

U3A Tauranga Inc

Outdoor Activity Groups: Individual Responsibility Form

(Appendix A to Health and Safety Guidelines adopted 13.11.2020)

This form is to be signed at the start of each year by group members undertaking outdoor activities.

The Group Convener should keep the signed forms on file until new forms are signed at the start of the following year.

All new members joining during the year are also required to sign this form.

Group:

Convener:

Group Member's full name:

I hereby acknowledge I am responsible for my own safety whilst undertaking outdoor group activities.

To ensure this occurs, I will:

- Comply with the instructions of the Convener regarding Health and Safety
- Inform the Convener of my participation in each activity and of any cancellation
- Take appropriate gear, my own first aid kit and sufficient food and water for all weathers and possible delays
- Take a mobile phone along if requested to do so by the Convener
- Take appropriate medications along, and inform the Convener of any pre-existing medical condition which may affect my ability to undertake the activity
- Carry on me details of my next of kin, an emergency contact, and my GP name and contact number

Signature:

Date: