

# 1 General U3A Activity Risk Assessment Checklist in Covid-19

<b>U3A Name</b>	
Chichester	
<b>Interest Group</b>	
Cycling for Pleasure	
Date Location/Postcode	
Various	
<b>Nature and Description of Activity</b>	
Group cycling expeditions	

<b>Part 1: Before the activity Group Organiser Check list:</b>	<b>Yes ( )</b>
<p>The guidance provided by the national sporting body for our activity must be followed. For group cycling the appropriate body is cyclinguk.org. Their guidance is given in <a href="https://www.cyclinguk.org/article/coronavirus-qa-it-safe-cycle">https://www.cyclinguk.org/article/coronavirus-qa-it-safe-cycle</a></p> <p>Group size will be restricted in line with current Covid-19 advice (currently 6). If numbers exceed the size limit further groups separated in starting time may be formed.</p> <p>Social distancing will be maintained during the ride and at any points of social interaction (eg refreshment and lunch stops) in line with current Covid-19 advice (currently 2 Metres or 1 Meter with suitable mitigation).</p> <p>The group leader will take a register with contact details of participants to share with NHS Contact and Trace service if required. This will be retained for 3 weeks.</p> <p>Participants travelling to the start of a ride by train or car must follow current Covid-19 travel requirements.</p> <p>Participants are responsible for any equipment, facemasks and anti-viral cleaning products needed during the ride and social interaction intervals.</p> <p>Before each ride, all participants should:</p> <ul style="list-style-type: none"> <li>• Review their own personal health and circumstances and refer to current Government guidance for different risk categories in Covid-19 and what measures are recommended for people over 70 and/or with various medical conditions.</li> <li>• Consider also the health risk category of anyone else you are isolating with in your household.</li> <li>• 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.</li> </ul>	

<b>Part 1. Activity Checklist outcomes:</b>		<b>Yes (☐)</b>
<b>Signed Group Organiser:</b>		<b>Dated</b>

<b>Part 2. Personal Checklist Outcomes:</b>		<b>Yes (☐)</b>

<p>Guidelines for Group Coordinators</p> <ul style="list-style-type: none"> <li>A) Consider the current Government and Public Health advice in relation to your location and the feasibility of carrying out this activity safely adhering to present social distancing requirements and permissible indoor and outdoor group sizes.</li> <li>B) Consider whether your activity involves the sharing of any equipment or shared spaces and make suitable arrangements to have antiviral cleaning products available.</li> <li>C) Advise all wishing to take part that they should allow group leaders take a register with contact details of participants to share with NHS Contact and Trace service if required.</li> <li>D) Where necessary inspect area prior to starting activity to ensure adequate social distancing can be maintained throughout and to remove/isolate any hazards.</li> <li>E) Ensure travel arrangements also meet the necessary requirements</li> <li>F) Consider the general hazards related to this type of activity, the impact accommodating Covid19 requirements may have on the way it is organised.</li> <li>G) Record outcome of these considerations in writing prior to the activity and share with participants so they can complete their personal checklist in line with the information in your checklist.</li> </ul>	
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<b>Part 2: Before Activity Personal Checklist:</b>	<b>Yes (☐)</b>
<ul style="list-style-type: none"> <li>A) 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.</li> <li>B) Consider the health risk category of anyone else you are isolating with in your household.</li> <li>C) 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.</li> </ul>	