



# AMPTHILL & FLITWICK FLYERS



Founder: Steve Jordan [www.affrunningclub.org.uk](http://www.affrunningclub.org.uk) President: Phil Berton

## Risk Assessment: 7@7 (Covid-19)

Date:	Assessed by:	Location :	Review :
07/07/2020	Mark Billington	Ampt Hill, Redborne School	07/10/2020

What are the Hazards?	Who might be harmed and how?	Controls Required	Risk Rating	Further Controls	Resultant Risk Rating	Action by whom	Complete
Spread of Covid-19 Coronavirus	Runners 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>	M	<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 14 days.</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.</p>	L	All	<p>13/07/2020 M.Billington</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>		<p>A register of participants should be kept to facilitate tracking and tracing if needed</p>			<p><i>07/08/2020</i>  <i>M.Billington</i>  <i>(reviewed)</i></p> <p><i>07/09/2020</i>  <i>M.Billington</i>  <i>(Reviewed)</i></p>
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