



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

Risk Assessment: Tuesday Winter Training Session

Date:	Assessed by:	Locations :	Review :
21/09/2020	Mark Billington	Various outdoor venues	21/10/2020

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 Coaches 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>	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	21/09/2020 M.Billington

		<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 9 runners per group including coaches. 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> <p>Coaches should carry gloves and face covering to assist with any injured runner</p>		<p>A register of participants will be kept to facilitate tracking and tracing if needed</p>			
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