



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:
23-11-2022	Mark Billington	Various	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 recommended, wherever possible, between all runners. If a runner or group catches a runner or group already on the route 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	All	<i>M.Billington</i> <i>23/11/2022</i>
Trips/falls and Injuries	Runners	Run lead to carry out a risk assessment of the planned route to check for any potential hazards Run Lead to carry a mobile phone to call emergency services if required Run Lead to carry gloves to assist with any injured runner	Low	All runners to wear appropriate clothing and footwear for the Terrain conditions and weather	Low		
Traffic/ General public	Runners and General public	During Winter months: -Runners to run only on pavements unless avoiding members of the public or any hazards or crossing a road Run Lead must be aware of any members of the General public whilst on the route and inform the group to avoid any contact	Low	Runners to wear Hi-Viz clothing during dark winter evenings for visibility	Low		