

Safety Information Sheet

Introduction

The purpose of this Safety Information Sheet is to remind you of your responsibilities in relation to your own safety and the safety of others, when attending Roding Valley u3a groups and activities. Each group or activity will have its own risk assessment, and the convenor or organiser will inform you of any other potential issues they have identified, that are not covered below.

On joining Roding Valley u3a (RV u3a) you were advised that you are responsible for your own safety when attending any Roding Valley u3a meetings, groups, or activities.

We also ask that you do not act in a way that could potentially harm or cause distress to other members of your group or any members of the general public.

General Reminders

As part of ensuring your safety, we would like to remind you that:

- You must ensure that your personal belongings are kept safe and do not create any trip hazards (particular care should be taken with mobility aids).
- You must not undertake any task, which you think you may struggle to complete or that could potentially injure you. (E.g. moving tables / chairs, carrying drinks, and taking objects from cupboards).
- When attending monthly meetings in Theydon Bois Village Hall, you may not take drinks into the hall.

Mobility Issues

If you have any mobility issues, you must contact the leader of the activity or (if the activity is in a public venue) the venue itself, to establish if it is suitable for you to attend. This includes available parking.

Physical Activities

If you are joining a group or event that involves any physical activity (from walks to outings to keep fit), and have any physical limitations, you must discuss this with the organiser in advance to determine if the activity is appropriate for you. If you are unsure what would be appropriate clothing and footwear for an event, you must talk with the organiser. You must also ensure you bring enough water for the activity.

Allergies or Intolerances

If you have any food intolerances and are visiting a public venue that provides food and refreshments, it is your responsibility to discuss this directly with the venue. If you are at an event in a member's home or a hall, where food or drink is provided, you must inform the organiser of your intolerances.

If you are allergic to any pets, you must inform the organiser before visiting a member's home.

Travelling to an Event

If you are travelling to an event by public transport, you must ensure that you have checked the route in advance and if you have mobility issues, you can manage any stairs and walking. Even if you are meeting other u3a members en route, this will not be part of the official activity and will not have been risk assessed. You should also carry the mobile phone number of the event organiser in case you are delayed.

If you have any questions, please contact the Chairman at RVu3a@hotmail.com or call 07968 174 388.