

HASLEMERE U3A : RISK ASSESSMENT SUMMARY

V2

Fun & Fitness Activities @ HASLEMERE LEISURE CENTRE

Applies to: LEADERS / VOLUNTEERS / PARTICIPANTS

from Tues 16 Sept 2025

Person completing Risk Assessment :

John Harris

Risk / Hazard	Risk Details	Action in place?	What actions taken to mitigate this risk?
Injury	Many activities available have potential for physical injury from external objects including falls, impact, entrapment, crush injuries.	yes	See below
Injury	Many activities may cause musculoskeletal strain if participant is unfamiliar with training regime and equipment.	yes	See below
Drowning	All Pool activities	yes	See below
Illness	Known or latent medical conditions may be triggered by levels of exercise that a participant is not accustomed to.	yes	See below

It is normal practice for all Haslemere u3a activities to be subjected to a Risk Assessment with details of how such risks can be mitigated or eliminated.

In the case of Fun & Fitness activities at the Haslemere Leisure Centre, detailed Risk Assessments have been prepared by professional training staff employed by the Centre, which cover all activities and potentially harmful situations. These are available for inspection if requested.

The Haslemere u3a approach is therefore to advise participants that they should follow all instructions and advice from the professional trainers employed by the Centre who are at hand for all high-risk activities (eg Gym, Pool) to advise and supervise. Racquet sports (squash, table tennis, racquetball etc) are not constantly supervised but staff are always nearby to advise if required.

Every u3a participant must take responsibility for their own safety while in the Centre. Neither Haslemere u3a nor the Haslemere Leisure Centre is required to assess the suitability of a participant to take part in any activity.

To minimise risk, u3a participants are therefore requested to:

- If you are in any doubt, seek advice from a medical professional (eg your GP) regarding your suitability for the types of exercise you are proposing to do.
- Ask a trainer about suitability of exercises and follow instructions for warming up before exertion, rest periods and other advice, particularly relating to Gym

equipment where weights, speeds and positions can be adjusted to suit the participant.

- When using the pool, be realistic about your swimming abilities. There is always a lifeguard on duty.
- Declare to the Centre Staff any medical condition which may affect the level of risk. These might include (but are not limited to) cardiac problems, diabetes, recent illness, surgery or injury and any medication that you take. Note that you are not required to do this; however the Centre staff may be able to modify activities to suit your individual circumstance, and may also advise activities which may help to assist recovery from some conditions.
- Inform the Centre at the reception desk of your next-of-kin contact details.
- **Remember that this is a Fun & Fitness Group. Don't forget to have fun!**

There are a number of u3a volunteers, some of whom will be at every Fun & Fitness session. Please talk to them before, during or after a session if you have any questions or concerns. Their details are given below.

Claire Coxwell willow980@gmail.com

Margaret Mowatt randm.mowatt@tiscali.co.uk

Michael Blake mc.2@hotmail.co.uk

Andy Ranson aranson@ppti.co.uk

Roy Tubbs Roy.Tubbs108@gmail.com

Dee Parish daphneparish@gmail.com

Debbie Bowyer debbiebowyer2000@gmail.com

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John Harris (u3a Safety) harris5555@btinternet.com