



u3a Activities – Fitness to Participate Policy and Individual Risk Assessments.

RISK GUIDANCE FOR INDIVIDUAL MEMBERS.

Given the wide range of u3a activities undertaken, and the varied age, health, and fitness of u3a members, only individual members themselves (together with their medical advisers) can assess that they are fit and healthy enough to participate in a particular u3a activity. This is especially true of sporting activities or those conducted outdoors.

Members must make their own individual risk assessment of their fitness before taking part in any and every specific u3a activity session, the Burnham-On-Crouch committee, officers and activity group leaders are not responsible for this risk assessment and cannot advise members on their medical/fitness capability to take part. To assist members and their medical advisers the u3a national website has guidance including a template, Personal Members’ Risk Assessment, see www.u3a.org.uk.

SPECIFIC ACTIVITY/INTEREST GROUP MEMBER DECLARATION

As a participant in the Burnham-On-Crouch u3ainterest/activity group, I confirm that:

- I understand and agree to the above Fitness to Participate Policy and Individual Risk Assessment requirements of the Burnham-On-Crouch u3a as detailed above.
- I will assess my own medical and fitness capabilities to take part in the above activity, with my medical/health advisers guidance as necessary.
- I will keep my medical and fitness position under review all the while I continue to participate in the above interest/activity group. My review to include general fitness to participate, and also any changes due to medication or ageing.
- I accept and agree that Burnham-On-Crouch u3a, its Committee, officers, and interest/activity group leaders are not responsible for assessing my fitness to participate in the above activity and cannot be held responsible for any medical event, injury, loss or damage that might occur due to my state of health, fitness or medical condition.

Signed by member Date.....

Name of member.....