

MEMBER PERSONAL RESPONSIBILITY

We are very aware that most of us are not as fit and healthy as we once were, and that some of us have potentially serious health conditions which may or may not be known to others.

If you have a condition which increases the chances of being taken ill or of having an accident, then we would ask you to take the following precautions.

Speaker Meetings, Groups, Workshops and Social Events held in or near Wheathampstead

Please ensure that the organiser of the activity/event – or some other responsible person who will be present – knows about your condition and knows what to do in an emergency,

Activities away from Wheathampstead (including Outings, Local Theatre Group, London Group and Supper Club events)

Please ensure that you are accompanied by either:

- (a) a u3a friend who knows about your condition and knows what to do in an emergency or
- (b) if necessary, a carer who can take charge of you if there is a problem*.

We ask everyone to ensure that the Emergency Contact we have for you is up to date and is someone who is both able and willing to act should there be an emergency, and who does not live many miles away from Wheathampstead.

We very much want all members to be able to enjoy all aspects of Wheathampstead u3a, and we know that members will wherever possible assist one another to the best of their abilities. However, we cannot take responsibility should a person become ill or have an accident.

*On u3a Outings it is common for the venue to waive the charge for a carer, and we will normally be able to cover the coach fee for the carer.