focus on the next steps.

Question 15 (b)

(b) A first aider is providing treatment to a person who is choking.

State **two** responsibilities that the **receptionist** would carry out during this emergency.

1

2

[2]

This question was generally successfully responded to. 'Make a PA announcement' was a common less successful response. Candidates seem to connect receptionist to PA announcement without recognising that it is not always a suitable response.

Question 15 (c)

(c) An accident report form would need to be completed for a choking incident.

State **two** pieces of information about the casualty that would need to be included on the form.

1

2

[2]

Many candidates gave less successful responses to this question and did not score any marks as it had not been carefully read. The question asked for pieces of information about the casualty. Less successful responses were 'location', 'treatment provided', 'date and time'. These pieces of information would be recorded on an accident form, but they were not linked to the casualty.

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