

# Personal Members' Checklist (Pre-attendance)

During the Coronavirus Pandemic it is important for all U3A members planning to participate in an activity or interest group to consider their own personal health circumstances before taking part. The form below is to provide guidance to you in this consideration.

U3A Personal Members' Activity Checklist – (Pre-attendance)		
Date of Group Activity:- _____		
1.	All participants to review their own personal health and circumstances and refer to the NHS Website in <a href="#">England</a> , <a href="#">Wales</a> or <a href="#">Scotland</a> for further information if you are at higher risk of getting seriously ill from coronavirus.	
2.	Consider the health risk category of anyone else you are living with in your household.	
3.	Review the risk check list for the activity you intend to take part in – completed by your U3A group organiser and consider if it is the right decision for you to take part without adverse risk to yourself or household at this time.	
4.	Do not take part if you or someone else from your household have covid-19 symptoms – these include a high temperature, a new continuous cough and the loss, or a change to your sense of smell or taste.	

Part 2. Personal Checklist Outcomes:		
1.		
2.		
3.		
4.		
<p><i>If you develop symptoms within 48 hours of the activity it is recommended that you apply for a COVID-19 test, and support NHS contact tracing if requested.</i></p>		