



## **Introduction**

This document will focus on those things that depart from the standard processes and procedures that you would have normally experienced at previous Hash House Harriers (HHH) runs.

During these extraordinary times we need to take extraordinary measures to ensure the health and well-being of all Hash House Harriers, our guests and the general public. The nature of the COVID19 restrictions and concessions stipulated by the NSW Government are very fluid at this time and there may be significant changes between the date of this document and the date you join us for a run. Therefore, please endeavour to continue to monitor these changes. Regardless, while COVID19 is still a threat there are two practices unlikely to change. They are social distancing and hygiene.

NSW Government COVID Rules can be found @

<https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules>

*We appreciate there are a number of concessions generally afforded people who live in the same household. Unfortunately, due to logistics involved we will need to treat everyone as an unrelated individual during each run. This includes partners, siblings, parent and child or any other person in the same household. We apologise in advance for any inconvenience this may cause but it is essential we take this path for us to keep running.*

There are basic assumptions that underlie all practices to be followed at all runs:

- 1. Assume every person you interact with has COVID19**
- 2. Assume every object you touch has come in contact with COVID19.**
- 3. Assume you have COVID19.**

*Social distancing and other COVID-19 practices described in this document must be observed at all times.*

## **Before the Run**

**The Northern Beaches Hash strongly encourages the download and activation of the Australian Government's 'COVIDSafe App' for all attending our runs.**

### **• Personal Health**

Under no circumstances should anyone with symptoms consistent with COVID-19 attend a run. This includes any fever, respiratory symptoms, shortness of breath, sore throat, cough, fatigue, or lack of sense of smell.

Under no circumstances should anyone attend the event if they have been;

- overseas or in Victoria in the previous 14 days; or
- in contact with someone who has been overseas in the previous 14 days; or
- in contact with a known COVID-19 positive case in the previous 14 days.



It is highly recommended that if any participant exhibits symptoms consistent with COVID-19 prior to a run they should consider taking a COVID-19 test. Contact details for testing clinics can be found at this link:

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/clinics.aspx>

***You may wish to consult with your medical practitioner on measures you could consider prior to the event.***

- **Register your attendance**

Prior to every run, you **must** take the time to complete the registration form provided by the committee.

- **Plan your run**

Assess all activities you normally carry out at a run to determine how you will operate while observing social distancing and ensuring hygiene. Some measures to be considered are:

- Frequent washing of hands or the use of hand sanitiser
- The use of suitable masks
- The use of disposable rubber or nitrile gloves (dispose when considered contaminated)

- **Run Fees (if applicable)**

Run fees will not be collected until further notice

## **At the Run**

- **Social Distancing and Hygiene**

It is mandatory that all in attendance maintain 1.5m of distance from all people at all times. Frequent use of hand sanitiser is encouraged.

Before you touch a shared item wash your hands with soap and water or use hand sanitiser. Once finished with the item wash/sanitise your hands again. If carrying out a repetitive task with multiple items, first wash/sanitise your hands. Secondly, put on disposable gloves to carry out the task. Finally, when complete, remove the gloves and dispose of them and finally wash/sanitise your hands. At all times resist touching your face with your hands.

Hand sanitiser and other PPE will be bought to each run by a member of the committee.

***All running apparel and equipment must be for the sole use of an individual and must be kept separate from apparel and equipment of others. It must not be shared with or handled by any other individual.***