



THE UNIVERSITY OF THE THIRD AGE

NOTICE TO ALL MEMBERS

PLEASE CONSIDER THE FOLLOWING WHEN GOING ON A U3A TRIP,
HOLIDAY OR DAY OUT.

1. We are all accountable for our own safety and must make informed choices.
2. Group Leaders need to make it clear in advance of an event or trip if there is a lot of walking or uneven terrain, stairs, etc.
3. All information is given so that members can make an informed choice as to whether they will participate and can do so independently. (Can manage on their own) If not, their care is impacted on other members so then we accept that they may bring along a Carer, who will incur the same costs for the trip as other members and will be covered by our public liability insurance cover.
4. All members should carry an **ICE** Card i.e:- **I**n **C**ase of **E**mergency, listing medications, contact number and name of contact in case of emergency. Your **ICE** details can be entered onto your mobile phone as paramedics automatically look on a patient's phone if they do not have anyone accompanying them.
5. Group Leaders can choose to have a readymade list of ICE details for all their group members or ask for details when setting out on a trip, etc.
6. Please note that you are NOT covered by Travel Insurance by U3A. If you wish to take out this cover that is your choice.