

FAIRFIELD HIGH SCHOOL

PHYSICAL EDUCATION DEPARTMENT

BTEC First Diploma in Sport

Unit 2 – Health, Safety & Injury in Sport

Assessment Part 1

Assignment Context

All facilities are required to look closely at the Health and Safety procedures they employ. Litigation against companies today is common place and organisations must ensure that the best practice is undertaken in terms of maintaining high standards of health and safety. You have just acquired the position of Leisure Supervisor at the Kingsway Leisure Centre. In your new role you have been requested to ensure the Health and Safety procedures for the facility are in place. Your main concern is the welfare and safety of all clients who use the fitness facility.

HEALTH, SAFETY AND INJURY IN SPORT

Part One

Scenario

You have just acquired the position of Leisure Supervisor at the Kingsway Leisure Centre. Part of your responsibility is ensure the correct Health and Safety procedures are in place and followed through. You are aware that all activity in sport carries an element of 'risk' but your primary concern is to ensure the safety and welfare of all the Fitness facility clients and staff.

Learning Outcomes

Outcome 1 - Understand risks and hazards associated with sports participation

Tasks:

Using the facility you will undertake a series of initial investigations designed to identify ways to reduce the risk of injury to clients and staff. You will present your findings in terms of a written report to your manager.

To achieve a PASS grade: -

1. **Describe** six risks and hazards that you can identify in the Facility associated with sports participation (P1)
2. **Produce** a detailed information sheet which describes the key rules, regulations and legislation relating to health, safety and injury associated with sports participation. (P2)

In order to achieve a Merit Grade, you must: -

1. **Explain** the risks and hazards that are associated with Sports Participation (M1)
2. **Explain** how the rules, regulations and legislation you have identified in P2 relate to improving health, safety and injury in sports participation. (M2)

In order to achieve a DISTINCTION grade, you must ALSO: -

1. Using three activities that are undertaken in your facility give a detailed account of why participants are at risk of injury in these activities (D1)

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Assessment Part 2

Assignment Context

All facilities are required to look closely at the Health and Safety procedures they employ. Litigation against companies today is common place and organisations must ensure that the best practice is undertaken in terms of maintaining high standards of health and safety. You have just acquired the position of Leisure Supervisor at the Kingsway Leisure Centre. In your new role you have been requested to ensure the Health and Safety procedures for the facility are in place. Your main concern is the welfare and safety of all clients who use the fitness facility.

Health, Safety & Injury in Sport

Part Two

Scenario

As leisure supervisor you will need to have knowledge of the signs, symptoms and treatment of injuries. You will be asked to complete a first aid qualification as part of your induction at the facility but until the training course is undertaken you have been asked to support the recognised first-aider in all injuries whilst you are at work. The facility manager has suggested this, as it will be vital for your knowledge of dealing effectively with the clients.

Learning Outcomes

Outcome 2 - Know the different types of injuries and illness associated with sports participation

Outcome 3 - Be able to deal with injuries and illness associated with sports participation

Tasks:

Whilst you are supporting your colleague keep a record of the assessments that are undertaken in their role for treating first aid casualties.

To achieve a PASS grade: -

1. **Produce** an information sheet that describes four types of common injuries associated with sports participation. Identify the main underlying causes of each injury. (P3)
2. **Design** a poster which describes the main types of illness associated with sports participation. The poster should also identify the main signs of the illness identified (P4)
3. With teacher support treat three casualties who are suffering with three different injuries and/or illnesses. (P5)

In order to achieve a Merit Grade, you must: -

1. Using your knowledge of a range of Sporting activity explain why certain injuries and illnesses are associated with certain sports (M3)
2. Independently treat three casualties who are suffering with three different injuries and/or illnesses. (M4)

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Unit 2 – Health, Safety & Injury in Sport

Assessment Part 3

Assignment Context

All facilities are required to look closely at the Health and Safety procedures they employ. Litigation against companies today is common place and organisations must ensure that the best practice is undertaken in terms of maintaining high standards of health and safety. You have just acquired the position of Leisure Supervisor at the Kingsway Leisure Centre. In your new role you have been requested to ensure the Health and Safety procedures for the facility are in place. Your main concern is the welfare and safety of all clients who use the fitness facility.

HEALTH, SAFETY AND INJURY IN SPORT

Part three

Scenario

As leisure centre supervisor you are responsible for coordinating the centre's risk assessments.

Learning Outcomes

Outcome 4 - Be able to undertake a risk assessment relevant to sport.

Tasks:

To reduce the risk of injury to clients in the facility you must ensure that risks are assessed and plans are put in place to ensure contingency arrangements are made should a client get injured. You must produce a detailed risk assessment for a sport played in the facility.

To achieve a PASS grade: -

1.Undertake a risk assessment for a chosen sport in the Facility (P6)

In order to achieve a Merit Grade, you must: -

1.Describe the contingency plans that would support the risk assessment should any client get injured. (M5)

In order to achieve a DISTINCTION grade, you must ALSO: -

1.Analyse how the use of Specialist equipment throughout the facility can impact on reducing the risk of injuries to clients. (D2)