

PERSONAL RISK ASSESSMENT

All walkers must consider the following questions when deciding to take part in a U3A walk.

Do you (or does someone else from your household) have COVID-19 symptoms?	<p><i>If so, you should self-isolate in line with government guidance.</i></p> <p><i>You must not take part in U3A activities during this time.</i></p> <p><i>Symptoms include a high temperature, a new continuous cough and the loss, or a change to your sense of smell or taste. Find out more about COVID-19, and what you should do if you have symptoms on the NHS website in https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/</i></p>
Are you 'clinically vulnerable'?	<p><i>If you (or someone you live with) are at higher risk of getting seriously ill from coronavirus, you should take extra care to minimise contact with others from outside your household.</i></p> <p><i>Taking part in a U3A walk may put you and those around you at higher risk</i></p> <p><i>Everyone over 70, and those with certain underlying health conditions are considered to be 'clinically vulnerable'. You can find more information from the NHS https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/</i></p>
Do you feel safe taking part in a walk.	<p><i>Taking part in a walk is a personal choice. Please review the walk description and "Walking in a Covid Secure Way" guidelines and consider if you can take part without adverse risk to yourself or your household.</i></p>