



Cambridge Technicals

Sport

Unit 4: Working safely in sport, exercise, health and leisure

Level 3 Cambridge Technical in Sport and Physical Activity
05826 - 05829

Mark Scheme for June 2017

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This mark scheme is published as an aid to teachers and students, to indicate the requirements of the examination. It shows the basis on which marks were awarded by examiners. It does not indicate the details of the discussions which took place at an examiners' meeting before marking commenced.

All examiners are instructed that alternative correct answers and unexpected approaches in candidates' scripts must be given marks that fairly reflect the relevant knowledge and skills demonstrated.

Mark schemes should be read in conjunction with the published question papers and the report on the examination.

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Question		Answer	Marks	Guidance
1		1 To ensure safety of customers/minimise risk 2 To ensure safety of staff/minimise risk 3 Enable the centre to have emergency contact details for customers 4 To know who enters and leaves the building/ keep track of who is inside.	1	Answers must relate to security measures, not to marketing. Point 4 must be in reference to 'knowledge' to aid security/ safety, not in reference to numbers participating in sessions.
2		1 Leaflet giving general first aid advice 2 20 individually wrapped sterile plasters (assorted sizes) 3 Two sterile eye pads 4 Four individually wrapped triangular bandages 5 Six safety pins 6 Two large, individually wrapped, sterile, unmedicated wound dressings 7 Six medium, individually wrapped, sterile, unmedicated wound dressings 8 At least three pairs of disposable gloves	3	Mark first 3 only Accept hypoallergenic plasters
3		1 A brief description of the nature of the accident 2 The time/date/place the accident occurred 3 Personal details of the person involved 4 The date that the report is being filled out	2	Mark first 2 only

Question	Answer	Marks	Guidance
4	<p><u>Fire Officer:</u></p> <ol style="list-style-type: none"> 1 Ensuring that all fire equipment is in working order (e.g. fire extinguishers/fire hoses/fire blankets) 2 Ensuring that fire doors are clear or unobstructed 3 Ensuring that fire alarms are in working order 4 Provide staff training on using fire fighting equipment 5 Co-ordinating/creating fire evacuation plans 6 Ensuring clear signage for emergency exits is in place 7 Carry out evacuation/ evacuate staff/ customers <p><u>Lifeguard:</u></p> <ol style="list-style-type: none"> 1 Ensure the safety of users (in the pool environment) 2 Enforcing the rules and regulations (of the pool) 3 Setting up specific areas for different ability levels 4 Carrying out rescue procedures as necessary 5 Administering poolside first aid 6 Checking chlorine levels/ water conditions 7 Making sure first aid training is up to date 8 Check lifesaving equipment is working properly <p><u>First Aider:</u></p> <ol style="list-style-type: none"> 1 Carry out first aid as a result of injury/accident 2 Record information in the accident record book 3 Report health and safety issues to the manager/health and safety officer 4 Prevent the injury becoming worse/ harmful intervention 5 Making sure first aid training is up to date 6 Ensuring first aid kits are fully stocked and accessible 	3	Accept other suitable examples

Question	Answer	Marks	Guidance
5	<ol style="list-style-type: none"> 1 Injury in or around pool / e.g. slipping (on poolside)/ e.g. diving with poor technique/into shallow water 2 Swimmers drowning / in wrong area of pool/out of their depth/not within ability levels 3 Accident involving flumes/slides/large inflatables 4 Fire 5 Gas leak/chemical leak 6 Suspected bomb 7 Missing person 8 Power cut 	2	Accept any suitable practical example.
6	<ol style="list-style-type: none"> 1 Co-ordinating staff 2 Oversee the evacuation/ evacuate the building 3 Check that staff are all safe and present 4 Investigate the alarm activation, if appropriate 5 Report to the emergency services when they arrive 	1	
7	<ol style="list-style-type: none"> 1 When handling chemicals (for pool water or health suite) 2 When cleaning (the changing area or windows or mirrors or toilets) (e.g. using bleach/floor cleaning chemicals) 3 When there has been a chemical leak (of cleaning fluids or chemicals used to maintain safe water conditions) 	2	Accept 'using chlorine' Accept other suitable examples
8	<ol style="list-style-type: none"> 1 Monitoring of entrance 2 Vetting procedures for staff/ DBS 3 Valuable(s) storage 4 CCTV 5 Locked changing rooms 	3	Accept only the first three answers
9	c) Risk assessment form	1	
10	<ol style="list-style-type: none"> 1 Health and Safety Executive 2 Reporting of Injuries, Diseases and Dangerous Occurrences Regulations = RIDDOR 	2	

