

Oxford Hash House Harriers – Notes for Hares

Planning the Hash

1. Hashes will take place from a large car park not from a public house at this time.
2. Finding a suitably large car park may be difficult. You could approach village halls or schools for parking, even offering a modest fee.
3. There will be 2 running hares, if possible. One for the first group out and one with the last group. If you plan the trail, but need someone to help on the day, make sure you give them a copy of the route/map.
4. The route will be designed to ensure where possible wide paths will be taken.
5. Confirm that the Covid-19 Officer (Bob Green / Bollard Naked) is attending and will bring Track and Trace sheet, pen, sanitiser, first aid kit(s)
6. Bring a copy of the route/map for walkers. (If you do not have a printer please contact Bob Green / Bollard Naked (bobgreen11@btinternet.com) in good time.

Laying the Hash

1. The first 2 or 3 checks should be very easy. This is to ensure the fast runners get away quickly, thus preventing one larger group from forming.
2. Trail is 1 blob and on – the first blob to be laid within 50m of the check to minimise gatherings.
3. Another blob should be laid after 10m or so to confirm the route.
4. Lay extra blobs of flour to ensure slower groups are not left too far behind.
5. No regroupings.
6. WALKERS : If you plan to lay 'Ws' for walkers it is acceptable to do this. It is then up to the walkers to maintain distance between groups if required.

Hash Day

1. Ensure the points mentioned in the Risk Assessment are adhered to:
 - a. Carry mobile phones for use in emergencies. (download the 3-word App)
 - b. Collect a first aid kit.
2. Give the lead walker a copy of the route/map.
3. After first group leaves, the Co-Hare makes sure the subsequent groups leave at intervals of 4 minutes.
4. Hares may 'help' with checking if the group is dropping back and the last group by marking the “on” / “kick the check out”.
5. In the event of an injury first aid can be given, if you are not happy to do this someone else in the group may be. You have your phone for emergency use.