



AMPTHILL & FLITWICK FLYERS



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

Risk Assessment: 'Nice and Easy' group runs

Date:	Assessed by:	Location:	Review Due:
20-Feb-21	Mark Billington	Various	24-July-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>Runners to be in groups of 30 or less²</p> <p>Social distancing, following current guidelines, to be maintained between all runners in each group</p> <p>Runners not to gather at the start and finish areas to avoid any Social Distancing breaches.</p> <p>If a runner or group catches a runner or group already on the route or meets a member of the general public they should pass them as quickly as possible while maintaining social distancing.</p> <p>Runners to travel in their own cars to and from the meeting location unless from the same household.</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.</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.</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 session¹</p>	Low	All	<p>20-Feb-20 M.Billington</p> <p>26-Mar-21- M.Billington (Reviewed)</p> <p>24-June-21- M.Billington- (Reviewed)</p>

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

² 24-June-21 Running groups amended to 30 or less as per current EA Guidelines