

Guidelines for Outings and Holidays

Day Trips and Visits

Providing all participants are u3a members, you are covered by the u3a insurance. The u3a insurance does not include personal injury cover. Further guidance on insurance is available on the [u3a website](#)

By committing to a trip, visit or walk you are declaring that you are a current u3a member, are in reasonable health and are fit to undertake the activity. A [Personal Risk Assessment](#) is available if required.

Palmers Green & Southgate u3a does not accept any responsibility for your fitness to undertake an outing or a trip. If you are unsure, please contact the organiser for further details. If you need any assistance, please bring a carer with you e.g. a partner or friend.

For trips which use public transport (possibly using your Freedom Pass) you may be given a suggested route to the venue or the meeting point, but you may prefer to make your own way there. The Group Leader does not take responsibility until the group meets at the venue.

The Group Leader is just a u3a member who has volunteered to help, He/she is paying the full cost of the outing. In the event of an emergency, they will do their best to obtain assistance if needed. Please ensure that the Group Leader has an emergency contact.

u3a Holidays

These are provided by a travel company and full details will be provided. Travel Insurance is mandatory.

The Group Leader acts as the coordinator and pays the same price for the holiday as all the other participants. In an emergency they will do their best to assist and will phone the emergency contact.

Emergency Contacts

Members who take part in any of the above activities are required to give the details of an emergency contact. This information will be held securely on our Beacon membership system for future reference.