

# North Hants Hash House Harriers

## Covid Secure Guidance – v5.0 March 29<sup>th</sup> 2021

### Background

NH4 organises weekly runs/walks for club members, generally up to 30 participants, following an outdoor trail, laid in flour or sawdust by one or two run leaders, or 'hares'. From 29<sup>th</sup> March, 'outdoor unorganised activity' may restart in groups of 6 participants, socially-distanced Groups of 6, or two households, may also meet up outside. This note clarifies the risk assessment and guidelines for participants.

### Risk Assessment

<b>Risk Area</b>	<b>Specific Risk</b>	<b>Mitigation</b>
Location of activity	Spread of infection	All activities take place in the open air Avoid trails in busy or built-up areas where possible Social distancing measures will be maintained in accordance with Government guidelines
Location of activity	Contact between participants, and with members of the public	Ensure start/finish area is large enough to allow social distancing between participants, between groups of 6, and from members of the public
Participants	Participants may carry the infection	Participants should not attend if showing any Covid-19 symptoms Participants should wash hands before leaving home and on return, and carry cleansing gel, at least in their car.
Participants	Some participants may be more vulnerable to more severe effects of infection	Participants are responsible for considering their own risk, and for following current Government guidance relevant to their age range or potential vulnerability
Pre-and post trail activities	Temptation for groups to join up before and after the trail	A booking-only policy will be used to identify groups of 6. Groups of 6 will run/walk 10 minutes apart. Arrival times should be staggered, participants should stay in cars if arriving early, and return to their cars on completion Participants must avoid socialising with other groups of 6 both before and after the trail.
Track and trace	Ability to identify anyone who might be affected in event of an infection	Adopt booking-only policy for all trails. Ensure that the booking system has e-mail addresses of all participants

All participants will be made aware of this risk assessment and accompanying guidance.

## Guidance

### All

Outdoor unorganised activity may take place in groups of 6. Before and after the event, general government guidance will apply, groups must be a maximum of 6 or two households. Travel is still to be minimised, with journeys kept to a minimum.

### Run Leaders/Hares

1. When planning a run, ensure that the start/finish point car parking is large enough to allow social distancing, between participants, between participant groups of 6, and between participants and the general public.
2. You must run a 'booking system', usually by e-mail, for participants to say they are coming. It is the responsibility of the RA in liaison with the hare to organise these participants into groups of a maximum of 6.
3. You are at liberty to limit total numbers to 30 or less depending on the venue, and to turn away anyone who turns up at the start point having not booked a place.
4. Plan groups so that individuals can participate according to their ability/inclination. Allocate start times for the groups *at least 10 minutes apart*.
5. Circulate the list of participants, their groups and their departure times beforehand. When hounds arrive, direct them to their appropriate groups, or request that they stay in their cars until 10 minutes before their departure time.
6. Carry a copy of this guidance with you, especially before and after the trail.

### All Participants/Hounds

1. Do not attend if you have any Covid 19 symptoms, including temperature, persistent cough or loss of smell/taste.
2. Wash your hands before leaving home and take cleansing gel with you.
3. Book your place with the hares prior to attending any trail. Hares are at liberty to turn away numbers greater than the agreed total, or anyone who turns up at the start point having not booked a place
4. Please take note of your allotted group and start time, and try not to arrive too far in advance, unless this is necessary, eg, to drop off another household member. If you do arrive early, please stay in your car until 10 minutes before the allotted time.
5. Close to the start time, join your allotted group of 6. *Please do not merge with other groups.*
6. Please only travel with members of your own household or support bubble.
7. When on trail, respect social distancing:
  - a. Runners will normally be naturally distanced whilst on trail, but please ensure that you maintain distance, eg, whilst overtaking. At checks, regroupings, please maintain your distance and try not to chat face-to-face.
  - b. Walkers, maintain social distancing whilst walking, and chat side-to-side rather than face-to-face.
  - c. All, take social distancing precautions when negotiating stiles or gates.
  - d. Look out for each other, ensure you keep track of everyone in your group.
8. On completion of the trail/return to the car park, *stay in your allotted group or return to your car. Avoid socialising in groups of more than 6.*
9. Anyone who does not respect these guidelines may be asked not to participate while Covid 19 restrictions apply in the UK.

*The subject matter in this guidance is in no way exhaustive, and the material does not stand on its own. All participants must continue to act in line with current Government guidance. We do not have a specific policy regarding participants senior age ranges or at-risk groups. Individuals take responsibility for following Government guidelines relevant to their own situation.*

*Guidance will be reviewed on a weekly basis by the Committee, and activities may be altered or suspended in the event of any additional issues being identified, or changes in National or local restrictions.*