**Unit 3 Health, safety and welfare in a fitness environment**

**Unit accreditation number: T/600/9016**

**Your Name Date**

**Worksheet - Health, safety and welfare in a fitness environment**

**There are 69 marks available in this worksheet. You must score a minimum of 56 marks in total to achieve a pass. In addition to achieving the total pass mark, you must also score at least the minimum marks set for each question to achieve an overall pass.**

1. Identify two types of emergencies that may occur in a fitness environment.

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**2 marks** (minimum 1 mark)

1. Describe the role of the three external services during an emergency.

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**3 marks** (minimum 2 marks)

1. Give one example of the role that a member of staff may play in an emergency.

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**1 mark** (minimum 1 mark)

1. Why is it important to follow emergency procedures calmly and correctly?

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**2 marks** (minimum 1 mark)

1. Complete the table below for a typical emergency. On this occasion the emergency is a fire.

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|  | **Describe how you would ensure the safety of the following people** |
| **Children** |  |
| **Older people** |  |
| **Disabled people** |  |

**3 marks** (minimum 2 marks)

1. Why is health and safety important in a fitness environment?

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**1 mark** (minimum 1 mark)

1. Identify two legal requirements that employers must adhere to in order to comply with Health and Safety Law.

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**2 marks** (minimum 1 mark)

1. Complete the table below. You will need to give one example of duty of care for each special population group.

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| **Special population group** | **Duty of care** | **Limitations of the fitness instructor** |
| **Young people** |  |  |
| **Older people** |  |  |
| **Pre / post­natal women** |  |  |
| **Disabled people** |  |  |

**8 marks** (minimum 6 marks)

1. Describe two types of security procedures that you would find in a fitness environment.

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**2 marks** (minimum 1 mark)

1. Describe two key, health and safety documents that are relevant to the fitness industry.

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**2 marks** (minimum 1 mark)

1. Complete the table below for possible hazards within a fitness environment.

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| **Fitness environment** | **Give one example of an associated hazard** | **Give one example of controlling the possible risks of the hazard** | **Who would you refer the risk to if you were unable to deal with it yourself?** |
| **Facilities** |  |  |  |
| **Equipment** |  |  |  |
| **Manual handling** |  |  |  |
| **Client behaviour** |  |  |  |
| **Security** |  |  |  |
| **Hygiene** |  |  |  |

**18 marks** (minimum 15 marks)

1. Explain the five steps of risk assessment.

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**5 marks** (minimum 4 marks)

1. Give one example of safeguarding the welfare of children and vulnerable adults.

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**1 mark** (minimum 1 mark)

1. Complete the table below by listing the four recognised forms of abuse and the signs and symptoms of abuse that can be identified.

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| **Forms of abuse** | **Signs and symptoms of abuse** |
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**8 marks** (minimum 6 marks)

1. Give three examples of procedures that you would expect to find in an organisation’s safeguarding children and vulnerable adults policy.

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**3 marks** (minimum 2 marks)

1. If you suspected any possible abuse to whom would you report this?

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**1 mark** (minimum 1 mark)

1. Describe two procedures that you would follow to protect yourself from accusations of abuse.

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**2 marks** (minimum 1 mark)

1. Complete the table below.

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| **Identify two statutory agencies responsible for safeguarding children and vulnerable adults** | **Give an example of when it may be necessary to contact the statutory agency** |
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**4 marks** (minimum 3 marks)

1. Describe how to maintain the confidentiality of information relating to possible abuse.

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**1 mark** (minimum 1 mark)

**Result total         / 69 marks** (56 marks in total, with the minimum set marks achieved for each question required to pass)

**Pass /Refer**

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| **Assessor’s feedback:** |