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# Learner Workbook

## UIP5 – Infection prevention (COVID-19) for sport and fitness sessions

This workbook can help you to prepare for assessment for the following unit:

UIP5 - Learning Outcomes
Learners will:
<ol style="list-style-type: none"><li>1. Understand the causes, transmission and effects of COVID-19</li><li>2. Understand social responsibility for the sports and fitness sector in relation to COVID-19</li><li>3. Understand the controls necessary to prevent the spread of COVID-19</li><li>4. Understand the importance of Personal Protective Equipment (PPE), hand hygiene and personal hygiene in the prevention of COVID-19</li><li>5. Understand potential hazards and risks and the workplace procedures necessary to prevent the spread of COVID-19 in the sports and fitness environment</li><li>6. Understand decontamination and waste management processes relevant to sports and fitness sessions</li></ol>



**AC mapped**

**Learner name:** \_\_\_\_\_

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# Introduction

Please provide detailed answers to all the questions in this workbook.

## Sources of information and guidance for the potential answers include:

- The unit specification
- The PowerPoint presentation
- Other relevant and credible information sources, e.g. government and public health websites of the country therein, textbooks, professional journals and associations

# LO1 – Understand the causes, transmission and effects of COVID-19

1. Describe the following. (AC 1.1)

Description	
Conditions required for the spread of infection	
Possible sources of infection	
Cross-infection	
Routes of transmission	
Routes of infection - general	
Routes of infection – COVID-19	

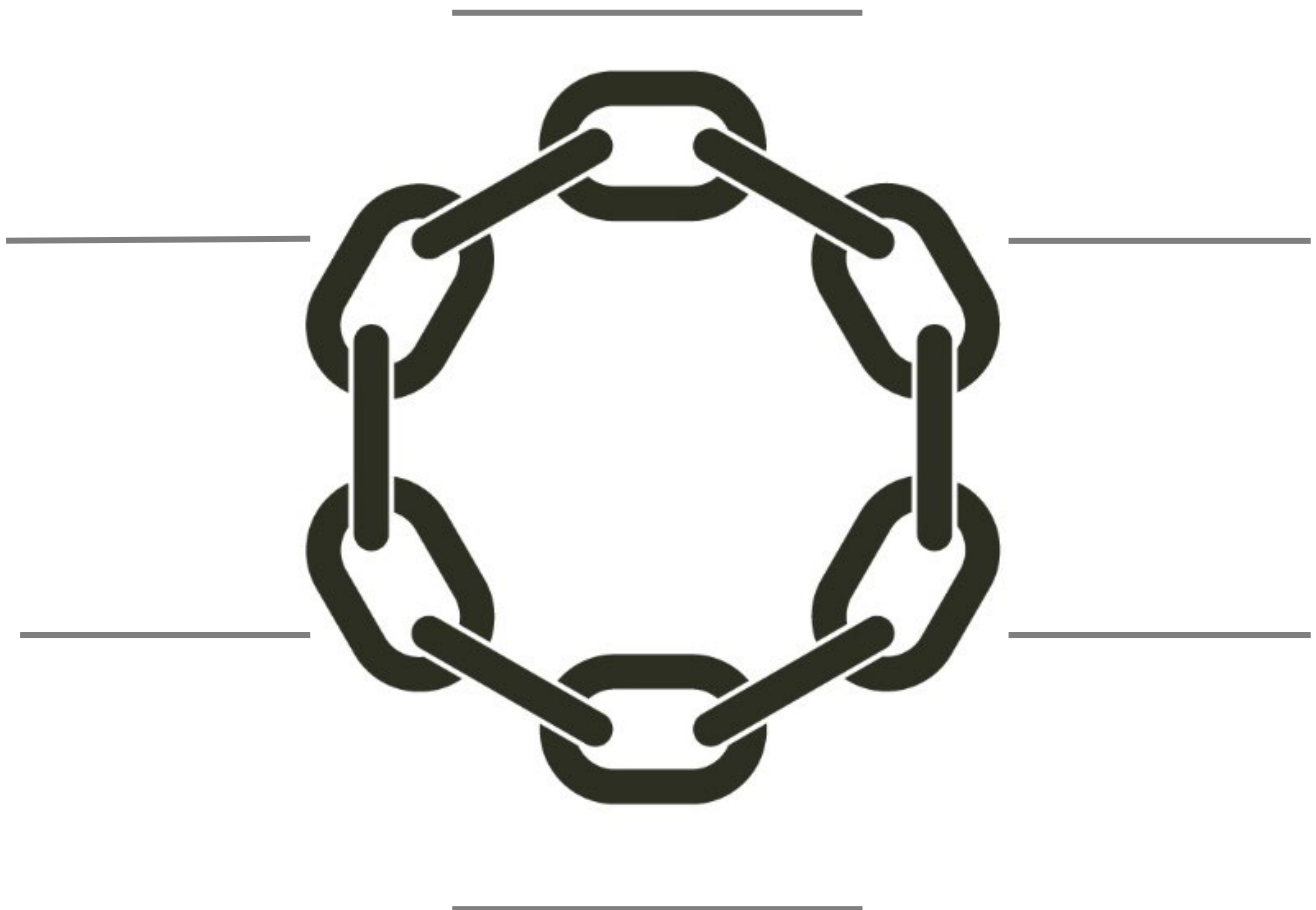
2. What is the 'Chain of Infection'? (AC1.2)

