

General Outdoor Activity Risk Assessment Checklist

U3A Name: <b>Islington U3A</b>		
Interest Group Name: Long Walks Group		
Date Completed: 23 <sup>rd</sup> August 2020		Location/ Postcode: varies
<p>Nature and Description of Activity:          With a group of members, go on 'long' walks (up to 15 miles). Each walk is led by an experienced walker.          Each walk will have a sheet prepared about the walk's details. This will include an assessment of the specific applicable risks (under 'Suitability'). This Details sheet is available for all walkers.</p>		
<b>Part 1: Activity Checklist Outcomes</b>		<b>Yes ( ✓ )</b>
A)	Consider the current Government and Public Health advice in relation to your location and the feasibility of carrying out this activity safely adhering to present social distancing requirements and permissible out-door activities.	Yes.  The purpose of the walk is for exercise.
B)	Consider whether your activity involves the sharing of any equipment or shared spaces and make suitable arrangements to have antiviral cleaning products available.	Not applicable.
C)	Where necessary inspect area prior to starting activity to ensure adequate social distancing can be maintained throughout and to remove/isolate any hazards.	Hot spots (ie narrow areas) will be avoided where possible.
D)	Ensure travel arrangements also meet the necessary requirements.	Transport will be considered.
E)	Consider the general hazards related to this type of activity, the impact accommodating Covid19 requirements may have on the way it is organised. These may relate to the location and potential congestion areas, obstacles, fitness levels required, appropriate dress, weather conditions etc.	Some previous regular walkers may choose to not walk in a group yet.

F)	Record outcome of these considerations in writing prior to the activity and share with participants so they can consider their personal checklist in line with the information in this checklist.	Done here.
Signed Group Organiser: DM Harwood		Dated 23/08/20

Part 2: Personal Checklist Outcomes		Yes ( ✓ )
A)	All participants to review their own personal health and circumstances and refer to current Government guidance for different risk categories in Covid19 and what measures are recommended for people over 70 and/or with various medical conditions.	
B)	Consider the health risk category of anyone else you are isolating with in your household.	
C)	Review the risk check list for the activity above completed by the group organiser and consider if you can take part without adverse risk to yourself or household.	
Signed :		Dated