

ACTIVITY LEVEL	PROGRAMME EXAMPLES	HEALTH CLEARANCE (type of declaration/ form required)
Level 0		
Sedentary	Being Interviewed. Non activity studio based programmes: • Mastermind • Weakest link • Dragons Den • Pointless	No declaration required. • But take account of any individual who indicates to you any particular medical problems, disabilities or requires help especially for emergency evacuation.
Level 1		
Day to day activities • Gentle swimming • Running/hurrying short distances • Lifting day to day objects • Shopping • Playing Golf • Climbing 4 flights of stairs	Studio based game shows: • Masterchef • Generation Game • Hole in the Wall	Information for Contributors: • Explain what tasks you will be asking the contributor to carry out. Give the information for contributors level 1 and ask contributor to sign one copy and keep one copy. • File the signed copy for destruction in 6 years
Level 2		
More onerous activities • Running medium distances 400 -800m in one go. • Longer swimming distances (endurance swimming) • Gym type weight lifting • Hiking with a backpack • Cross country skiing • Jumping from heights of no more than 1 metre onto solid surfaces.	Activity based game shows: • Strictly Come Dancing • So you think you can dance	Contributors self-declaration of fitness: • Explain what tasks you will be asking the contributor to carry out. • Give the contributors self-declaration of fitness. • Ask contributor to sign one copy and keep one copy. • File the signed copy for destruction in 6 years • If unable to self-declare then Doctor's declaration necessary – contributor will need to see GP and there will be a charge and a delay whilst they see their doctor.

ACTIVITY LEVEL	PROGRAMME EXAMPLES	HEALTH CLEARANCE (type of declaration/ form required)
Level 3		
Heavy Physical/Exhaustion - Running long distances >800m in one go equivalent of a mile in 8 minutes - Likelihood of exhaustion from running or physical tasks. - Lifting very heavy weights e.g. other people - Carrying out these tasks in Remote or unusual environments e.g. hot, cold, wet, high altitude. - Rock climbing/altitude - Combat - Jumping from heights of greater than 1 metre onto solid surfaces	Very challenging activity based/travel or survival productions: - Last Man Standing/Last Woman Standing - Sport Relief challenges - Amazon, - Blue Peter (kayaking), ONE Show Rickshaw Challenge - Cycling UK	Task based assessment: - If individuals are accustomed to undertaking the planned activities at the required level on a regular/day to day basis then there should be no further requirement for medical or fitness testing but they should sign the declaration. - Ask contributor to sign one copy and keep one copy. File the signed copy for destruction in 3 years - If there is any doubt about the above, the contributor will be exceeding their usual activity, or the programme will be deliberately targeting individuals who are not accustomed to such activity then as part of your risk assessment you must seek specific expert advice on this aspect from a specialist in that particular area e.g. if physical activity involved then a specialist in physical fitness. Part of the role of your specialist will be to make recommendations on what the specific medical requirements or tests should be.
Specialist Activity Specific medical fitness requirements.	Productions involving: - Diving - Travelling to Arctic/Antarctica / Extreme environments - Exercises with Air force, Army, Navy	- These will normally be specific medical assessments defined possibly by law or regulations eg diving, or required by organisations prior to deployment eg Antarctica or armed forces. - Normally there is a defined medical examination and a requirement for these to be completed and then assessed by the organisation concerned or sometimes by specified registered doctors. - If individuals pass these requirements then they can be considered as fit to undertake that part of the task.