



# AMPTHILL & FLITWICK FLYERS



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## AFF COVID-19 Disclaimer

Due to the contagious nature of Coronavirus / COVID-19, the Government and public health authorities recommend practicing social distancing. We need to make our runners aware of the following as we begin to gradually resume club activity:

- You must be following all Government recommendations to limit your exposure to Coronavirus / COVID-19.
- When attending specific club sessions, familiarise yourself with the Risk assessments that AFF have put in place to reduce the transmission of Coronavirus / COVID-19 and comply with these measures. (Details can be found on the Club website)
- You must **not** attend any club sessions if you 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.
- You must **not** attend club sessions if you have travelled outside the UK within the previous 14 days.
- You must **not** attend club sessions if you have been exposed to someone that is awaiting a test result or has a confirmed case of Coronavirus / COVID-19.

### **Please note:**

**By attending club sessions you are increasing your interaction with others and potentially increasing your risk to catching the virus. AFF cannot guarantee that you will not become infected with Coronavirus / COVID-19 and this should form part of your decision making when deciding to resume attendance at club sessions.**