



Guidelines for Groups and Members Engaged in Physical Activity

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 or trips where walking is necessary and will use assorted venues. A Risk Assessment form can be found on the March U3A website.

The Group Leader or Organiser is normally a Group Leader or committee member, but can be any member of March U3A appointed to run the activity by a group leader or member of the committee and is encouraged to:

- Know which members are attending and are carrying Next of Kin and relevant Medical Information
- Confirm they are fit enough to take part and wearing appropriate clothing for the activity.
- Be aware of the first aid arrangements at the venue or on any transport involved and keep a note of the venue postcode for use in an emergency.
- Constantly observe members to ascertain they are coping well with the activity.
- Consider adapting one of the sample Risk Assessment forms on the Website to match the specific activity. Complete your own assessment and pass it to the secretary or groups co-ordinator.
- Ensure that any private or u3a equipment used is fit for the purpose and being used correctly.