

Member Personal Checklist (Pre-attendance)

During the Coronavirus Pandemic it is important for all U3A members planning to participate in an activity or interest group to consider their own personal health circumstances before taking part. The form below is to provide guidance to you in this consideration. By signing this form, you are agreeing to comply with the content.

U3A Personal Member's Checklist ALL MEMBERS SHOULD:		Please tick final column to signal agreement and compliance	✓
1.	Be double vaccinated before joining U3A activities		
2.	Notify activity convenor if they have travelled outside Northern Ireland in the last 14 days		
3.	Review their own personal health and circumstances and refer to the HSCNI website for further information if they are at higher risk of getting seriously ill from coronavirus.		
4.	Consider the health risk category of anyone else in their household.		
5.	Review the risk check list for the activity in which they intend to take part. This will have been completed by the group organiser to enable members consider if it is the right decision to participate without adverse risk to self or household members.		
6.	Not take part if they or someone else from their household have covid-19 symptoms – these include a high temperature, a new continuous cough and the loss or change to sense of smell or taste.		
7.	Wear masks and maintain social distancing requirements while on the premises		
8.	Wipe down their own 'station' before and after activities (wipes/sprays will be available)		
9.	Access the building, go straight to the activity location, sign the register and at the end of the session, leave the building without congregating anywhere.		
10.	Not use the kitchen or any kitchen equipment but should bring a flask and cup if they require refreshments while at U3A		
11.	Hand sanitise on entry and as appropriate during activities.		

I confirm that I am/am not double vaccinated.....(please initial)

I have/have not had covid 19.....(please initial)

NAME (please print).....

TELEPHONE NO.....