



In Case of Emergency form

If you had a significant accident or health problem during a u3a event or group activity, then it could be vital to provide emergency services with information about your allergies or medical conditions. It would also be important to be able to inform a relative or friend about the incident, for which we would need the contact details for that person.

You are therefore asked to do two things:

1. fill in the form below and bring it with you to all u3a events and activities, easily accessible in your coat, bag or backpack (taking it with you everywhere you go would be a good idea); if you go on a walk or outdoor trip then it needs to be in a plastic bag or waterproof case;
2. if your phone has the facility to access emergency information without using a password or pin, then ensure you have at least one *In Case of Emergency* (ICE) contact on your phone and also enter medical information which may be relevant in an emergency (eg blood group, medication used, allergies, health conditions).

Chesterfield u3a In Case of Emergency form 2025 version

Your Full Name: _____ Date of Birth: _____

Home Address: _____

_____ Postcode: _____

Emergency Contact Name: _____

Relationship to you: _____ Mobile Number: _____

Important medical information which may be relevant in an emergency (eg blood group, medication used, allergies, health conditions):
