



<b>Member's Name</b>	
<b>Name of person completing risk assessment:</b>	<b>Date</b>
<b>Interest Group/s:</b>	
<b>Description of Activity/Activities:</b>	

## ILKESTON u3a PERSONAL RISK ASSESSMENT

This risk assessment is to help identify personal risks you may experience. This is useful if you feel you are vulnerable and need to make considerations for the activities you participate in. You should think carefully about any specific risks you may encounter during a u3a activity. Where you identify a particular risk you should note the actions you/ we will take to reduce the risk, and you can always add to this if you identify a new risk.

What is the potential risk?	How do you usually manage this risk?	Does this risk affect how you participate in u3a activities?			What actions will you take to mitigate this risk? What accommodation/s will you need?
		Yes	No	N/A	
<i>e.g., I have difficulty walking</i>	<i>e.g., I use a walking stick, and sit down for most activities</i>	X			<i>e.g., I must have a seat during activities</i>
<i>e.g., I have diabetes</i>	<i>e.g., I monitor my blood sugar each morning</i>		X		<i>e.g., I manage this at home</i>
<i>e.g., I need general help from a carer</i>	<i>e.g., my carer supports me with participating in activities, as well as helping me to and from the bathroom</i>	X			<i>e.g., when participating in events I need an extra space for my carer to join me to support me</i>




### Risk Factor Score Matrix

LIKELIHOOD Factor Score (1-4) X SEVERITY Factor Score (1-4) = RISK Factor Score

		LIKELIHOOD			
		Remote 1	Possible 2 (Could occur sometimes)	Probable 3	Certain 4 (Expected / occurs repeatedly)
S E V E R I T Y	Risk Rating				
	Minor Injury 1	LOW 1	LOW 2	LOW 3	LOW 4
	Significant Injury 2 (Includes lost time injuries)	LOW 2	LOW 4	MEDIUM 6	MEDIUM 8
	Major Injury 3 (Hospital and / or 7 days)	LOW 3	MEDIUM 6	HIGH 9	HIGH 12
Fatality 4	LOW 4	MEDIUM 8	HIGH 12	HIGH 16	

Signature of person completing the risk assessment..... Date .....

u3a Ilkeston u3a Venue Based Risk Assessment Checklist			
Version	Description of changes	Date of change	Review date
Issue 1	Original Checklist	12.09.2022	
Issue 2	Added risk factor table & adopted by Ilkeston u3a for local use	Sept 2024	Sept 2025