

Berkshire 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, one for each direction. If you plan the trail, but need someone to help on the day, make sure you lay the trail in the direction your co-hare will run it.
4. The route will be designed to ensure where possible wide paths will be taken.
5. When planning, try to ensure the place where the opposing groups are likely to meet is in an open area.
6. Confirm that the Covid-19 officer (rampantdunny@gmail.com) is attending and will bring Track and Trace sheet, pen, sanitiser, first aid kit(s)
7. Bring copies of the map for walkers. (If you do not have a printer please contact Hare Razor Dunny in good time. (rampantdunny@gmail.com))

Laying the Hash

1. The first 2 or 3 check 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 regroup.
6. Remember that the last blob *before* a check is also the first blob *after* a check. You will need to be bear this in mind when laying otherwise the blob might be too far from (or too close to) the check when the trail is run from opposite direction.
7. WALKERS : If you plan to lay 'Ws' for walkers it is acceptable to do this in one direction only. It is then up to the walkers to maintain distance between groups.

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 walkers copies of the route and map.
3. As groups leave, make sure they go in opposite directions in turn. This may be difficult to keep track of if groups leave early. Seek assistance from any available committee members.
4. Start fast group and delay subsequent group(s) by 2-3 minutes.
5. Hare with slowest group may 'help' with checking if this group is dropping back.
6. 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.