

Member's Personal Checklist (Pre-attendance)

Prior to taking part in any Ru3a activities or interest groups, it is important for all members to consider their own personal health circumstances. This relates to both general health, health considerations relating to the activity and any communicable ailments which could be passed on to others present.

The form below is to provide guidance to you in this consideration. It is intended to be used as a private guide and check list by members and it does not have to be shown to anyone else.

Ru3a Personal Members' Activity Checklist – (Pre-attendance)		Check
Description of Group Activity:- _____		
1.	Consider your general state of health at the time of the activity. Is it appropriate for you to attend and participate?	
2.	Consider the level of physical exertion necessary to participate in the activity. Do you consider your general level of health and fitness to be such that you can take part in the activity without risk of injury?	
3.	<p>Infectious diseases</p> <p>Consider your own personal health and circumstances and, if appropriate, refer to the NHS Website in <i>England, Wales</i> or <i>Scotland</i> for further information. Are you at higher risk of getting seriously ill from coronavirus or any other disease?</p> <p>Consider the health risk category of anyone else you are living with in your household.</p>	
4.	<p>Review the Risk Assessment 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.</p> <p>Do not take part if you consider that doing so would present an unacceptable risk to yourself or another member of your household.</p>	

u3a Ravenshead	Personal Members' Checklist– Ru3a	The Third Age Trust
Version	Description of changes	Date
2.0 issued	Ravenshead u3a: Made generic rather than Covid specific.	06/08/2022

