



AMPTHILL & FLITWICK FLYERS



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

Risk Assessment: Friday Morning Hill Training

Date:	Assessed by:	Location:	Review Due:
7-Jul-20	Mark Billington	Various outdoor venues	31-Aug-2021

What are the Hazards?	Who might be harmed and how?	Controls Required	Risk Rating	Further Controls	Resultant Risk Rating	Action by whom	Completed
Spread of Covid-19 Coronavirus	Runners and General Public	<p>1 coach and up to 12 runners only permitted.¹</p> <p>As per current EA guidelines Social distancing, should, wherever possible, be maintained between all runners and coach.⁴</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> <p>Coach to carry gloves and face covering for use in assisting any injured runner.</p>	Medium	<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 10 days.²</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 or have been told to isolate by the NHS Track & Trace App.²</p> <p>A register of participants should be kept to facilitate tracking and tracing if needed.</p> <p>Runners must inform the club COVID-19 Co-ordinator if they have any symptoms and test positive after attending a session³</p>	Low	All	<p>7-Jul-20 M.Billington</p> <p>7-Aug-20 M.Billington (Reviewed)</p> <p>7-Jan-21 M.Billington (Reviewed)</p> <p>26-Mar-21- M.Billington (Reviewed)</p> <p>27-July-21- M.Billington- (Reviewed)</p>

¹ 7-Aug-20 Changed from 5 to up to 12 runners as per current EA guidelines.

² 7-Jan-21 Changed from 14 days to 10 days as per current Government guidelines. Statement added regarding NHS Track & Trace App.

³ 26-Mar-21 Statement added regarding testing positive after attending a session

⁴ 27-July-21 Original statement amend to reflect current EA guidelines