

CAMBRIDGE TECHNICALS LEVEL 3 (2016)

Examiners' report

SPORT AND PHYSICAL ACTIVITY

05826–05829, 05872

Unit 4 January 2022 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.

A full copy of the question paper and the mark scheme can be downloaded from OCR.

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Unit 4 series overview

The candidates performed well, showing a detailed and applied understanding of the specification. Despite disruptions due to Covid, there appeared to be fewer gaps in candidates' knowledge than has been seen in previous series. Candidates were able to provide good answers regarding hazards, risks and risk management and control measures in applied situations. In the extended response candidates referred to the source material well and gave a range of actions to minimise the risks, although these were not always very realistic. Area's candidates did not perform so well on were the requirements of the first aid regulations, guidance on a first aid leaflet, keeping data secure, and noticing the difference in the focus of the question with regards to planning for an evacuation and the steps to take during an evacuation.

<i>Candidates who did well on this paper generally did the following:</i>	<i>Candidates who did less well on this paper generally did the following:</i>
<ul style="list-style-type: none"> • knew about first aid guidance and regulations • were able to use specific terminology for legislation and documentation • were able to give a range of valid control measures in a range of sporting contexts • were able to explain how a H & S officer would plan for an evacuation but then also their role during an evacuation. 	<ul style="list-style-type: none"> • had limited knowledge of first aid regulations and guidance and listed contents of a first aid kit instead • did not know names for legislation and documentation • struggled to differentiate between risk management and actions in an emergency • had limited understanding of security procedures, especially keeping data secure • were not able to recognise hazards in the image • provided the same answer for what an H & S officer would do to plan for an evacuation and what they would do during an evacuation.

Section A overview

This was a section of two extremes – either candidates did very well and showed good knowledge of terminology to do with first aid, legislation and documentation; or it was not well answered, showing superficial knowledge of topic areas with candidates providing answers linked to the topic but not answering the question, e.g. listing contents of the first aid kit. Questions 2, 4, 8, 9 and 10 were generally well answered, although for Question 9 they either knew it or they didn't! Candidates appeared to find Questions 3, 5 and 6 more difficult. It was clear candidates had knowledge of first aid, but they could not always make it relevant to the question.

Question 1

- 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]

A mixed response to this question. Some candidates were successful in stating an appointed first aider, well stocked first aid kit and staff knowing about first aid arrangements or having up to date first aid training. These were the most common successful answers. However, many candidates did not answer this well. They answered with points like risk assessments, practising evacuations, DBS checks. Others were not very specific, saying simply staff training or right number of staff.

	<p>AfL</p>	<p>Centres should encourage candidates to be specific when it comes to regulations, e.g. instead of putting staff training, write staff should have up to date first aid training or correct number of first aid qualified staff.</p>
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Question 2

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]

Well answered. The majority of candidates knew this answer.

Question 3


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

1

2

[2]

This was not well answered with most candidates giving roles in an emergency situation such as evacuating the pool or carrying out CPR. These are not roles in risk management. When candidates did access the marks, the most common points were making sure swimmers were following the rules/not running, checking chlorine levels and signage.

	AfL	When teaching this unit, assessors should make sure candidates have notes or practise answering the roles of the different staff members in both risk management and emergency situations as the answers are quite different.
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Question 4

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

..... [1]

Well answered with the most popular answers being risk assessment, COSHH or accident report book.

Question 5

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

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


This was either well answered with candidates showing a good understanding of the changing nature of a dynamic risk assessment and the fact that different schools would have different facilities and therefore different risks, or it was totally incorrect saying it's quicker or easier or was specific to the school showing a lack of understanding of risk assessments.

Question 6

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

1
2 [2]

The majority of candidates only scored one mark here. There were a lot of vague points about what a leaflet would have on it or just simply incorrect ones.

	AfL	Assessors should get the leaflet out and have a look with candidates at what is on the leaflet.
---	------------	---

Question 7

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

1
2 [2]

Many candidates used the term 'cross contamination' which was good but then struggled to give another different point. 'Because you can throw them away' is not a reason why a first aider would use them.

Question 8

- 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]

Again, this was either answered very well or incorrectly, showing candidates had either learnt the legislations and knew what they referred to or they hadn't. Some candidates wrote special population group names in the boxes, e.g. disabled people or DBS, clearly trying to take a guess, which is worth doing but it highlighted a gap in their knowledge.

Question 9

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

1

.....

2

.....

[2]

Generally answered well with many candidates being aware that ramps and lifts would be needed, as well as staff assistance.

Question 10

- 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]

Well answered.

Section B overview

Questions 11 and 14 were harder questions and this was reflected in the candidates' responses. Some candidates gave stronger responses which scored well, whereas in responses which scored lower, candidates struggled to apply their knowledge. Questions 11 (c), 13, 15 (a) and 15 (b) were well answered.

Question 11 (a) (i)

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

.....

2

.....

[2]

Overall, this was well answered however those who didn't score well were those who put unrealistic answers such as lost in the changing rooms or lost in the sports hall which is not a very plausible example of a missing person.

Question 11 (a) (ii)

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

1


.....

2

.....

[2]

Well answered.

