



AMPTHILL & FLITWICK FLYERS



Founder: Steve Jordan www.affrunningclub.org.uk President: Phil Bierton

Risk Assessment: Saturday 7@ 7 Sessions

Date:	Assessed by:	Location:	Review Due:
7-Jul-20	Mark Billington	Amphill, Redborne School	26-May-2021

What are the Hazards?	Who might be harmed and how?	Controls Required	Risk Rating	Further Controls	Resultant Risk Rating	Action by whom	Completed
Spread of Covid-19 Coronavirus	Runners and General Public	<p>Runners to be in groups of no more than six.</p> <p>Running groups to be allocated 10 min time slots.</p> <p>Social distancing, following current guidelines, to be maintained between all runners in each group</p> <p>Runners to only go to the start at their allocated time slot and to leave the finish area immediately after finishing to avoid any gathering at the start area and Social Distancing breaches.</p> <p>If a runner or group catches a runner or group already on the course or meets a member of the general public they should pass them as quickly as possible while maintaining social distancing.</p> <p>Runners to travel in their own cars to and from Redborne School unless from the same household.</p>	Medium	<p>Runners must not attend if they feel even mildly unwell or have symptoms such as a cough, a dry or sore throat, shortness of breath, headache, muscle pain or a new loss of taste or smell.</p> <p>Runners must not attend if they have travelled outside the UK within the previous 10 days. ¹</p> <p>Runners must not attend if they have been exposed to someone that is awaiting a test result or has a confirmed case of Coronavirus / COVID-19 or have been told to isolate by the NHS Track & Trace App. ²</p> <p>A register of participants should be kept to facilitate tracking and tracing if needed.</p> <p>Runners must inform the club COVID-19 Co-ordinator if they have any symptoms and test positive after attending a session ³</p>	Low	All	<p>7-Jul-20 M.Billington</p> <p>21-Sep-20 M.Billington (Reviewed)</p> <p>7-Jan-21 M.Billington (Reviewed)</p> <p>26-Mar-21- M.Billington (Reviewed)</p>

¹ 21-Sep-20 *Changed from 14 days to 10 days as per current Government guidelines.*

² 7-Jan-21 *Statement added regarding NHS Track & Trace App.*

³ 26-Mar-21 *Statement added regarding testing positive after attending a session*