Question		Answer	Marks	Guidance
11	(a)	1 Physical abuse. 2 E.g recurrent injuries/refusal to undress/ bruises 3 Emotional abuse. 4 E.g becoming introverted/development of speech impediments/overly aggressive 5 Neglect. 6 E.g lack of energy/poor personal hygiene 7 Sexual abuse. 8 E.g example: mood swings/inappropriate sexual behaviour	4	4 X synoptic marks for applying knowledge from Unit 2 LO1 (Know the roles and responsibilities of sports coaches and leaders) & LO5 (Be able to prepare sports and activity environments) Accept 1 st 2 signs and examples only Submax 2 marks for identifying types of abuse Submax 2 marks for examples
	(b)	1 Preventing cross infection 2 Recording incidents and actions/ complete accident report form 3 Use available equipment 4 Assess the situation (in order to act safely, promptly and effectively in an emergency) 5 Administer first aid to a casualty 6 Administer cardiopulmonary resuscitation 7 Place casualty into the recovery position 8 Preventing further harm/ injury/ delay 9 Call emergency services if needed 10 Making sure first aid kits are accessible 11 Restock first aid kit 12 Have an appointed person/ staff aware of process and who to contact 13 Ensure staff are trained appropriately/ up to date training	4	Point 5- accept all examples of first aid, e.g. unconscious (including seizure)/ choking/ wounded or bleeding/ suffering from shock/ minor injuries

Question		Answer	Marks	Guidance
12	(c)	1 Provision for first aid 2 Needs assessment/ risk assessment 3 Appointed person to take charge of first aid requirements 4 Staff must have up to date first aid training. 5 Information for employees about first aid arrangements/ staff know first aid arrangements 6 Ensure maintenance/ service records are up to date/being carried out as part of normal operating procedures	8	
	(a)	1 Effective staff training and supervision. 2 E.g. ensuring that instructor qualifications are current or valid/dealing with chemical or hazardous materials correctly (COSHH). 3 Displaying health and safety signs and information correctly. 4 E.g. information signs on using weights machines correctly. 5 Deal with potential hazards promptly. 6 E.g. ensuring that free weights are not left lying around (trip hazards). 7 Completing a risk assessment. 8 E.g. carrying out a dynamic risk assessment during a session with a first-time user. 9 Having a process for customers and staff to provide feedback. 10 E.g. comment cards where customers can report faulty equipment. 11 Appropriate use of PPE. 12 E.g. wearing safety glasses when dismantling equipment. 13 Keeping areas well maintained and clean. 14 E.g. cleaning floors to avoid slip hazards.		Submax 4 for identifying ways to minimise risk Submax 4 for examples. Accept any suitable practical example for each point Bold text is to identify knowledge point Un-bold text is to identify example

Question	Answer	Marks	Guidance
	<p>15 Have clear health and safety policies and procedures.</p> <p>16 E.g. ensuring that policies are current/relevant.</p> <p>17 Keep health and safety and emergency procedures up to date.</p> <p>18 E.g. ensure that all staff are aware of evacuation procedures.</p> <p>19 Making sure activities/ sessions are suitable for clients</p> <p>20 E.g. having different levels of intensity of the exercises in a fitness class.</p> <p>21 Maintaining equipment</p> <p>22 E.g. making sure the treadmill is in good working condition/ weights are all fastened together correctly</p> <p>23 Making sure customers are following the rules</p> <p>24 E.g. making sure customers are not walking too closely to rowing machines/ not spilling drinks where people might slip/ following correct lifting techniques/ wearing appropriate kit</p> <p>25 Carrying out appropriate screening of customers</p> <p>26 E.g. PAR/ Q / health screening tests of new customers to check they are not at risk</p> <p>27 Carry out an induction for customers/ Show the participants around the gym/ highlight the potential hazards or risks before the session</p> <p>28 E.g. show them how to use the treadmill safely/ show the customers the gym equipment and fitness studio highlighting the risks for example, a step or mats that could be a trip hazard/ show them the potential risk of pulling a muscle on the chest press by lifting too heavy a weight</p> <p>29 Perform demonstrations /explain the correct techniques</p> <p>30 E.g explain the position for a pilates exercise highlighting the risks if perform it incorrectly/ demonstrate doing a dead lift</p>		

