

## Oxford Hash House Harriers (OH3) – COVID-19 Guidelines

The OH3 committee have agreed the following way forward to ensure that we can continue hashing in a safe and secure way. The following guidelines have been developed through consideration of the guidance published by UK Athletics, and the careful review of arrangements in place for similar Hash Groups.

### Planning the Hash

1. Hashes will take place from a large car park not from a public house at this time.
2. There will be 2 running hares – a lead hare with the first group and a co-hare (who need not have helped lay the trail but be given a map and briefing on the day by the lead hare) will be with the last group.
3. The route will be designed to ensure where possible wide paths will be taken.
4. The trail will be advertised on the website. Non-members and virgins must contact the OH3 Covid Officer, ([bobgreen11@btinternet.com](mailto:bobgreen11@btinternet.com) / Mob: 07780 682 123) who will then send the Covid-19 guidelines and Risk Assessment document. There will be no more than two virgins at any run.

Laying the trail : Hares will receive a detailed check list. Hares will be supported by Covid-19 officer and GM in particular, but can expect help at the start of the hash from any committee member.

### Hash Day

1. Bring the correct money £2.00 for Hash Tick. Tick is payable BEFORE the run when filling in the Track & Trace sheet (see below).
2. Arrive at the car park in good time to register and sort into groups (see below).
3. When you arrive at the car park please remember to maintain social distancing.
4. There will be a Track and Trace (T&T) sheet for you to complete. This will be retained by the GM for 3 weeks following the run. It will also be used to keep run numbers and Hash stats up to date.
5. There will be 1 pen provided for the sign in form at The T&T station. Please bring your own if you do not wish to use the one provided or wear (own) gloves.
6. Hand sanitiser will be available at the T&T station and shall be used upon arrival and after the run by all attendees.
7. AFTER signing in, hashers form groups of a maximum of 6 as quickly as possible. They will bear in mind the running ability of others so that the group can stay together.
8. As there is no Gather Round, the first/fast group may leave as soon as it is formed in agreement with the lead hare who will follow them. The co-hare will set off the remaining groups at 4 minute intervals and follow the last group. If hares require help they should ask assistance from any member of the committee available.
9. The trail will be run in one direction. All running groups will set off with a minimum of 4 minutes in between.
10. Fast group runners should not kick out the markers as this will make the hash more enjoyable for the slower runners.
11. When or if any groups catch up with another, care shall be taken to maintain social distance.
12. There will be 2 running hares, The lead hare with the first/fast group. The co-hare will run with the slowest group.
13. Hares may 'help' if they feel a group would be too late back without their help.

14. All hashers will give right of way to other members of the public and take extra care to maintain social distance.
15. All runners should be aware of the group and avoid bunching, particularly at gates and stiles.
16. In the event of an injury first aid can be given, hares will be provided with a 'running belt bag' containing some first aid items, hand sanitiser, face mask and gloves for this purpose. The hare should also carry a mobile phone.
17. All hashers are encouraged to bring their own mobile phones and input the lead hare's mobile number in case of emergencies.
18. There will be no toilet facilities unless agreed with eg a village hall.
19. WALKERS : The Lead walker will be given a copy of the route/map. The walkers trail will typically follow the runners trail for part of the way, but benefit from shortcuts.
20. WALKERS should also be in groups of 6 maximum. They may start off after a 2 minute gap from the last running group.
21. WALKERS will be the last group to start to avoid overtaking unless the walkers route does not overlap with the runners route. In this case the co-hare will advise when they can start.
22. The OH3 activity ends when hashers return to the car park. Hashers may spend some time in or near the car park to change, rehydrate and/or consume some food, but this is explicitly excluded from the Hash event.
23. If you subsequently develop symptoms, YOU MUST INFORM THE Covid Officer or GM so that we can initiate Track and Trace.

You should also follow NHS procedures and apply for a Covid Test.

Link: <https://www.gov.uk/get-coronavirus-test>

Link: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

The Athletics England site says we should have a Covid 19 officer:

- for anyone to contact if they have any questions
- to check guidance regularly and inform hares and committee
- ensure the measures taken as mentioned in the Risk Assessment are adhered to
- send out the sheet of Hares Notes to the hares in good time.
- ensure runners adhere to guidance (this will be delegated to Hares too)
- monitor own health and inform GM of any issues so a substitute can be appointed

Bob Green (Bollard Naked) has volunteered to be the Covid-19 officer so if you have any issues/questions/ concerns please get in touch (bobgreen11@btinternet.com).

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