



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:
23-11-2022	Mark Billington	Various outdoor venues	23-11-2023

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	Social distancing is recommended, wherever possible, between all runners and coach. If a runner catches a runner or meets a member of the public, they should pass them as quickly as possible while respecting social distancing.	Low	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. Runners must not attend if they have tested positive for COVID-19 or been exposed to someone that has a confirmed case of COVID-19	Low		
Trips/falls and injuries	Runners	As per EA guidelines 1 coach and up to 12 runners maximum at each session Coach to ensure runners warm up prior to the session and give clear instructions of the training required at each location 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 Coach to carry a mobile phone to call emergency services if required. Coach to carry gloves for use in assisting any injured runner.	Low	All runners to wear appropriate clothing and footwear for the Terrain conditions and weather Coaches recommended to receive First Aid training	Low	All	<i>M.Billington</i> 23/11/2022