

Wednesday 16 January 2019 – Afternoon

LEVEL 3 CAMBRIDGE TECHNICAL IN SPORT AND PHYSICAL ACTIVITY

05828/05829/05872 Unit 4: Working safely in sport, exercise, health and leisure

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Duration: 1	hour	30	minut	es
C402/1901				

You may use:

· no materials required

First Name		Last Name								
Centre Number						Cano Num	lidate ber			
Date of Birth	D	D	M	M	Y	Υ	Υ	Y		

INSTRUCTIONS

- Use black ink.
- Complete the boxes above with your name, centre number, candidate number and date of birth.
- · Answer all the questions.
- Write your answer to each question in the space provided.
- Additional paper may be used if necessary but you must clearly show your candidate number, centre number and question number(s).

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 the question marked with an asterisk(*).
- This document consists of 12 pages.

FOR EXAMINER USE ONLY		
Question No	Mark	
Section A: 1-10	/20	
Section B: 11	/8	
12	/8	
13	/14	
14	/8	
15	/12	
Total	/70	

Section A

Answer **all** the questions.

1	(a)	State which type of sport and leisure environment the following ac likely to occur in:	cident would be most	
		Hot water being spilt on someone:		[1]
	(b)	Which piece of Health and Safety legislation is most relevant to avin swimming pools?		
				[1]
	(c)	Which role would be most likely to deal with hiring staff in a leisure	e centre?	
				[1]
2	Give	e three examples of accidents that could occur on an outdoor playi	ng field.	
				[3]
3		ch one of the following people should be contacted in the event of the centre. Put a tick (\checkmark) in the box next to the correct answer.	a missing person at a	l
	(a)	First aider		
	(b)	Visiting dance teacher		
	(c)	Marketing Manager		
	(d)	Duty Manager		
				[1]

	ntify three items from a first aid box that might be needed to treat a large open wound.
3	
lder	ntify two pieces of first aid information that employees at a gym must be informed abo
1	
2	
Whi	ch one of the following is a responsibility of the Disclosure and Barring Service (DBS)
Put	a tick (✓) in the box next to the correct answer.
(a)	Making decisions about who to appoint in a job interview
(b)	Providing trained sports coaches
(c)	Processing requests for criminal records checks
(d)	Ensuring sport and leisure staff are suitably qualified
	scribe two of the evacuation procedures that a gym instructor would follow in an

9	Describe a task carried out by a fitness instructor that would be an example of 'risk management'.
	[1]
10	State two legal and ethical responsibilities when leading sports activities.
	1
	2
	[2]

Section B

Answer **all** the questions.

11	Diffe	erent types of emergencies can occur at a leisure centre.
	(a)	Explain how accidents might occur in the following areas:
		Communal areas
		Sports hall
		[4]
	(b)	Explain why it is important that staff understand their roles and responsibilities in the event of an emergency.
		[4]

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(a) Sean is an instructor at a leisure and fitness club. He is also the designated fire officer 12 there.

In the event of a fire, indicate whether Sean should take responsibility as fire officer, or if the Fire Service should do, for each of the following actions:

Action	Sean	Fire Service
Assist anyone who needs help in evacuating when the alarm is first raised		
Fight the fire if it is getting out of control		
Search toilets and other areas for people		
Stop the fire spreading by closing doors and windows		
Rescue people still in the building after the initial evacuation		

	[5]
fitnes	S

cua	tion		
			[5]
(b)	As a fire officer, Sean has to do regular fire club.	safety checks around th	ne leisure and fitness
	Identify three things Sean should regularly	check in this role.	
	1		
	2		
	3		
			[3]
Zara	a works as a coach for a soccer school who	host sessions in parks a	and on school playing
(a)	Using examples, describe:		
	the types of risk assessment which Zara	a will have to complete	
	the steps she should take in completing	them	
	control measures which Zara could put	in place to minimise risk	s for participants. [8]

13*

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		••
(b)	Zara is considering running some indoor sessions in a sports hall during the winter	
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14 Steffi works with sports centres and schools as a play leader. She delivers sessions based

around play and problem-solving in the outdoors.

(a	Describe four of Steffi's first aid responsibilities when working with her groups.

(b) The table below contains information about emergency situations Steffi has encountered and how she responded.

Complete the blanks in the table, giving either the situation that is being responded to or the appropriate first aid response. The first one has been done for you as an example.

Situation	First Aid to be administered
An individual suffers a cardiac arrest during a team building challenge	Administer CPR
1	Hit them firmly on their back between the shoulder blades
A participant is suffering from shock following an allergic reaction	2
A person is unconscious but breathing following a seizure	3
4	Apply and maintain pressure to the affected area with a gloved hand, using a clean pad or dressing if possible

[4]

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15	(a) Complete the description below the word bank provided.	ow about what Safegarding is, ι	using appropriate terms from			
	Safeguarding is a term which	is broader than 'child protection	n' and relates to the action			
	taken to promote the welfare	of children and protect them fro	om harm.			
	Safeguarding is	responsibility	/. Safeguarding is defined as:			
	protecting children from					
	 preventing impairment of 	preventing impairment of children's				
	 ensuring provision of safe 	ensuring provision of safe and effective				
	parents	health and development	bullying			
	future	teaching	everyone's			
	maltreatment	welfare	care			
	Padma runs a dance school for children at a community centre, and she employes three dance teachers. (b) Describe how Padma can safeguard pupils that attend her dance school.					

(c)	Explain how different organisations could be involved in safeguarding the young children that attend Padma's classes.
	[4]

END OF QUESTION PAPER



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