



AMPTHILL & FLITWICK FLYERS



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

Risk Assessment: Saturday 7@ 7 Sessions

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|--------------|---------------------|--------------------------|--------------------|
| Date: | Assessed by: | Location: | Review Due: |
| 7-Jul-20 | Mark Billington | Amphill, Redborne School | 31-August-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 | As per current EA guidelines Social distancing, should, wherever possible, be maintained between all runners. ⁴ If a runner or group catches a runner or group already on the course or meets a member of the general public they should pass them as quickly as possible while maintaining social distancing. | Medium | 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 travelled outside the UK within the previous 10 days. ¹ 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 A register of participants should be kept to facilitate tracking and tracing if needed. Runners must inform the club COVID-19 Co-ordinator if they have any symptoms and test positive after attending a session ³ | Low | All | 7-Jul-20 M.Billington 21-Sep-20 M.Billington (Reviewed) 7-Jan-21 M.Billington (Reviewed) 26-Mar-21- M.Billington (Reviewed) 24-May-21- M.Billington- (Reviewed) 25-July-21- M.Billington- (Reviewed) |

¹ 21-Sep-20 *Changed from 14 days to 10 days as per current Government guidelines.*

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

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

⁴ 24-July 21 *Original statement amended to reflect current EA guidelines*