



AMPTHILL & FLITWICK FLYERS



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

Risk Assessment: Thursday Time Trial

Date:	Assessed by:	Location:	Review Due:
8-Sep-20	Mark Billington	Center Parcs & Eagle Drive	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, Time keepers, Marshalls and General Public	<p>Runners must arrive at the start, at their allocated time only to avoid any gathering at the start area and Social Distancing breaches.</p> <p>Runners to wait for a time slot on the path opposite the start while observing social distancing guidelines.</p> <p>Time keepers to maintain social distancing between themselves and runners at all times.</p> <p>Runners will be sent off, individually, at 2 minutes intervals and should be considerate to members of the public on the course.</p> <p>If a runner catches a runner 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>On completion runners should vacate the finish area immediately to avoid any congregation of runners.</p> <p>Runners to travel in their own cars unless they are from the same household.</p> <p>Restriction of only 16 runners.</p> <p>Marshalls to have direct contact with the time keepers, via phone, in case of any injured runner.</p> <p>Marshalls and time keepers should carry gloves and face covering to assist with any injured runner.</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 session³</p>	Low	All	<p>8-Sep-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