

## Sandbach and District u3a Covid-19 Risk Assessment for groups, Update August 2022

### Background

There are no longer any government restrictions relating to Covid-19 in England. Similarly guidance from the Third Age Trust does not include any restrictions. Therefore Sandbach u3a does not impose any restrictions on where and how groups might meet. Some venues may continue to impose restrictions, and where they do these should be included in the Risk Assessment.

Although there are no restrictions in place we do wish to safeguard our members as much as possible by minimising the ongoing risk of Covid transmission. We hope that this will also enable risk-averse and vulnerable members to participate. For this reason we will ask Group Leaders to continue to use the Covid Risk Assessment. It is specific to risks from Covid-19 and is **in addition to** the usual Risk Assessment that is completed for the group activity and venue. It includes a Risk Assessment for individuals which must also be completed by each member of the group.

We are at a point where we can safely assume that the vast majority of our members have been double vaccinated against Covid-19. Vaccination greatly reduces any risk of serious disease resulting from infection, and also reduces the risk of transmission if somebody is infected. However these risks are not zero. Only the individual can make a judgement about their own health, taking their personal circumstances into account. As before, Group Leaders do not need to know and should not ask about the vaccination status of members.

### Using the Risk Assessment checklist: Group Leaders

We know that the greatest risk of infection is in indoor venues where there is close proximity or physical contact and/or loud talking/singing over a prolonged period. You should review the nature of the group's activity with this in mind.

Before starting a group you should complete the first part of the checklist below. If you decide that some restrictions or modifications will be valuable, **without seriously undermining the nature of the activity**, then you should state clearly what these are in the 'Comments' column. (*e.g wearing masks could be valuable but would seriously undermine the activity for members singing in a choir.*) These might include, for example, wearing masks in indoor settings, continued social distancing, restricting group size, adjusting seating or spacing, restricting movement, and so on.

We know that some members will continue to be risk-averse for the foreseeable future. Where possible we want to provide opportunities for these members to participate in our u3a activities. You should consider whether you can make arrangements that will clearly reduce any risk of transmission for these individuals to enable them to participate. These might include, for example, increased social distance for an individual member from the rest of the group, allowing late entry or early leaving for an individual member to avoid any possible congestion or socialising, increased sanitising of any equipment before use by that individual member, modifying the activity for that individual member, and so on. Arrangements such as these are **not** expected to apply to the group as a whole.

Each of your group members must complete their own personal Risk Assessment, after having seen your part of the Risk Assessment. You can send it to them by email or post, but each group member needs to see a copy. Ideally they will respond by email or post before the first meeting. Alternatively you can have a simple form that they sign on arrival to say that they have completed their personal Risk Assessment using the second part of the checklist.

<b>Interest Group</b>		
<b>Location(s) and Date(s)</b>		
<b>Description of activity</b>		
<b>Aspects to consider</b>	<b>Response (Y/N/NA)</b>	<b>Comments</b>
Are there things you can do to reduce any risk of transmission, without seriously undermining the nature of the activity?		
Are there things you can do that will enable risk-averse individuals to participate, possibly in a modified way?		
Have all participants completed a personal Risk Assessment?		See below
<b>Name of group organiser</b>		<b>Date</b>

**Using the Risk Assessment checklist: Group members**

Before beginning any activity all participants must complete their own personal Risk Assessment.

This means that you need to review your personal circumstances, the nature of the activity, and any potential risks to your health. Use the Risk Assessment checklist below to help you decide whether you can join this group without significant risks to your health or others in your household.

<b>Personal Risk Assessment</b>	<b>Yes (✓)</b>
I have reviewed my age, circumstances and personal health, both mental and physical, taking account of current Government and Public Health guidelines and recommendations	
I have reviewed the age, circumstances and personal health, both mental and physical, of members of my household	
I have reviewed my current vaccination status and that of members of my household	
I have reviewed the activity Risk Assessment above and considered whether I can take part without putting myself or members of my household at risk	
<b>Name</b>	<b>Date</b>