YAHR Workshop

Running Outdoor Activities and Travel groups

Monday 23rd November 2026

St. George's Conference Centre, Leeds

10.00am: Registration and Coffee/Tea

10.30am: Archery to Pilates and Beyond

- u3a Advisors , where to find them , what is their role
- Advice: National and Local Organisations.
- Do you need qualifications to lead a Physical Activity Group?.

11.00am: Risk Assessments Video

- Looking at different skill sets in your group
- Scenarios in Groups
- Insurance

11. 30am. Comfort Break

11.40am Health Issues

12.00pm Feedback from the Scenarios

12.15pm Questions

12.30pm Lunch

13:15pm Running Day trips and organising tours

14:15pm Open Forum – any questions you may have.

Scheduled to end following a Q&A at 15:00