

Personal Risk Assessment

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

1. Meeting risks

- If it is a meeting which takes place outside or is a visit to a venue, you should have been provided with relevant information about the outing and you will be expected to follow any instructions given by the venue staff.

Have you considered whether your abilities will allow you to safely take part in the outing and if you are willing to follow the venue's instructions?

- If it is a meeting which takes place indoors, the venue has been risk assessed as being safe for the meeting, but have you considered if there are any other personal risks for you in attending this meeting?

2. Infectious diseases, including Covid, risks

- If you feel unwell with Covid like symptoms or have any other infectious disease or have been in close contact with someone who is infected in the few days before a meeting, **you should not attend**, as there is a higher risk of you spreading this disease to other members.
- Have you considered that other members attending the meeting could be infectious with Covid or other diseases and whether this would be an adverse risk for you or members of your household?

If you do take part in any group or monthly meeting the facilitator and committee will assume that you have considered the above and consider the risks to be acceptable.

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

You need to consider this Personal Risk Assessment for EVERY meeting as your personal circumstances may have changed.