

# General Outdoor Activities Checklist

**U3A Name:**

Interest Group:

Date:

Location/Postcode:

Nature and Description of Activity:

Part 1: Before the activity Group Organiser Check list:	Yes (✓)
<p>A) Consider the current Government and Public Health advice in relation to your location and the feasibility of carrying out this activity safely adhering to present social distancing requirements and permissible out-door activities. (for example currently outdoor activities are still restricted to work, shopping and exercise)</p> <p>B) Consider whether your activity involves the sharing of any equipment or shared spaces and make suitable arrangements to have antiviral cleaning products available.</p> <p>C) Where necessary inspect area prior to starting activity to ensure adequate social distancing can be maintained throughout and to remove/isolate any hazards.</p> <p>D) Ensure travel arrangements also meet the necessary requirements</p> <p>E) Consider the general hazards related to this type of activity, the impact accommodating Covid19 requirements may have on the way it is organised. These may relate to the location and potential congestion areas, obstacles, fitness levels required, appropriate dress, weather conditions etc</p> <p>F) Record outcome of these considerations in writing prior to the activity and share with participants so they can complete their personal checklist in line with the information in your checklist.</p>	

<b>Part 1. Activity Checklist outcomes:</b>		<b>Yes(✓)</b>
<b>Signed: Group Organiser</b>		<b>Dated:</b>

**Part1: Group Participant Pre-Activity Risk Assessment**

All participants should review their own personal health and circumstances and refer to current Government guidance for different risk categories in COVIDI 9 and what measures are recommended for people over 70 and/or with various medical conditions

Consider the health risk category of anyone else you are isolating with in your household

Review the Group Convener or Leader's risk assessment for the activity and assess if you can take part without adverse risk to yourself or any one in your household and complete the declaration

I have read the activity risk assessment and agree to adhere to any measures described enabling me to participate in the activity without adverse risk to myself or others in my household

Name of Participant:

CEDU3A Membership No.: