



AMPTHILL & FLITWICK FLYERS



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

Risk Assessment: Friday morning Hill Training

Date:	Assessed by:	Location :	Review :
07/07/2020	Mark Billington	Various outdoor venues	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>*1 coach and up to 12 runners only permitted*</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>	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	13/07/2020 M.Billington

		<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>		<p>A register of participants should be kept to facilitate tracking and tracing if needed</p>		<p>07/08/2020 M.Billington (Reviewed)</p> <p>07/09/2020 M.Billington (Reviewed)</p>
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*changed from five to up to 12 runners as per current EA guidelines 04/08/2020