12	(b)	<p><u>Biological:</u></p> <ul style="list-style-type: none">1 waste2 infection3 unhygienic areas <p><u>Psychological:</u></p> <ul style="list-style-type: none">4 stress5 fatigue6 depression7 aggression/violence	<p>Submax two marks for examples of each type of hazard</p> <p>Accept any suitable example for each type of hazard</p>
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Question	Answer	Marks	Guidance
13	<p>* <u>Types of emergencies:</u></p> <ol style="list-style-type: none"> 1 Accidents E.g. slips and trips/broken limbs or injuries during game play/other suitable examples 2 Fire E.g. chip pan fire/electrical fire due to floodlight failure/other suitable examples 3 Missing person E.g. young person receives red card and runs off 4 Chemical or gas leak E.g. cleaning materials spilt 5 Power cuts E.g. floodlight failure late at night 6 Suspected bomb <p>Award credit for <u>types of emergencies, which have been exemplified</u>. Accept any suitable environment in addition to those below.</p> <p><u>Types of environment:</u></p> <ol style="list-style-type: none"> 1 Changing rooms 2 Outdoor sports courts/football pitches/indoor sports courts 3 Café/restaurant 4 Reception/lounge area/communal areas 5 Kitchen 	8	<p>Level 3 (7-8 marks) A comprehensive answer</p> <ul style="list-style-type: none"> • Detailed knowledge and understanding • Effective analysis/evaluation and/or discussion/explanation/development • Clear and consistent practical application of knowledge • Accurate use of technical and specialist vocabulary • High standard of written communication <p>At Level 3 responses are likely to include:</p> <ul style="list-style-type: none"> • Detailed explanation of the types of emergencies and where they occur • Terminology which implies an understanding of the different emergency types and their likely location • Application to the context of a sporting environment will be detailed • Several points to be developed and/or exemplified <p>Level 2 (4-6 marks) A competent answer</p> <ul style="list-style-type: none"> • Satisfactory knowledge and understanding • Analysis/evaluation and/or discussion/explanation/development attempted with some success

				<ul style="list-style-type: none"> • Some success in practical application of knowledge • Technical and specialist vocabulary used with some accuracy • Written communication generally fluent with few errors <p>At Level 2 responses <u>are likely</u> to include:</p> <ul style="list-style-type: none"> • Satisfactory explanation of the different types of emergencies and where they occur • Attempts to use terminology which implies an understanding of the meaning of the different emergency types and their likely location • Application to the context of emergencies in a sporting environment may be more vague • Not all points are developed and/or exemplified <p>Level 1 (1-3 marks) A limited answer</p> <ul style="list-style-type: none"> • Basic knowledge and understanding • Little or no attempt to analyse/evaluate and/or discuss/explain/develop • Little or no attempt at practical application of knowledge • Technical and specialist vocabulary used with limited success
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Question	Answer	Marks	Guidance
			<ul style="list-style-type: none"> • Written communication lacks fluency and there will be errors, some of which may be intrusive <p>At Level 1 responses <u>are likely</u> to include:</p> <ul style="list-style-type: none"> • Basic knowledge of the factors relating to emergency situations and where they occur • More descriptive than explanatory, and terminology which implies an understanding of the meaning of emergencies and their likely location • Little application to the context of an emergency situation in a sporting environment; scenarios may be vague • Few if any developed and/or exemplified points

Question		Answer	Marks	Guidance
14	(a)	<ol style="list-style-type: none"> 1 Overall responsibility for health and safety 2 Duty to protect the health, safety and welfare of all employees and users 3 Reporting any health and safety issues 4 Carrying out risk assessments/ identifies risks/ hazards 5 Carry out regular site inspections/ equipment checks/ ensure maintenance checks and records are up to date 6 Ensure health and safety signs are clearly displayed 7 Check that policies are up to date/relevant 8 Leading in-house training with managers and employees 9 Oversees accident book/ log 10 Checking/ maintaining first aid kits/ health and safety equipment 	4	
	(b)	<p><u>Environmental Hazards:</u></p> <ol style="list-style-type: none"> 1 Slipping over. E.g. on a wet surface 2 Trip hazard. E.g. equipment left lying around 3 Faulty equipment. E.g. faulty starting blocks/hurdles not properly assembled <p><u>Ways to minimise risk:</u></p> <ol style="list-style-type: none"> 1 Deal with potential hazards promptly. E.g. mopping excess water/pick up equipment 2 Repair faulty equipment/maintain equipment/replace equipment/ close track 3 Keep maintenance logs/records up to date 4 Report damage/faults to health and safety officer/manager 		

Question		Answer	Marks	Guidance
15	(a)	1	4	
		2		
		3		
		4		
		5		
		6		
		7		
	(b)	1	4	
		2		
		3		
		4		
		5		
		6		
		7		
		8		

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