

Havant U3A COVID RISK ASSESSMENT

WALKING GROUP

Situation which incurs risk of contraction or transmission	People at risk	Risk level	Action required to contain or remove risk
Walking group members who feel unwell, and especially, if displaying/feeling symptoms associated with COVID-19. (Associated symptoms are publicised regularly by the government and are available online).	Walkers	High	Walkers should not attend U3A walks if feeling unwell generally, and MUST NOT attend if experiencing symptoms associated with COVID-19.
Travelling to and from the walk.	Walkers and drivers if not part of walking group.	High	People should not give or accept lifts. If sharing a car with someone else (e.g. family or “bubble” member), both driver and passengers should wear masks or face coverings. Where weather permits opening windows also reduces the risk.
Waiting prior to start of walk.	Walkers and other people nearby.	Medium	Walkers should observe social distancing guidelines (i.e. 1 metre minimum when outside - more if possible), between other walkers and other people who are in the vicinity. It is reasonable to ask or be asked to move away if someone else feels social distancing is not being maintained correctly.
The walk.	Walkers and other walkers (or groups of walkers).	Medium	As above, social distancing should be maintained. Be mindful of people walking towards you and allow enough distance for them and you to pass.
Obstacles which may occur on walks.	Walkers.	High	Certain obstacles such as stiles and gates are encountered on walks. Try to open/negotiate such obstacles using arms/elbows/legs/feet rather than your hands. If using your hands, suggest that hand sanitiser is used once the obstacle has been negotiated. (Thus minimising the risk of transferring the virus from your hands to your face).

Refreshments.	Walkers.	Low	Suggest each walker carries their own refreshments. It is unlikely that the group as a whole will stop at cafes/pubs/food outlets for the foreseeable future. Do not share food/drinks with other walkers outside your household.
Assisting others (e.g. accidents, feeling unwell etc. during the walk).	Walkers.	High	If the situation arises whereby somebody requires assistance which involves being close up (i.e. less than the 1 metre minimum), a mask or face covering should be worn by the person providing assistance. If possible and providing it will not cause unnecessary risk to the person requiring assistance, they should also wear or be fitted with a mask/face covering. An example where it might not be appropriate to fit a mask/face covering to the person requiring assistance, is if they have suffered a neck or head injury.
After the walk.	Walkers.	Low	Suggest that walkers thoroughly wash their hands as soon as possible when the walk has finished (e.g. when returning home).
Tracing.	All.	Low	A register of walkers who attend each walk will be kept. Everyone who attends a walk must report if they subsequently test positive for COVID-19. The register will allow the relevant authorities to contact the other walkers who may have had exposure to the person(s) who tested positive. If anyone refuses to allow their details to be used for such purposes or does not agree to report they have tested positive, they will not be permitted to join the U3A led walk.