Description	
Chain of Infection	

3. What is a pathogen? (AC1.2)

Description	
Pathogen	

4. Label the diagram to identify the stages in the chain of infection. (AC 1.2)



5. Describe what COVID-19 is. (AC 1.3)

<b>COVID-19</b>	
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6. What are the main symptoms of COVID-19? (AC1.3)



7. List some of the less common symptoms of COVID-19. (AC 1.3)



8. Explain how COVID-19 is spread. (AC 1.3)

9. Who can spread COVID-19? (AC 1.3)

10. Who can catch COVID-19? (AC 1.3)

11. Who is classed as being at higher risk from COVID-19? (AC 1.3)

12. How can infection from COVID-19 occur? (AC 1.3)

13. How long can COVID-19 survive on the following surfaces: (AC 1.3)

Surface	Hours
Plastic/Stainless Steel	
Copper	
Cardboard	

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## LO2 – Understand social responsibility for the sports and fitness sector in relation to COVID-19

14. What is social responsibility? (AC2.1)

15. Describe the key principals of social responsibility in relation to COVID-19? (AC2.1)

16. What are the benefits of social responsibility in relation to COVID-19? (AC 2.1)



17. How can the sports/fitness instructor demonstrate social responsibility in their own role? (AC 2.2)

18. How can the health and wellbeing of staff maintained in relation to COVID-19? (AC 2.3)

19. How can the health and wellbeing of clients/participants be maintained in relation to COVID-19? (AC 2.3)

20. How can the health and wellbeing of volunteers be maintained in relation to COVID-19?  
(AC 2.3)

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## LO3 – Understand the controls necessary to prevent the spread of COVID-19

21. List the standard infection control precautions necessary to break the chain of infection.  
(AC 3.1)

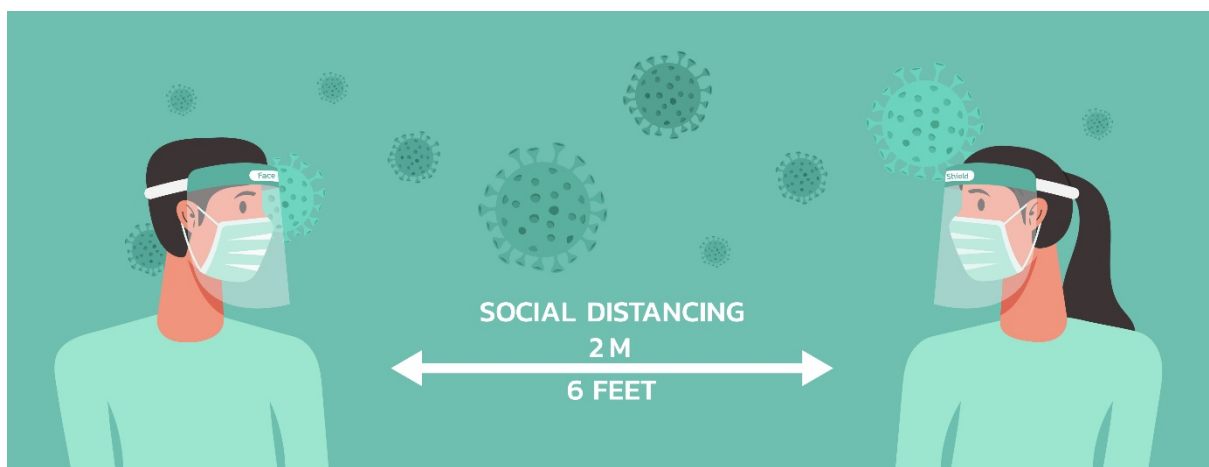
22. What additional precautions help to break the chain of infection in relation to COVID-19? (AC 3.1)

23. List the workplace standard infection control procedures that should be used in the sports and fitness environment. (AC 3.2)

