

## Choosing Appropriate Club Activities

To assist members in deciding on the appropriateness of a particular activity the guide below will be introduced to assist you in determining accessibility and the fitness level required.



**EASY** - This activity would be suitable for most members including those with mobility issues and some fitness concerns. Depending on the mobility/fitness level a carer may also be required to attend. There should be limited walking involved over mostly level surfaces. Any stairs would have a handrail and there should be alternatives to stairs available such as lifts or ramps.

The existing Club activities that would normally fit into this category include: Coffee and Cinema, Shows & Theatre\*, Craft Group, Leisurely Lunches, Fine Dining, Special Lunch Functions (Xmas in July, Christmas End of Year Lunch, 5th Anniversary Lunch) Happy Snappers (Photography Group, normal meetings not necessarily Field Trips), Hot Flushes (Card & Game Evenings).



**MODERATE** - This activity would be suitable to members with reasonable fitness levels. There would be some walking involved. Walking may be over uneven surfaces. Stairs may be involved and alternative options to stairs unavailable. Examples would be the Coach Tour to the Quarantine Station, North Head (2018) and most walks by the Happy Wanderers (Walking Group).



**DEMANDING** - This activity would be suitable to members with good fitness levels. There would be considerable walking involved and can involve stairs, uneven ground and elevations.. (An example would be any proposed long walk by the Happy Wanderers (Walking Group)).

Steve White  
Risk Management Coordinator