



Bridport & District u3a Personal Checklist (Form 3)

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**. This form is designed to provide guidance to you in this consideration. If as a result of completing the checklist any adverse risk to you is identified, **you should not take part in the activity**. If, however, no adverse risk is identified you should confirm completion of the checklist with the Group Leader (preferably by email), together with details of any reasonable, special considerations/measures that are deemed necessary for you to participate.

Name of interest group:

Date and location/postcode:

Before the planned activity, please consider the following and record any reasonable special considerations/measures deemed necessary in the space provided below:

- (a) All participants to review their own personal health and circumstances and refer to the NHS website in England for further information to determine whether they are at higher risk of getting ill from the Covid-19 virus.
- (b) Consider the health risk category of anyone else with whom you are living in your household.
- (c) Review the risk assessment relating to the planned activity completed by the Group Leader.
- (d) Do not take part if you or someone else from your household have Covid-19 symptoms, which include a high temperature, a new continuous cough, the loss or a change to your sense of smell or taste or have tested positive for Covid-19.

Please make a note below of any reasonable, special considerations/ measures that are deemed necessary for you to participate in the activity, which should be drawn to the attention of the Group Leader in advance of your attendance:

Please note:

If you develop symptoms within 48 hours of the planned activity, it is recommended that you apply for a Covid-19 test and support NHS contact tracing, if requested.