

Guidelines for Groups

engaging in physical activities

These groups will often be of a sport, exercise or dance nature requiring physical effort of some kind. They may also include non-group visits like trips where walking is necessary and an assortment of venues is used. u3a's have a duty of care and should take all reasonable steps to ensure the safety of their members. The members must also take responsibility for their own actions and not behave in such a way that could endanger either themselves or anyone else.

The Organiser

This is normally a Group Leader or committee member, but can be any member of FWDu3a appointed to run the activity by a group leader or member of the committee. They are responsible for:

- Recording names of those attending
- Attendees are carrying details of next of kin and relevant medical information, have confirmed they are fit enough to participate and are wearing appropriate clothing for the activity.
- Undertaking a risk assessment for the venue and activity which includes ascertaining fire and first aid arrangements are in place. The venue postcode should be recorded for use in an emergency. An appropriate Risk Assessment form can be found on the FWDu3a website.
- Constantly observe members to ascertain they are coping well with the activity.
- Ensure that any private or u3a equipment used is fit for purpose and being used correctly.

Group Members

- Need to carry details of their next of kin and relevant medical information when participating in FWDu3a physical activities

- Should truthfully confirm whether or not they are fit enough to participate in the proposed activity
- Should wearing appropriate clothing for the activity.
- Should monitor their own health to ensure they are coping well with the activity
- Should not use any equipment they consider to be unsafe