

# Surrey Hash House Harriers (“SH3”)

## Important notice regarding Personal Responsibility

### **All Hash activity is undertaken at the individual's own risk**

"Hash House Harriers" defines a style of social jogging and it is not a legal entity; it is an informal group of friends enjoying a simple activity together. It carries risks similar to a walk in the park or in the countryside. Neither SH3 nor its members accept liability for an individual participant's personal safety or belongings. This does not mean that Hashers will not help each other out - of course they will, especially on the trail. However, SH3 is not responsible for you; you are an adult or are accompanied by a responsible adult; you know your own capabilities and we believe you are perfectly capable of making your own decisions. Listen to the Hares, know your own limits and ask other participants for help if you feel that you are getting into difficulties.

### **Some guidance – what is involved**

If you have half a mind to join Surrey Hash House Harriers, that is all you need. However, there are a few things you need to know before you take part in our activities. Each "hash" covers a different location and route and is run without supervision by marshals or other officials.

Hashes are “hare and hound” or paper-chase runs following trails that are usually held on public land, footpaths, or roads. This cannot be guaranteed, however, as public footpaths are not always clearly marked, either on the land or on maps; the ownership of the land may be uncertain, or for some other reason. You are free to decide whether to take part and whether or not to follow the marked trail. It is your responsibility to ensure your own safety and the safety of others, including non-participants, livestock and wildlife.

Dogs accompanying hash participants are the responsibility of their owners or keepers, who must decide whether to keep them on a lead. Children under sixteen years must be accompanied by, and are the responsibility of, their parents or carers. It is up to you if you wish to keep them on a leash.

### **So take care**

In common with many outdoor or athletic activities, hashing can expose participants to an element of risk. There is always the possibility of accidents, but thankfully these are rare. We run in the countryside and in towns, in territory that may be unfamiliar to some of the participants and on ground that can be uneven, rutted, muddy or slippery. If a part of the trail is on or near a road we need to be aware of other road users, including cycles and horses. There may be risks in terms of injury from trips and falls, stings, insect bites, cuts and scratches, or of getting lost and being unable to re-find the trail or the start point.

### **Watch out for each other**

The Health and Safety of participants in every hash activity are matters of concern for us all. Hash members and participants have a responsibility to themselves and their peers so it makes sense to be vigilant and attentive to the risks involved along the trail or wherever the hash goes and to look out for each other.

### **Stay safe**

The Hash provides an opportunity to have fun in a group activity. This may improve your fitness, but there could also be risks for which the hash is not responsible.