

# OUTDOOR RISK ASSESSMENT PARTICIPANTS

Last Edited September 2024



Please note you participate at your own risk. The leaders and Preston and District u3a accept no liability for you

**IN CASE OF EMERGENCY** - It is your responsibility to ensure that your personal details including your emergency contact details on the Beacon system are up to date as they may need to be accessed in case of illness or emergency. If you are unsure how to do this contact the Beacon Administrator who will help you.

A) All potential participants should review their health, fitness 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 yourself and anyone else within your household.

C) Members who have any symptoms of Covid 19 or live in a household where another person has Covid 19 symptoms should NOT join the activity.

D) Participants should bring their own food and drinks. If any scheduled stops include food and drink sales, they will be included in the published meeting description. Members will be required to bring their own hand sanitisers and to use them as necessary.

E) Walks/Rides etc. are 'recced' in advance by leaders.