

Saltburn District u3a

Individual Member's Pre-Attendance Checklist

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 content below is to provide guidance to you in this consideration.

It is for personal use only as guidance and should not be shared with anyone, nor should anyone ask to see it.

All participants to please review their own personal health and circumstances and consider if any existing health problem may place you at higher risk from the Coronavirus. The NHS Website contains useful information about age, health conditions and medications which may put you in the higher risk category.

Consider the health risk category of anyone else you are living with in your household.

Please consult with your Group Leader to find out if there are any particular risks identified for the activity and consider if it is the right decision for you to take part without adverse risk to yourself or your household at this time.

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 or, in the case of the newer Delta variant, headaches, sore throat, runny nose and fever.

Personal Checklist Outcome:

I have considered my personal risks and the wider risks to my household and am happy/not ready to join the activity.

In joining the activity my personal details will be used for Track and Trace purposes if necessary.