



HYTHE AND DIBDEN U3A HEALTH AND SAFETY POLICY

Statement

Hythe and Dibden u3a ('the u3a') aims to provide and maintain safe and healthy conditions and environments for all members including during the meeting of u3a groups, monthly meetings and at events.

Insurance

The u3a is covered by the insurance provided by The Third Age Trust. Further details about the insurance cover can be accessed on the u3a website www.u3a.org.uk/advice. If any activities are being considered that the u3a is unsure are covered, they will contact the u3a Office for further advice. The Third Age Trust provides third party liability insurance however extreme sports and high hazard activities may not be covered. This must be checked before running an activity.

Risk Assessments

The u3a will ensure the Committee, Group Leaders or those responsible for a meeting or event complete the appropriate risk assessments. These will be used to identify any risks and explore how they could be mitigated. The u3a is aware that some venues used for meetings and events may already have their own risk assessment. This should be reviewed, and any mitigations identified must be actioned. For example, a venue may state that no more than five chairs should be stacked together, or that nothing is placed in the way of fire escapes. Where relevant, clear instructions and guidance should be provided to anyone who requires it. Further information, guidance and templates about risk assessments can be downloaded from the u3a website: www.u3a.org.uk/advice

Responding to accidents/incidents and dealing with emergencies

In the event of an accident/incident the Chair of the u3a should be informed as soon as appropriate. Where a u3a member is involved in an accident or incident whilst taking part in a u3a activity or event, the u3a will ensure those who witnessed the event and were involved complete an incident report (template available to download from www.u3a.org.uk/all-documents/u3a-policies-and-procedures . This must be completed, shared with those who need to have access to it, including the Committee Chair, and kept on file. It will also need to be shared with the insurers in the event of an insurance claim.

Lone volunteering

There may be occasions where u3a members carry out activities for the u3a on their own. For example, opening a venue for a meeting or setting up for a meeting. Where this occurs the u3a member should ensure someone else knows where they are and when they should be expected back. The u3a member should also know who to contact in the event of an incident or accident and ensure they have, for example, their mobile phone with them and avoid activities at height.

Manual handling

All u3a members should think about manual handling in advance to avoid injury to themselves and others. Members should not carry out any manual handling tasks if they are not able to manage them and should ask for help from other u3a members.

Venues

Where the u3a uses external venues who have their own policies and procedures and risk assessments the u3a will ensure these are followed. This will include making sure all u3a members in attendance are aware of what to do in the event of a fire alarm/evacuation. If the u3a is hosting an open day this will also include ensuring those who are not u3a members are also informed.

Related documentation

The following documents are available on the national u3a website www.u3a.org.uk/advice to support u3a branches:

- Risk assessment templates – including templates for a range of different venues and activities including groups meetings at members' houses.
- Risk Management guidance
- Insurance Cover Note for the current year
- Insurance FAQs
- Insurance Overview

This policy was adopted on:

18 March 2026