



# AMPTHILL & FLITWICK FLYERS



Founder: Steve Jordan [www.afrunningclub.org.uk](http://www.afrunningclub.org.uk) President: Phil Bierton

## Risk Assessment: Thursday Time Trial

<b>Date:</b>	<b>Assessed by:</b>	<b>Location:</b>	<b>Review Due:</b>
01-12-2022	Mark Billington	Centre Parcs & Eagle Drive	01-12-2023

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, Timekeepers, Marshalls, and General Public	Social distancing is recommended, wherever possible, between all runners. If a runner or group catches a runner or group already on the course 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	Marshalls and timekeepers should carry mobile phones to have direct contact in case of any injured runner. Marshalls and timekeepers should carry gloves to assist with any injured runner. Runners to run only on pavements unless avoiding members of the public or any hazards or crossing a road	Low	All runners to wear appropriate clothing and footwear for the terrain and weather conditions	Low	All	<i>M.Billington</i> 01/12/2022
Traffic/General Public	Runners and General public	Runners to be considerate to the General Public when on the course and avoid contact where possible	Low	Runners to wear Hi-Viz clothing during dark winter evenings	Low		