**COVID Hashing Guidelines**

The following is based upon the concept that COVID is spread through droplet dispersal in air and on surfaces. Hand to mouth or other mucous membranes.

**ALL TRAILS MUST BE PRE-BOOKED**

**A MAXIMUM** of **15 people** per trail. **NO COVID OFFICER – NO TRAIL!!**

**DO NOT ATTEND** if you have symptoms of COVID-19 (a fever, new persistent cough or loss of sense of taste or smell).

**It is mandatory to stay at home if you:**

Have been in contact with someone with COVID-19 in the last 14 days

Have COVID-19 symptoms or are feeling unwell

Have been told to self-isolate as part of the contact tracing measures in place.

**Bring your own drinking vessel, hand gel or wipes, mask, and snacks.**

**Arrival at event but before event start:**

Recommend that people arrive **no earlier than 10 mins** before the run

Use hand gel before starting.

Wear mask, made from close woven materials, and possibly add inset pad.

Do not shout loudly if another Hasher is close by.

Wear a mask & maintain **2m distance** at all times

Wear a mask & socially distance whilst confirming ID & contact details

**Main Event: The run**

**Masks before run**, sub-groups of 4 from 2 households, FRBs 1st group,

next groups in declining running ability and slowest walkers last

Distance **3 metres whenever possible on run** and stay within your bubble group.

You should be **4 metres away** from other people **when shouting “On On” or “Are You?”**

and you should direct your face away from people.

**Post main event:**

**No circle, virtual Zoom circle later**

**Use hand gel** before any drinks or snacks.

**All attendees should disperse from the run site following the run ASAP,**

so you do not clash with the next group

Use hand gel before entering car and leaving.