

## Wednesday 22 May 2019 – 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**  
**C402/1906**

**You may use:**

- no materials required

Please write clearly in black ink.

Centre number

--	--	--	--	--

Candidate number

--	--	--	--

First name(s)

---

Last name

---

Date of Birth

D	D	M	M	Y	Y	Y	Y
---	---	---	---	---	---	---	---

#### INSTRUCTIONS

- Use black ink.
- 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	/12
12	/8
13	/8
14	/10
15	/12
<b>Total</b>	<b>/70</b>

**Section A**

Answer **all** the questions.

1 Which of the following is a type of security procedure in sports centres?

Put a tick (✓) in the box next to the **one** correct answer.

(a) Checking membership details

(b) Wheelchair ramps

(c) Designated fire officers

(d) Keeping chemicals locked away

[1]

2 Give **two** benefits of installing CCTV in a fitness studio.

1 .....

2 .....

[2]

3 Identify the **three** different types of risk assessment.

1 .....

2 .....

3 .....

[3]

4 Give a different example from sport that could cause each of the following first aid emergencies.

Choking .....

.....

Unconsciousness .....

.....

Bleeding .....

.....

[3]

5 State **two** reasons why it is important to have correct staffing ratios in a group coaching situation.

1 .....

2 .....

[2]

6 Identify **one** possible sign of physical abuse.

.....[1]

7 During an emergency at a leisure centre, describe **one** responsibility of a receptionist.

.....[1]

8 Describe a role that each of the following emergency services may take on during an emergency at a fitness centre.

1 Fire Brigade: .....

.....

2 Police: .....

.....

[2]

9 Give **three** examples of how clothing or footwear could be a possible hazard in a sports environment.

1 .....

.....

.....

2 .....

.....

.....

3 .....

.....

.....

[3]

**10** Identify **two** health and safety responsibilities of a manager at a leisure centre.

1.....

2.....

**[2]**

**Section B**

Answer **all** the questions.

**11** Ginny is a fitness instructor in a small health club. Ginny needs to be aware of the risks and dangers associated with her role.

**(a)** Describe the evacuation procedures that Ginny should follow in the event of an emergency.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [4]

**(b)** Describe what Ginny could do to minimise risks in her fitness sessions.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [4]

(c) Why would Ginny need to adapt risk assessments for her fitness sessions at the health club, depending on the following factors?

The activities.....

.....

.....

The equipment.....

.....

.....

The environment .....

.....

.....

The participants .....

.....

.....

**[4]**

**12\*** Richard works at a leisure centre as a personal trainer and lifeguard. He is also a first aider.

Richard has to attend Emergency First Aid at Work training courses. Using examples, explain how he would use first aid whilst at work with reference to:

- First Aid skills and techniques
- hygiene
- use of First Aid equipment
- reporting.

**[8]**

.....

.....

.....

.....

.....

.....

.....

.....

A series of horizontal dotted lines spanning the width of the page, providing a template for writing.









(b) Maintenance and service records are an example of a health and safety document. Identify **three** other health and safety documents.

1 .....

2 .....

3 .....

**[3]**

(c) (i) Complete the description below about what 'Duty of Care' means using appropriate terms from the word bank provided.

Duty of care is defined as "a moral or legal obligation to ensure the safety or well-being of others". In a sport setting this includes:

- legal and \_\_\_\_\_ responsibilities when leading activities
- addressing potential areas of \_\_\_\_\_
- how to \_\_\_\_\_ children and vulnerable adults
- \_\_\_\_\_ treatment of special population groups.

Maltreatment	Control	Bullying
Record	Educational	Protect
Ethical	Equal	Welfare

**[4]**

(ii) Give one example of a special population group in relation to Duty of Care.

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

**END OF QUESTION PAPER**

---

# OCR

Oxford Cambridge and RSA

**Copyright Information:**

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website ([www.ocr.org.uk](http://www.ocr.org.uk)) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, OCR (Oxford Cambridge and RSA Examinations), The Triangle Building, Shaftesbury Road, Cambridge CB2 8EA.

OCR is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.