



SOUTHWELL U3A

**General Outdoor Activity
Covid 19 Risk Assessment
Personal Checklist**

| Before Activity Personal Checklist: | Yes (✓) |
|---|----------------|
| <p>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.</p> <p>Consider the health risk category of anyone else you are isolating with in your household.</p> <p>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.</p> | |

| Personal Checklist Outcomes: | Yes (✓) |
|-------------------------------------|----------------|
| | |
| Signed | Dated |