



AMPTHILL & FLITWICK FLYERS



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

Risk Assessment: Monthly Time Trial (Covid-19)

Date:	Assessed by:	Location :	Review :
08/09/2020	Mark Billington	Center Parcs Eagle Drive	31/10/2020

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 Time keepers Marshalls 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 current 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</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	08/09/2020 M.Billington

		<p>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>		<p>A register of participants should be kept to facilitate tracking and tracing if needed</p>			<p>08/09/2020 M.Billington</p>
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