

## ACTIVITY STATEMENT

### What sort of activities can I do with my Buddy?

Part of your commitment to Best Buddies is to meet your buddy and do things together on a regular basis. Generally we suggest that you do things together that you agree would be fun, are easy to organise, are either free or not very expensive, and that you can do safely.

You must check that the activity is something your Buddy *wants* to do and that he/she knows it is not compulsory to take part.

### Buddy Pair Activities:

These are activities that you do with your Buddy. They should be regular or normal activities that you would undertake with any friend. This may include going for a walk, kicking a football, visiting a gallery, going to the movies, seeing a band or going out for a coffee. These are broadly defined as a recreational activity as they are engaged in for enjoyment, relaxation and leisure.

In terms of safety, if the activity involves any form of risk, you will need to conduct a risk assessment before you finalise your plans. Your Program Manager will be able to help you do this.

Some activities can be described as dangerous recreational activities. These are activities that involve a significant risk of physical harm. Activities in this category might include swimming, dirt bike riding, ice skating, skate boarding and mountain climbing. You must not engage in these activities as part of a Best Buddies program unless you have given due consideration to the risks, discussed these with your Program Manager, and obtained your Program Manager's authorisation. Once you have obtained authorisation, you will also need to make sure that your Buddy has received a "risk warning" about the activity. Your Program Manager will also be able to help you with this.

### High School Chapter / Group Activities:

Sometimes members of a Chapter or Program meet together as a group. This might be once a term to have a meal or to hold a fund raising event. As with Buddy Pair Activities, you should give consideration to the risks that may be involved, discuss those risks with your Program Manager if necessary, conduct a risk assessment and consider the need for authorisation and a risk warning.

### Best Buddies Organised Activities:

During the year, Best Buddies Australia Head Office organises events (e.g. Annual Luna Park Day). It is the responsibility of Best Buddies Australia to consider the risks involved with these events. When Best Buddies Australia organises these events we will identify any risks that would not be obvious and perhaps give a risk warning. We try to organise events that everyone can enjoy; but if you wish not to participate, that's OK.

Should you have any questions, please contact Best Buddies Australia.