



AMPTHILL & FLITWICK FLYERS



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

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 members aware of the following when taking part in any club activity:

- You must be following all Government Guidelines 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 any club session if you have travelled outside the UK within the last 10 days. ¹
- You must **not** attend any club session if you have been exposed to someone that is awaiting a test result **or** has a confirmed case of Coronavirus / COVID-19 **or** you have been told to isolate by the NHS track & Trace App. ²

Please note:

By attending any club session you are increasing your interaction with others and potentially increasing your risk of 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.

¹ 11-Jan-21 *Changed from 14 days to 10 days as per current Government guidelines.*

² 11-Jan-21 *Statement added regarding NHS Track & Trace App.*