



Oxford Cambridge and RSA

# Monday 16 January 2023 – 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**

**C402/2301**



No extra materials are needed.



Please write clearly in black ink. **Do not write in the barcodes.**

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 page 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 **12** pages.

- ADVICE**
- Read each question carefully before you start your answer.

**Section A**

Answer **all** the questions.

**1** Identify **two** types of risk assessment.

1 .....

2 ..... [2]

**2** Identify **two** steps in a risk assessment.

1 .....

2 ..... [2]

**3** A risk assessment is one type of health and safety document that is used in a sport setting.  
Name **two** others.

1 .....

2 ..... [2]

**4** Identify **three** roles and responsibilities of a health and safety officer at a gym.

1 .....

2 .....

3 ..... [3]

**5** Describe the considerations of a gym manager when carrying out a needs assessment for first aid.

.....

.....

.....

.....

.....

..... [3]

6 Identify **two** considerations when administering Emergency First Aid at Work.

1 .....

2 .....

[2]

7 A first aid kit needs to contain a minimum number of some items. It should have at least:

Four .....

Three .....

Twenty .....

[3]

8 Identify **one** sport and leisure environment where an emergency might occur.

..... [1]

9 Name a special population group.

..... [1]

10 Identify **one** responsibility of the fire service during an emergency at a sports facility after staff have evacuated the building.

..... [1]

**Section B**

Answer **all** the questions.

**11** Ben is a group swimming instructor at a swimming pool which is located within the local leisure centre.

**(a)** Explain how the manager at the swimming pool can ensure that they follow the Equality Act in terms of access, facilities and staff.

Access .....

.....

.....

.....

Facilities .....

.....

.....

.....

Staff .....

.....

.....

.....

**[6]**

Ben has a duty of care for his participants.

**(b)** Describe **four** ways that Ben can protect children and vulnerable adults in his planning and leading of group swimming sessions.

.....

.....

.....

.....

.....

.....

.....

**[4]**

(c) Explain how Ben can protect himself from allegations of abuse.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [4]

Ben suspects that one of his participants has been abused.

(d) Describe how Ben would deal with this suspected abuse.

.....  
.....  
.....  
.....  
.....  
..... [3]

(e) Identify **three** possible signs of physical abuse that Ben should be aware of.

1 .....  
2 .....  
3 ..... [3]



When Lexi plans a session she has to consider the participants' needs to ensure the session is as safe and successful as possible.

- (c) Identify **three** pieces of information that Lexi would need to find out about the participants to ensure her session was suitable.

.....

.....

.....

.....

.....

.....

..... [3]

**Turn over for the next question.**







14 (a) Indicate whether each of the following statements is **true** or **false** by putting a tick (✓) in the box.

A RIDDOR report should be completed if a participant breaks their finger during a sports session.

True

False

Swimmers should quickly gather their clothes before evacuating to ensure that they stay warm.

True

False

In an emergency, a manager will delegate the role of coordinating staff to a receptionist.

True

False

[3]

(b) (i) What is the meaning of safeguarding?

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

(ii) Who does safeguarding apply to?

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

15 Use the word bank provided to complete the sentences below.

|                     |                            |                        |          |
|---------------------|----------------------------|------------------------|----------|
| DBS checks          | public liability insurance | COSHH                  | PPE      |
| risk assessment     | emergency action plan      | first aid report       | RIDDOR   |
| Data Protection Act | HSE                        | register of DBS checks | fire log |

At a sports centre, there is a need for recording and reporting emergencies.

If somebody has broken their leg, both a ..... and a ..... report form will need to be completed.

In the event of a fire, then the ..... will need to be updated.

The centre will need to comply with ....., particularly relating to storage of chemicals used for cleaning.

They will also ensure that staff members are suitable to work with children and vulnerable adults by completing .....

Finally, the centre will need to follow the ..... with regards to storing the personal information of customers and staff.

[6]

**END OF QUESTION PAPER**

**ADDITIONAL ANSWER SPACE**

If additional answer space is required, you should use the following lined page. The question numbers must be clearly shown in the margins – for example, 11(a) or 12(b).

A large rectangular area with a solid vertical line on the left and horizontal dotted lines across the page, providing space for writing answers.



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