



East Renfrewshire U3A Covid-19

Personal Risk Assessment Checklist

If you or any member of your household has any of the Covid-19 symptoms or you know that in the last 2 weeks you have been in contact with someone who has the virus then you should **NOT** take part in a group meeting.

BEFORE taking part in a group meeting you should consider the following and then decide for yourself if you feel the risk for you in taking part in the group meeting is acceptable to you.

1. Have you considered the current Scottish Government's Covid-19 guidelines about meeting in groups?
2. If you are over 70, have you considered the current Scottish Government's Covid-19 recommendations for people of your age?
3. If you have any particular medical conditions have you considered the relevant current Scottish Government recommendations regarding these conditions?
4. If you have other people living with you, have you considered the health risk for them if you take part in the group meeting?
5. Have you considered whether you can take part in the group meeting without adverse risk to you or other members of your household?
6. If it is a group which meets inside have you considered the risks associated with the venue and activity?
7. If it is a group which meets outside or makes visits to venues you should have been provided with relevant information about the outing and have you now considered whether your abilities will allow you to take part in the outing?

If you do take part in a group meeting the facilitator will assume that you have considered the above and consider the risk to be acceptable.

You do not need to send your answers to the facilitator.

You need to consider this personal risk assessment for EVERY meeting as the situation regarding the virus and/or your personal circumstances may have changed.