	Misconception	Locking people in is not a realistic way of reducing the risk of a missing person – while it might work, it may go against health and safety policies!
---	----------------------	--

Question 11 (b)

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

Keeping records secure

.....
.....
.....

CCTV

.....
.....
.....

[4]

Candidates provided good answers for CCTV, but a lot of candidates did not score any marks for the keeping records secure. Many candidates answered that they needed information in case of an accident so they could contact parents etc. with no concept of the security aspect of the question.

Question 11 (c)

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

1

.....

2

.....

3


.....

4

.....

[4]

Well answered.

	Misconception	Many candidates said to carry out a risk assessment. This is not a control measure in a session – this is a risk management document that would be carried out before the session to help the coach consider possible control measures.
---	----------------------	---

Question 11 (d)

(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]

Very mixed responses with candidates covering all options of answers – some all true, some all false and all the options in between indicating that safeguarding continues to be an area that candidates find difficult.

Question 11 (e)

(e) Jamie is involved in employing coaching staff as a part of his role as head coach in the college.

Discuss what Jamie needs to consider in terms of safety when employing coaching staff, including:

- his own responsibilities
- the responsibilities the coaches will have.

.....

.....

.....

.....

.....

.....

.....

[6]

This was a difficult question that required candidates to apply knowledge to a situation but overall they did well with many candidates hitting points 3, 4, 5, 8, 9, 10, 17 and 18 on the mark scheme. Other points on the mark scheme were not well accessed.

Question 12

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: 1. Sports hall 2. Swimming pool 3. Changing rooms 4. Soft play area 5. Fitness studio	5 most frequent injuries: 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: 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: Being hit by a ball/racket/bat Slipping on wet floor / tripping on a step Pulling a muscle or over-stretching during the activity Two players bumping into each other during 5-a-side football Bumping into end of pool when swimming backstroke / running into wall after chasing a shot in badminton
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

12* Ingrid is the manager of a newly opened leisure centre in the same local area that the data in **Fig. 12.1** is from.

Ingrid is keen to ensure that accidents are kept to a minimum in her centre.

Using the data from **Fig. 12.1**, explain what Ingrid can do to try to achieve the best safety record possible.

Your answer should consider:

- factors which seem to influence which accidents are most likely to occur, and to whom
- things which Ingrid should prioritise
- actions Ingrid can take to minimise risk in these areas.

[8]

.....

.....


.....

.....

.....

.....

Candidates referred to the source information which was pleasing to see. The majority of candidates also provided extended responses with examples throughout, which again was good to see. Weaker answers just jumped straight to the actions to reduce the risk and did not discuss factors influencing accidents nor where to prioritise but those who did made a good attempt. Candidates made suggestions for actions but sometimes these were just not valid such as make the hall bigger, or do not allow running in the hall, make sure in a game of football participants all stay 5m away from each other to avoid collisions or do not allow people to do backstroke.

	AfL	When teaching topics or revising questions, assessors should encourage candidates or provide candidates with a range of realistic control measures/actions to reduce risk.
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Question 13

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
- 2
- 3
- 4

[4]

Well answered when candidates understood the question. Some candidates did not recognise the term hazards and listed emergencies, e.g. fire, bomb threat, power cut and missing person.

Question 14 (a)

14 Martin is a health and safety officer at an indoor tennis centre.

- (a) Describe the emergency procedures that Martin will need to consider when planning for a situation in which the centre is evacuated.

.....

.....

.....


.....

.....

.....

..... [5]

This was either well answered with candidates showing a very good understanding of planning for emergencies with answers covering a range of points on the MS, or they completely missed the point and gave the answer for Question 14 (b) about how to evacuate in an emergency, not the planning of one.

	AfL	Make sure when teaching about evacuations there are two distinct parts – planning for one and carrying one out and who does what in which part.
---	------------	---

Question 14 (b)

- (b) Describe **five** aspects of Martin’s role as a health and safety officer during an evacuation.

.....

.....

.....

.....

.....

..... [5]

As above, this was well answered if candidates recognised that this was about actually evacuating the building. However, some candidates who had written this information for 14 (a) then went and gave points about planning for an evacuation for this question so mixed the contexts up.

Question 15 (a)


15 (a) Accidents occur in a range of environments.

For each example of an accident shown below, tick (✓) the correct column for which environment it is most likely to occur in.

Example of Accident	Sports Hall	Gym	Changing Room	Playing Fields	Café
Electric shock from hairdryer					
Burn or scalding with hot water					
Twisting an ankle on uneven ground					
Breaking a toe by dropping equipment					

[4]

The majority of candidates scored full marks. A few candidates ticked more than one column for each example which didn't allow them to score any marks as the question asks the candidate to tick the column which it is most likely to occur in.

	AfL	Remind candidates to read the question carefully. Hedging their bets and ticking all the boxes means an examiner cannot award any marks.
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Question 15 (b)

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

.....

.....

.....

.....

.....

.....

.....

[2]

Well answered with the most common points being about signs, removing trip hazards and cleaning up spillages.

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Question 13, Fig. 13.1: 'HIIT - Training - Exercise can be accessible anywhere!!' 2015, www.1610.org.uk, 1610 Leisure © Julie Rose, Lollipop Photography UK. Reproduced by kind permission of Julie Rose, Lollipop Photography UK.

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