

Post-Isolation Hashing

Some guidance to post lockdown hashing, based on Governmental guidance on social distancing (with grateful thanks to HIV of Plympton H3)

Updated: Monday, 24 August 2020 (and subject to change)

Hashers

- We are all responsible for minimising the risk of contamination to others
- We must comply with all restrictions regarding travel; the number of people allowed to assemble in public and any other guideline still in place
- Car share only within the guidelines, particularly with those outside your household
- Social contact is important to us but we must maintain appropriate social distancing at all times
- Clean your hands before heading out on trail and immediately on return to the start location
- Everyone should bring antiseptic wipes, hand gel or similar with them, and carry where practical
- Be patient! If there is not enough space to pass and still maintain a safe distance, then WAIT
- Panting and deep, heavy breathing during exercise will increase the range droplets will travel, therefore consider greater distancing during this time
- If you take a 'hash wash' after the run, ensure the water drains away from others (consider the use of wet wipes rather water to wash)
- BYO beer and snacks for a 'socially distanced' circle – RAs must be able to project their voices!

The Venue/Location

- Whole day, weekend or residential events are probably inappropriate for the foreseeable future
- Remember to select a suitably open space for the venue / start location
- Avoid busy 'honey-pot' locations and other popular areas
- Expect more cars than usual at the start as car sharing will be reduced
- Hare the trail alone or only with another member of your household
- Sweetie stops / beer stops will need careful consideration, or be avoided altogether, as will the possibility of down-downs. Perhaps BYO
- Make sure there is enough space for appropriate social distancing between people when changing post-hash, and for the hash circle
- Track 'n Trace, keep a list a list of everyone at the hash for at least 4 weeks after the run to help track contacts if anyone develops symptoms later.
- If you chose to go to a pub after the hash make sure it is appropriate and safe to do so. Cheerfully comply with any restrictions they impose

The Trail

- Encourage pack to set off in turn, spaced out, with the fastest runners going off first
- Only put checks where wide spaces allow hashers to remain suitably distanced
- Avoid narrow paths or alleyways where it is difficult to pass, particularly for anyone coming the other way
- Where a pinch point is unavoidable consider using a special mark such as / \ to warn people
- Do not use back-checks, fish hooks, 'Ha! Ha!'s' or other devices that cause the pack to double back on its self
- Do not use dominos, dice, re-groups or others marks that would make hashers wait together
- Think who else might be using the same paths or lanes (normal people!)
- Urban hashes are fine but running through residential or crowded areas should be avoided as it could lead to complaints, so keep to large parks or industrial zones in built-up areas

- All dogs must remain with owners and under full control at all times
- Avoid touching gate latches, handrails, the tops of stiles and other obvious handholds
- Avoid water hazards and wet mud that may splash up
- In case of an incident think about how you can respond but still protect yourself and others
- The tricks used to keep the pack together are currently inappropriate and therefore it will be difficult, if not impossible to expect the pack to arrive back at the start together

This is not intended to be the definitive list! Common sense and prevailing advise must be applied at all times
... no one wants another total lock-down, or another social media anti-hash campaign!