

Wednesday 21 May 2025 – Morning

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
C402/2506

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

.....
 [1]

- 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]

- 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]

- 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]

- 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]

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

.....

.....

.....

..... [2]

- 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]

- 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]

- 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]

- 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]

Section B

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]

- (b) Describe what a dynamic risk assessment is.

.....
 [1]

- (c) Describe what a site risk assessment is.

.....
 [1]

- (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]

- (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]

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]**

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

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

(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]

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]

- (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]

(c)

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

Safeguarding policies:

.....

.....

Effective recruitment of staff:

.....

.....

[2]

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

..... [1]

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]

- (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]

- (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]

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]

[illegible]

- (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]

- (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]

END OF QUESTION PAPER

[illegible]

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