



AMPTHILL & FLITWICK FLYERS



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

Risk Assessment: Tuesday Training

| | | | |
|--------------|---------------------|------------------------|--------------------|
| Date: | Assessed by: | Location: | Review Due: |
| 8-Sep-20 | Mark Billington | Various outdoor venues | 24-July-21 |

| 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, Coaches and General Public | <p>Runners must arrive promptly at the designated venue in their allocated group observing Social Distancing rules.</p> <p>Runners to remain within their group with their allocated coach during warm up, main session and cool down.</p> <p>Any runner bringing water bottles should be clearly marked with their name and should not be passed to any other runner.</p> <p>Coaches and runners to maintain social distancing at all times during the session.</p> <p>Should a runner meet a member of the general public during the session, they should show consideration and pass them as quickly as possible while maintaining social distancing.</p> <p>On completion of the session runners should vacate the venue area immediately to avoid any congregation of runners.</p> <p>Runners should travel in their own cars, unless they are from the same household, and maintain social distancing when jogging to and from the venue.</p> <p>Restriction of up to maximum 12 runners per group including coaches. ² To assist with this, runners should attend only if pre-registered.</p> <p>Coaches to carry mobile phones to contact emergency services in case of any injured runner.</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. ¹</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. ³</p> <p>A register of participants will 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 session ⁴</p> | Low | All | <p>8-Sep-20 M.Billington</p> <p>21-Sep-20 M.Billington (Reviewed)</p> <p>21-Oct-20 M.Billington (Reviewed)</p> <p>2-Jan-21 M.Billington (Reviewed)</p> <p>26-Mar-21- M.Billington (Reviewed)</p> <p>26-Apr-21- M.Billington (Reviewed)</p> <p>24-May-21- M.Billington- (Reviewed)</p> |

Hon Secretary: Caroline Armstrong
T: 07899 908229
E: Secretary@AFFRunningClub.org.uk

Chairman: Mark Billington
T: 07840 314801
E: Chairman@AFFRunningClub.org.uk



AMPTHILL & FLITWICK FLYERS



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

| | | | | | | | |
|--|--|--|--|--|--|--|--|
| | | <p>Coaches should carry gloves and face covering to assist with any injured runner.</p> <p><u>Additional controls for training at Redborne School Track⁵</u></p> <p>Runners to avoid 'slip streaming' other runners on track and maintain social distancing.</p> <p>If a runner catches another runner on track they should overtake as quickly as possible whilst maintaining social distancing as far as possible.</p> <p>Each group to train using two lanes only and start at different points of the track to avoid any mixing with other groups using the track.</p> | | | | | |
|--|--|--|--|--|--|--|--|

- ¹ 21-Sep-20 *Changed from 14 days to 10 days as per current Government guidelines.*
- ² 21-Oct-20 *Group sizes amended to maximum 10 runners including coaches. (24-May-21 -amended to 12 runners as per EA regulations).**
- ³ 2-Jan-21 *Statement added regarding NHS Track & Trace App.*
- ⁴ 26-Mar-21 *Statement added regarding testing positive after attending a session*
- ⁵ 26-Apr-21 *Additional controls added for training at Redborne School Track*