

General Outdoor Activity Risk Assessment Checklist

Personal Checklist

Before Activity Personal Checklist:	Yes ()
<p>A) All participants to review their own personal health and circumstances and refer to current Government guidance for different risk categories in Covid19 and what measures are recommended for people over 70 and/or with various medical conditions.</p> <p>B) Consider your own vaccine status and whether this poses a risk to others on the walk.</p> <p>C) Consider the health risk category of anyone else you are isolating with in your household.</p> <p>D) Review the risk check list for the activity above completed by the group organiser and consider if you can take part without adverse risk to yourself or household.</p> <p>E) Please adhere to all the current government regulations in respect of the wearing of face masks.</p> <p>F) Please come equipped with hand sanitiser, and gloves in the event that you need to use the public toilet.</p> <p>G) Do not give or accept a lift from anyone outside your household bubble unless permitted to do so by government regulation.</p>	