



1. u3a Name: Beverley and District U3A	2. Date:
3. Name of persons completing risk assessment checklist:	
4. Interest Group:	
5. Description of Activity:	

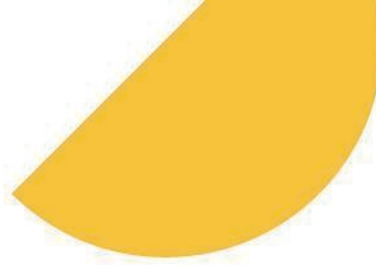
OUTSIDE ACTIVITY RISK ASSESSMENT CHECKLIST

This checklist is to help in the planning for an activity in a member's home. This isn't an exhaustive list, so think carefully about any specific risks you may encounter. It is likely that you will need to add to this risk assessment checklist. This form can (and should) be altered to suit specific activity requirements.

Where you identify a particular risk you should note the actions you will take to reduce the risk. It's important to carry out a risk assessment before the activity takes place, and you can always add to this during the activity.

	Risk Assessment Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
General	Have you taken a register of members in attendance?				
	The group is about gentle exercise, and activities should be suitable for anyone who can complete the activity within the timescale				
	The group coordinator should ask the members if there are any issues that might affect their ability to complete the activity.				
	Tailor activity and duration to the abilities and fitness levels of group members.				
	Schedule regular breaks and ensure participants can rest and hydrate during activities.				



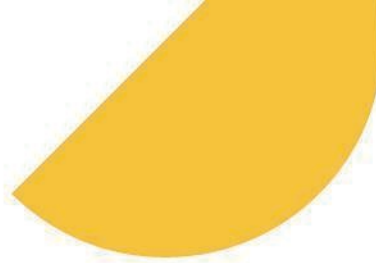


Falls and injuries	Encourage members to use well-maintained equipment				
Adverse weather conditions	Monitor weather forecasts and reschedule or cancel activities in case of severe weather.				
	Cancel Activity when local weather warnings have been issued				
Wellbeing	Encourage members to carry a fully charged mobile phone and provide emergency contact numbers.				
	Encourage members to carry water or other hydration drinks				
	Provide clear instructions for all participants.				
	Assign a designated "sweeper" to ensure no one is left behind.				
	Establish a protocol for regrouping in case of separation.				

*If you do not have a working smoke alarm, you can contact your local fire service for a 'Safe and Well Visit', during which they can fit a free smoke alarm in your home.

Other identified risks:	What will you do to mitigate these risks?





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u3a	Outdoor Activity Risk Assessment Checklist	Beverley & District U3Ast	
Version	Description of changes	Date of change	Review date
1.1	Original Checklist	3.08.2023	

