



The 'New Normal' being imposed on us by the Covid-19 virus means that we are now obliged to be very careful about ensuring safety in all aspects for ourselves and other members when recommencing our social meetings and activities. Therefore, please read the following checklist and guidance.

Personal Members Activity Checklist

As an age group, we are generally classed as vulnerable to the effects of Covid-19 and we each must consider our own personal health situation before taking part in any activity. Here are some guidelines to help you do your own risk assessment.

- 1) Review your own health and situation, referring to NHS website in England for more information if you are at a higher risk of getting seriously ill from coronavirus.
- 2) Consider the Health risk of anyone in your household.
- 3) Refer to your u3a Group Organiser's risk checklist for the activity, reviewing if it is suitable for you, at this time.
- 4) Do not take part if you or anyone in your household has covid-19 symptoms which include high temperature, continuous cough and loss or change to your sense of smell or taste.
- 5) If you do attend any social or group activity and subsequently show covid-19 symptoms or test positive you must inform the Group Leader immediately so they can initiate a 'track and trace' system to all members that attended that particular session.