

U3A – Covid-19 Advice on U3A Activities - 31 July 2020

The Third Age Trust have recently revised their recommendations, in line with Government guidelines, for running Group activities within a U3A during this pandemic:

Do not leave home to take part in a U3A activity if you or anyone in your household has symptoms of Coronavirus.

The process remains as before, any U3A wishing to restart any activity must carry out an appropriate risk assessment/checklist to ensure the activity is safe for members to participate in. The risk assessment will determine what actions must be taken to make the activity safe or conclude it is not yet safe to restart. Government guidelines continue to be central to any risk assessment and must be adhered to. Each U3A activity, venue and circumstance is different and must be assessed as such.

If a Group wishes to resume activities, the following government guidelines apply:

How many outdoors	6 people (or 30 if from only 2 households), socially distancing.
Implications for U3A interest groups and activities	Interest groups of up to 6 individual U3A members can meet, socially distancing for an outdoor activity that has been assessed for Covid-19 safety.
At what distance	1 metre plus
How many indoors	2 households with a limit of 30 people
Implications/options for U3A interest groups and activities	Individual interest groups cannot take place in members' homes, however small sub-sets of 2 households could meet. Video conferencing is an option. Some U3A activities could resume in Covid-19 secure venues. Houses are NOT Covid-19 Secure
People over 70 yrs	Whilst people over 70 can meet people both indoors and outdoors they should be careful and diligent about social distancing and hand hygiene.
People in extremely vulnerable category	You may if you wish meet in a group of up to 6 people outdoors, maintaining social distancing. From the 1st August the government has paused shielding.

Some community facilities and halls have contacted U3As to inform them that their doors will be reopening. They will have followed Health and Safety Executive guidance to ensure their premises is Covid-19 Secure and that all measures have been taken to prevent the spread of Coronavirus but it is advised that you should check this first.

It is unlikely at this stage that U3A Interest Group activities could resume indoors without following a thorough Covid-19 risk assessments and it is advised you discuss your plans and preparations with your U3A Interest Group Coordinator informing your Committee and follow the guidance from Third Age Trust before proceeding with an indoor U3A organised activity for more than two households for the first time since lock down.

It is not possible for U3A activities to resume within members houses for more than 2 households with a limit of 30 people because these would not be deemed as Covid-19 Secure Premises.