

**TOWCESTER U3A
PERSONAL RISK ASSESSMENT 2020**

A Personal Risk Assessment should be undertaken by each member of a group before each meeting/activity.

It need not be written down, but the member must be able to assure the Group Coordinator that they have carried one out and have taken any necessary precautions to ensure that they will not endanger themselves or put any other member at risk by participating.

The questions below are a guide but are not necessarily exhaustive – those with specific health issues will have to think carefully about their own needs and safety.

1. Am I over 70 (ie, in the higher risk age group)?
2. Am I a current member of Towcester U3A? (needed for insurance)
3. Have I had both vaccinations and the booster for Covid-19?
4. Do I have any on-going health conditions that make me more vulnerable to Covid-19?
5. Do I have any other risk factors? (eg male, BAME)
6. Am I generally in good health?
7. Who have I been in contact with I the last 14 days?
 - a. Anyone who has Covid-19 or any other illness?
 - b. People in a public place (eg hospital, restaurant, pub, supermarket)
 - c. My wider family
8. Am I confident that I do not pose any risk to other members of the group?

It is strongly advised that you take hand sanitiser and a face covering to any activity.

You should not attend any activity if you cannot assure the Group Coordinator that you are not putting yourself or any other member of the group in danger of exposure to Covid-19,