



AMPTHILL & FLITWICK FLYERS



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

Risk Assessment: Friday Morning Hill Training

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|--------------|---------------------|------------------------|--------------------|
| Date: | Assessed by: | Location: | Review Due: |
| 7-Jul-20 | Mark Billington | Various outdoor venues | 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>1 coach and up to 12 runners only permitted. ¹</p> <p>Social distancing, following current guidelines, to be maintained between all runners and coach at all times.</p> <p>If a runner catches a runner or meets a member of the general public they should pass them as quickly as possible while maintaining social distancing.</p> <p>Coach to do a standard risk assessment of the training area prior to starting the session and adhere to any restrictions imposed on the public space by the owner.</p> <p>Coach to carry gloves and face covering for use in assisting any injured runner.</p> <p>Runners to travel in their own cars to and from the activity 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. ²</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>7-Aug-20 M.Billington (Reviewed)</p> <p>7-Jan-21 M.Billington (Reviewed)</p> <p>26-Mar-21- M.Billington (Reviewed)</p> |

¹ 7-Aug-20 Changed from 5 to up to 12 runners as per current EA guidelines.

² 7-Jan-21 Changed from 14 days to 10 days as per current Government guidelines. Statement added regarding NHS Track & Trace App.

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