



Oxford Cambridge and RSA

Monday 17 January 2022 – Afternoon

Level 3 Cambridge Technical in Sport and Physical Activity

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

Duration: 1 hour 30 minutes
C402/2201



No extra materials are needed.



Please write clearly in black ink.

Centre number

Candidate number

First name(s) _____

Last name _____

Date of birth

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 pages 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 the question marked with an asterisk(*).
- This document has **16** pages.

ADVICE

- Read each question carefully before you start your answer.

FOR EXAMINER USE ONLY	
Question No	Mark
Section A: 1-10	/20
Section B: 11	/22
12	/8
13	/4
14	/10
15	/6
Total	/70

Section A

Answer **all** the questions.

- 1 Providers of sport, exercise, leisure and health activities must meet the requirements of the Health and Safety (First Aid) Regulations to keep employees and customers safe.

Identify **three** requirements of these regulations.

1

.....

2

.....

3

.....

[3]

- 2 If a child makes a disclosure to a coach about physical abuse, who should the coach inform?
Put a tick (✓) in the box next to the **one** correct answer.

A Another coach

B Safeguarding officer

C The child's parent/carer

D The child's teacher

[1]

- 3 Monitoring hazards is one role and responsibility of a lifeguard in risk management.
Give **two** others.

1

2

[2]

- 4 Name **one** piece of documentation in risk management.

.....

[1]

5 Give **one** reason why a gymnastics coach who works at several primary schools might use a dynamic risk assessment.

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

6 Identify **two** pieces of guidance that a first aider would find on the leaflet in a first aid kit.

1
2 [2]

7 Give **two** reasons why a first aider would use disposable gloves.

1
2 [2]

8 The table below contains information about three pieces of health and safety legislation. Complete the blanks in the table by providing the name of the legislation that links to each statement.

Statement	Legislation
The use of chemicals for swimming pools	
Notification of a person suffering a life-threatening injury	
The installation of an accessibility lift on poolside	

[3]

9 Describe **two** ways that special population groups can be supported in an emergency evacuation.

1
.....
2
..... [2]

- 10** Use the word bank below to complete the following sentences about emergency situations in a leisure centre.

During an emergency in a leisure centre, the _____ should make any PA announcements.

The responsibility for co-ordinating staff lies with the _____ .

A _____ will prevent further harm to people.

fire service	safeguarding officer	café staff	police
receptionist	manager	fitness instructor	first aider

[3]

Section B

Answer **all** the questions.

11 Jamie works as the head fitness coach at a college and runs fitness sessions in various environments to improve the general and sport-specific fitness of his students.

(a) A type of emergency situation which Jamie might have to deal with is a missing person.

(i) Give **two** examples of how a missing person incident might happen.

1

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2

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[2]

(ii) Describe **two** ways in which Jamie can minimise the risk of a missing person incident happening.

1

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2

.....

[2]

(b) Give reasons why the college will have the following security procedures.

Keeping records secure

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.....

.....

CCTV

.....

.....

.....

[4]

- (c) Describe **four** control measures that Jamie would put into place in a weights session to ensure the safety of his participants.

1

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2

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3

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4

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[4]

- (d) Identify whether each of the following statements about safeguarding requirements is TRUE or FALSE.

Statement	True or False?
Jamie has to be the safeguarding lead at the college.	
Sensitive pupil information might have to be shared with other organisations.	
All safeguarding issues must be reported in line with RIDDOR.	
All staff must be appointed through a safeguarding agency.	

[4]

Fig. 12.1 shows some data about accidents which have happened across a number of sports and leisure facilities in a local area.

Top 5 places injuries happen: <ol style="list-style-type: none"> 1. Sports hall 2. Swimming pool 3. Changing rooms 4. Soft play area 5. Fitness studio 	5 most frequent injuries: <ol style="list-style-type: none"> 1. Bruise 2. Cut/graze 3. Sprain 4. Nose bleed 5. Head injury 	Treatment required: <ul style="list-style-type: none"> • 80% needed first aid only • 13% had to attend hospital • 7% required an ambulance
Top 5 causes of injury: <ol style="list-style-type: none"> 1. Contact with an object 2. Slip or trip causing a fall 3. Sporting injury during activity 4. Collision/contact with another person 5. Collision/contact with a wall 		Examples of these causes of injury: <p>Being hit by a ball/racket/bat</p> <p>Slipping on wet floor / tripping on a step</p> <p>Pulling a muscle or over-stretching during the activity</p> <p>Two players bumping into each other during 5-a-side football</p> <p>Bumping into end of pool when swimming backstroke / running into wall after chasing a shot in badminton</p>
Age of those injured: <ul style="list-style-type: none"> • 0 – 7 years = 25% • 8 – 15 years = 35% • 16 – 30 years = 20% • 31 – 55 years = 7% • Over 55s = 13% 	Role of those injured: <ul style="list-style-type: none"> • Customers = 80% • Staff = 18% • Other visitors (e.g. cleaners) = 2% 	Gender of those injured: <ul style="list-style-type: none"> • 58% males • 35% females • 7% not recorded / not known

Fig. 12.1

.....

.....

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Fig. 13.1 shows a High Intensity Interval Training session.



Source: <https://www.1610.org.uk/blog/hiit-training-exercise-can-be-accessible-anywhere/>

Fig. 13.1

13 Identify **four** potential hazards using **Fig. 13.1**.

1

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2

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3

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4

.....

[4]

(b) Describe **two** steps which can be taken to minimise the risk of accidents in communal areas such as a café.

.....

.....

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.....

.....

.....

..... [2]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

If additional answer space is required, you should use the following lined pages. The question numbers must be clearly shown in the margins – for example, 11(a) or 14(b).

A large rectangular area containing 25 horizontal dotted lines for writing answers. A solid vertical line is on the left side of the page.



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