



Guidelines for Groups and Members Engaged in Physical Activity

Introduction. These groups will often be of a sport, exercise or dance nature requiring physical effort of some kind. They may also include non group visits like trips where walking is necessary and will use assorted venues.

The Group Leader or Organiser. Is normally a Group Leader or committee member, but can be any member of March u3a appointed to run the activity by a group leader or member of the committee.

- a. Know which members are attending and are carrying Next of Kin and relevant Medical Information and confirm they are fit enough to take part and wearing appropriate clothing for the activity.
- b. Be aware of the first aid arrangements at the venue or on any transport involved and keep a note the venue postcode for use in an emergency. A Risk Assessment form can be found on the March u3a website..
- c. Constantly observe members to ascertain they are coping well with the activity.
- d. Consider adapting one of the sample Risk Assessment forms on the Website to match the specific activity. Complete your own assessment and pass it to the committee.
- e. Ensure that any private or u3a equipment used is fit for the purpose and being used correctly.