

# S&G u3a Members' Personal Checklist (Pre-attendance)

## For Groups held in Venues only

During the Coronavirus Pandemic it is important for all u3a members planning to join a group to consider their own personal health circumstances before taking part. This form is provided as a guide.

- 1 All participants to review their own personal health and circumstances and refer to the [NHS Website](#) for further information if you are at higher risk of getting seriously ill from coronavirus.
- 2 Consider the health risk category of anyone else you are living with in your household.
- 3 Review the Risk Assessment Checklist for the activity you intend to take part in - completed by your u3a Group Leader - and consider if it is the right decision for you to take part without adverse risk to yourself or household at this time.
- 4 Do not take part if you or someone else from your household have covid-19 symptoms – these include a high temperature, a new continuous cough and the loss, or a change to your sense of smell or taste.

***If you develop symptoms within 48 hours of attending the Group it is recommended that you apply for a COVID-19 test, and support NHS Contact&Tracing if requested.***

***Inform the GL as soon as possible.***

***DO NOT ATTEND FURTHER SESSIONS UNTIL YOUR TEST PROVES NEGATIVE.***