

Remote Activity Risk Assessment Checklist

U3A Name	
Interest Group	
Date	Location/Postcode
Description of Activity	

In exceptional circumstances some exercise activities are being run remotely. This poses additional hazards for participants as group leaders may not be able to see if a participant is having problems or issues with their fitness levels for certain activities. Also there is the risk that someone could hurt themselves whilst taking part in the class and if home alone they may be unable to raise the alarm. It is advisable therefore to conduct a remote activity assessment in addition to any standard risk assessments you have carried out for the activity. Consider also if it is advisable for anyone who has not taken part before to commence this activity during the current situation.

Before the activity	Yes (✓)
Asses the following with participants: <ul style="list-style-type: none"> a) Level of fitness required b) Taken part in this activity previously and have no health problems from doing so c) Mindful not to overdo things and stay well within the limits of what is comfortable for their ability and fitness level d) Appropriate clothing & footwear 	

On the day	Yes (✓)
Before starting and during the activity group leaders and participants should: <ul style="list-style-type: none"> a) Inspect area prior to start of session, remove/isolate any hazards b) Keep a telephone close by if they have any difficulties c) Arrange a safe and comfortable chair to sit in (if appropriate) d) Check at intervals if members feel able to continue e) Have in place a verbal or texted check-in for all participants to 	

	ensure at the end that everyone completed the group activity safely	
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Signed**Dated****FURTHER NOTES**