



AMPTHILL & FLITWICK FLYERS



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

Risk Assessment: Tuesday Training

Date:	Assessed by:	Location:	Review Due:
01-12-2022	Mark Billington	Various outdoor venues	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, Coaches 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 route/Track or meets a member of the public, they should pass them as quickly as possible while respecting social distancing Any runner bringing water bottles should be clearly marked with their name and should not be passed to any other runner.	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	Coaches to carry mobile phones to contact emergency services in case of any injured runner. Coaches should carry gloves to assist with any injured runner Coaches to carry out warm up drills prior to the session and provide clear details of the session	Low	All runners to wear appropriate clothing and footwear for the terrain and weather conditions Recommendation for all coaches to carry out First Aid training	Low	All	<i>M.Billington</i> <i>01/12/2022</i>
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 Runners to be considerate to the General Public when on the route and avoid contact where possible	Low	Runners to wear Hi-Viz clothing during winter night	Low		