



AMPTHILL & FLITWICK FLYERS



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

Risk Assessment: Tuesday Training

Date:	Assessed by:	Location:	Review Due:
8-Sep-20	Mark Billington	Various outdoor venues	26-May-21

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, Coaches and General Public	<p>Runners must arrive promptly at the designated venue in their allocated group observing Social Distancing rules.</p> <p>Runners to remain within their group with their allocated coach during warm up, main session and cool down.</p> <p>Any runner bringing water bottles should be clearly marked with their name and should not be passed to any other runner.</p> <p>Coaches and runners to maintain social distancing at all times during the session.</p> <p>Should a runner meet a member of the general public during the session, they should show consideration and pass them as quickly as possible while maintaining social distancing.</p> <p>On completion of the session runners should vacate the venue area immediately to avoid any congregation of runners.</p> <p>Runners should travel in their own cars, unless they are from the same household, and maintain social distancing when jogging to and from the venue.</p> <p>Restriction of up to maximum 10 runners per group including coaches. ² To assist with this, runners should attend only if pre-registered.</p> <p>Coaches to carry mobile phones to contact emergency services in case of 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. ³</p> <p>A register of participants will 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 ⁴</p>	Low	All	<p>8-Sep-20 M.Billington</p> <p>21-Sep-20 M.Billington (Reviewed)</p> <p>21-Oct-20 M.Billington (Reviewed)</p> <p>2-Jan-21 M.Billington (Reviewed)</p> <p>26-Mar-21- M.Billington (Reviewed)</p> <p>26-May-21- M.Billington (Reviewed)</p>

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		<p>Coaches should carry gloves and face covering to assist with any injured runner.</p> <p><u>Additional controls for training at Redborne School Track⁵</u></p> <p>Runners to avoid 'slip streaming' other runners on track and maintain social distancing.</p> <p>If a runner catches another runner on track they should overtake as quickly as possible whilst maintaining social distancing as far as possible.</p> <p>Each group to train using two lanes only and start at different points of the track to avoid any mixing with other groups using the track.</p>					
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- ¹ 21-Sep-20 *Changed from 14 days to 10 days as per current Government guidelines.*
- ² 21-Oct-20 *Group sizes amended to maximum 10 runners including coaches. (Current EA regulations state up to 12 runners permitted per coach).*
- ³ 2-Jan-21 *Statement added regarding NHS Track & Trace App.*
- ⁴ 26-Mar-21 *Statement added regarding testing positive after attending a session*
- ⁵ 26-Apr-21 *Additional controls added for training at Redborne School Track*