



Oxford Cambridge and RSA

# Wednesday 8 June 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**  
**C402/2206**



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.
- Answer **all** the questions.
- 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.

### 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 **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	/10
12	/8
13	/16
14	/11
15	/5
<b>Total</b>	<b>/70</b>

**Section A**

Answer **all** the questions.

- 1 Link the member of staff to the responsibility that they would most likely take on during an emergency at a leisure centre.

Member of staff	Responsibility
Lifeguard	Co-ordinating the assembly point
Receptionist	Making an announcement on the PA
Manager	Providing customers with blankets

[3]

- 2 What does the acronym RIDDOR stand for?

..... [1]

- 3 Give **two** examples of when a RIDDOR report should be completed.

1 .....

2 .....

[2]

- 4 RIDDOR is a type of health and safety legislation used in sport, exercise, health and leisure. Identify **three** others.

1 .....

2 .....

3 .....

[3]

5 Identify **three** safeguarding policies or procedures that are used in sports centres.

- 1 .....
- 2 .....
- 3 ..... **[3]**

6 Describe **four** ways that a sports coach can effectively prepare equipment for sports sessions.

- 1 .....
- .....
- 2 .....
- .....
- 3 .....
- .....
- 4 .....
- ..... **[4]**

For questions 7–10, complete the statements by adding the correct words in each space.

- 7 First aiders should prevent \_\_\_\_\_ in the recovery of a patient. **[1]**
- 8 A first aider should \_\_\_\_\_ the situation and circumstances in order to act safely, promptly and effectively in an emergency. **[1]**
- 9 First aiders should prevent \_\_\_\_\_ intervention. **[1]**
- 10 A first aid kit should contain at least three pairs of \_\_\_\_\_ . **[1]**

### Section B

Answer **all** the questions.

- 11 (a) **Table 11** below shows some of the minimum requirements for the contents of a first aid box according to the Health and Safety Executive (HSE).

Some of the items have been described incorrectly.

Circle the **three** boxes containing the incorrect items.

Six medium-sized, individually wrapped, sterile, unmedicated wound dressings	Eight safety pins	Two sterile eye pads
Leaflet giving general guidance on first aid	An individually wrapped triangular bandage, preferably sterile	Two large wound dressings

**Table 11**

[3]

- (b) Give **two** examples of each of the following types of abuse.

Physical

1 .....

2 .....

Emotional

1 .....

2 .....

[4]

(c) Describe steps that a sports coach should take if they suspect that one of their participants is being abused.

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..... [3]

**12\*** Jasper is a manager of a busy sports centre with lots of activities for both adults and children. Jasper coaches some junior football sessions as part of his role.

Explain how Jasper keeps both the staff and the customers at his sports centre safe.

[8]

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**13** Alannah and Natalie are lifeguards at Water World - a swimming centre in a large holiday resort.

Water World has two swimming pools, a wave machine, three slides and a toddler area.

**(a)** Identify and give examples of **three** different types of accidents which might occur in and around the pool area.

Accident 1 .....

Description .....

.....

.....

Accident 2 .....

Description .....

.....

.....

Accident 3 .....

Description .....

.....

.....

**[6]**

**(b)** While Alannah was on duty as the senior lifeguard, a swimmer slipped when heading towards the pool and sustained a twisted ankle. Alannah had to complete an accident form.

Name **five** things that should be recorded on an accident form.

1 .....

2 .....

3 .....

4 .....

5 .....

**[5]**



**(c)** An adult is choking in the reception area of the swimming centre.

Describe how the first aider should respond to this.

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..... [5]

- 14 (a)** Greeta is a yoga teacher. She delivers yoga classes to groups of people in schools, leisure centres, village halls and health clubs.

Greeta has to complete risk assessments for her classes. The 3rd stage of a risk assessment is 'evaluate risk and decide upon control measures'.

Describe **four** other stages of a risk assessment.

1 .....

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2 .....

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3 .....

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4 .....

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[4]

- (b)** Describe **four** control measures that Greeta could put into place for her yoga classes.

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..... [4]



**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, 12 or 14(a).

A vertical line on the left side of the page is followed by 25 horizontal dotted lines, providing a ruled area for writing answers.

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