24. Explain the process of risk assessment. (AC 3.3)

25. Why is risk assessment important in the sports and fitness environment in relation to COVID-19? (AC 3.3)

26. Explain what is meant by 'social distancing' and why it is important? (AC 3.4)



27. Why is respiratory hygiene and cough etiquette important? (AC 3.5)

28. Design a poster on respiratory hygiene/cough etiquette for the sports and fitness environment. (AC 3.5)

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## LO4 – Understand the importance of Personal Protective Equipment (PPE), Hand Hygiene and Personal Hygiene in the prevention of COVID-19

29. Define Personal Protective Equipment (PPE)? (AC 4.1)

30. What is the role of PPE in the prevention and control of COVID-19? (AC 4.1)

31. Describe employer responsibilities in relation to the provision and use of PPE (AC 4.1)

32. What are the two types of PPE appropriate for use in the sports and fitness environment? (AC 4.1)



Outline the PPE suitable for staff, volunteers and clients/participants in relation to COVID-19. (AC 4.1)

Staff	Volunteers	Clients/participants

33. Describe the risks associated with the incorrect use of PPE. (AC 4.1)

34. What key factors should be considered when selecting PPE? (AC 4.2)

35. List the sequence for putting on PPE. (AC4.2)

36. Describe the sequence for removing PPE. (AC4.2)

PPE removal sequence	
<b>Sports and fitness instructor</b>	
<b>Volunteer</b>	
<b>Client/participant</b>	

37. Why is hand hygiene important in the prevention and control of COVID-19? (AC4.4)

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38. What are the advantages and disadvantages of hand hygiene methods? (AC4.4)

	Advantages	Disadvantages
Hand washing		
Hand sanitising		

39. How long should hand hygiene methods be performed in order to be effective? (AC 4.4)

Hand washing	Hand sanitising

40. List the occasions when the sports and fitness instructor should perform hand hygiene (AC4.4)

41. Explain the role of personal hygiene in infection prevention and control. (AC4.5)

42. How should the sports and fitness instructor demonstrate good personal hygiene and why? (AC 4.5)

43. What personal hygiene recommendations should be made to the clients/participants? (AC4.5)

## LO5 – Understand potential hazards and risks and the workplace procedures necessary to prevent the spread of COVID-19 in the sports and fitness environment

44. Describe the following. (AC 5.1)

Hazard	Risk

45. List the types of hazards which may occur in the sports and fitness environment in relation to COVID-19 and the possible risk management. (AC 5.1)

Hazard	Risk management

46. What information would be required in a COVID-19 safe checklist? (AC 5.2)

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47. Outline safe and hygienic working practices. (AC5.2)

<b>Pre-session</b>	
<b>Client/participant arrival</b>	
<b>During sports/fitness activity</b>	
<b>Post-session/activity</b>	
<b>Decontamination following session/ activity</b>	

48. In the table below describe the possible adaptations for the activities listed (AC 5.2)

General precautions		
Service/Treatment (Restrictions according to the country therein)	Possible treatment adaptations (Adhere to restrictions of the country therein)	Hazard(s)
Consultation /assessment		
<b>Sports and fitness session</b>		
Subjective / objective client assessment(s)		
Personal training (gym based exercise)		
Personal training (specific populations)		
Personal training (water based exercise)		
Fitness instructing – exercise to music		
Studio cycling		
Kettlebell training		
Yoga instructing		
Pilates instructing		

## LO6 – Understand decontamination and waste management processes relevant to sports and fitness sessions

49. Define the following. (AC 6.1)

Contamination	Decontamination

50. Why is environmental decontamination important and when should it be carried out? (AC6.1)

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51. What are the three stages of environmental decontamination? (AC 6.1)

1.	
2.	
3.	



52. List the types of chemicals, equipment and processes necessary for the management of hygiene and infection prevention and control in the sports and fitness environment (as applicable). (AC 6.1)

	Chemicals	Equipment	Processes
Products/stock			
Equipment			
Reception area			
Sports and fitness working areas, for example gym, pools/wet side facilities, sports hall, etc.			
Rest rooms/toilet facilities			
Staff rooms(s)			
Sports and fitness office(s)			
Entrance/exit/stairs/corridors			
High-touch surfaces/areas			

53. How should contaminated/dirty and decontaminated/clean tools and equipment be managed? (AC6.1)

Contaminated/dirty	Decontaminated/clean

54. When working with cleaning chemicals, why is it important to work with the regulations of the country therein, and to follow manufacturers' instructions and Safety Data Sheets? (AC6.1)

55. How must used laundry be handled, transported and processed to prevent contamination of self, clothing and the working environment? (AC 6.2)

56. Why is correct waste management important? (AC 6.3)

57. What are the risks associated with incorrect waste management? (AC6.3)

58. What different types of waste are produced in the sports and fitness environment and how should they be disposed of? (AC6.3)