

Hashing under Rule of Six : COVID-safe hashing

Information for Hashers

Since the government's 'Rule of Six' regulations were introduced on Monday, 14 September 2020, we have had to change the way we meet

This guide outlines the steps that **everyone** must take when joining a hash to keep each other safe

1. Before the Hash

- Check for symptoms - ***If you have any COVID-19 symptoms you must not attend***
- **All attendees must book in advance with Globes** (see the *Booking-In* section below). You must provide your contact details to support NHS contact tracing
- What to take:
 - advisable to have your tankard if you are staying after a run to socialise. Bring your own food; nothing is to be shared to avoid cross contamination
 - you may want to bring your own alcohol-based hand sanitiser, face covering
 - we recommend that someone also brings the first aid kit, but for minor incidents it may be better to use your own

2. Booking-In

This section describes the process of booking in to join a run and **MUST BE STRICTLY ADHERED TO**, starting from Sunday 20 September:

- each week there will be a run from a single location, but split into 2 or 3 'pods', each of UP TO 6 HASHERS, including the Hare
- the pods will be categorised as generally comprising runners, walkers or intermediates
- the website Hareline will show the Hare(s), and a general indication of the run location ie town/village/layby
- pods will assemble at different points near to the designated run location. SEPARATE PODS WILL NOT MEET EACH OTHER
- it is likely that the pods will all follow the same route, but adjusted to suit the runners and the walkers eg short-cuts
- runners will set off 5-10 minutes in advance of the walkers to avoid them ever meeting on the way round
- before each hash, you **MUST REGISTER WITH RUN COORDINATOR GOLDEN GLOBES**, an **INTEREST** in taking part in that week's hash
- cutoff for registration will be 12 noon on the Friday preceding the run (that means noon, not half past)

- NOBODY WILL BE ALLOWED TO JUST TURN UP TO THE RUN - NO EXCEPTIONS
- when you register you need to provide: your name, email address or mobile number and whether you prefer to be a runner or a walker or intermediate. You should also say whether you plan to stay and socialise after the run but REMAINING WITH YOUR POD. Different pods will socialise separately, which means not in the same pub or garden etc. Hares will look for run locations that can provide separate socialising places
- REGISTERING DOES NOT GUARANTEE YOU A PLACE ON THE RUN, because...
- after the cutoff time on Friday, Golden Globes will attempt to divide those wanting to run into their pods
- you will be notified as soon as possible after the cutoff (ie on Friday evening) by email or text message (email preferred) if you have been allocated a place in a pod and precisely where you should assemble with your fellow pod-mates
- if things change and you can't make it, please cancel your place with Globes as there may be a reserves list
- we may not be able to accommodate all those wanting to run on a given Sunday, in which case you will be told not to run, but will be given allocation priority at the next run. THE DECISION BY GLOBES AND THE HARES ON WHO ATTENDS A RUN IS FINAL
- it is up to the Hare(s) how they manage the pods. It may mean two Hares (eg Rapid & Globes) ,or a solo Hare accompanying one pod and giving a map to another pod

3. On the trail

- follow the government guidelines on physical distancing
- listen to the Hare's briefing so you know what to do and if there is specific advice for this trail
- avoid touching gates and stiles where possible. If you do, wash your hands as soon as you can. We recommend carrying alcohol-based hand sanitiser
- do not share food & drink, or equipment no hashits to be carried at present
- hash responsibly and enjoy it!
- when other members of the public are passing, remember to stand back and give way
- let someone know if you are having problems, feel unwell, or need to slow down or stop
- please follow the Countryside Code – COVID-19 version

4. After the Hash

- if you stay after the run to socialise, you must only do so with fellow members of your pod – do not mix with anyone from another pod. Hares will arrange for separate places for the pods to socialise
- if you develop symptoms after the Hash, apply for a COVID-19 test and support NHS contact tracing if requested
- if you have any questions, please contact a committee member