**2nd update of where we are at Pan Africa Hash Kampala 2021**

**a) Covid-19 pandemic awareness**

About the C-19 pandemic the Local organizing committee (LOC) will be uploading Covid-19 related advice on our website www.pahkampala2021 to allay the visiting hasher fears about the C-19 pandemic. However, we are all highly optimistic and hoping for a return to normalcy at least by May to June 2021. However, if things stay as they are as of today the 10th February 2021, with travel restricted curfew at 9pm and mass gatherings restricted to 200 people at any venue, we shall deal with it by observing World Health Organization (WHO) SOPs at all venues of the Kampala Pan Africa Hash event. The LOC have brainstormed about this C-19 issue and have given it until April or May to discuss this in matter in further detail. In the meantime as LOC we have put in place a welfare and medical sub-committee headed by a Doctor who will be advising all travel to and from Uganda visiting hashers to prepare their travel plans. The LOC has also intends to follow the following guidelines provided by the Ministry of Health for consideration by organizers of mass gatherings in the context of the COVID-19 outbreak. Examples of Mass Gatherings include: • Sporting events e.g football matches, hash events like PAH. Organisers of events like PAH must make adequate preparations before hosting an event to protect the participating hashers from contracting COVID-19 as stipulated below.

1. A team from the Ministry of Health or local health authority should inspect the location, review preparations and conduct a risk assessment. The organisers should designate a competent person to liaise with the Health authorities during the organisation of the event. At PAH This has been done with establishment of a welfare committee headed by a medical doctor.
2. Ensure provision of adequate hand washing facilities with soap or alcohol-based hand rub. This is already in place at Kampala Hash.
3. People with flu-like symptoms and who are unwell should stay at home in well-ventilated room and should NOT BE ALLOWED to access premises of the gathering. All the PAH events are in an open outside gardens.
4. Organisers should plan for cleaning and disinfecting frequently used communal places (like bathroom and toilet surfaces) and frequently touched surfaces such as doorknobs/handles, car doors and elevator buttons with disinfectant or soap. This is not necessary in open outside gardens.
5. Organisers should provide adequate waste management facilities (bins, cans, bin-liners and single use tissues) and properly protected/trained waste handlers. This is in place at all PAH venues.
6. Provide information on prevention of COVID-19 to participants on the following:

a. Cover mouth and nose with tissue or a handkerchief when coughing and sneezing. The handkerchief must be washed and ironed. In case of use of disposable tissues, ensure to dispose it off in a designated area or dust bin immediately after use. In this way, you protect others from any virus released through coughs and sneezes.

b. Wash your hands with soap or use an alcohol-based hand rub immediately after using the tissue or handkerchief.

c. If you notice someone who is coughing or sneezing maintain at least 2 meters from them.

d. Organisers should advise anyone with fever, cough and difficulty in breathing to avoid/leave the gathering immediately and seek medical attention.

e. Avoid touching your eyes, nose and mouth. Hands touch many surfaces which can be contaminated with the virus and you can transfer the virus from the surface to yourself.

f. Discourage hand-shakes and hugging at all times.

g. Advise participants against spitting in public. h. If you suspect any participant to have COVID-19, immediately inform health workers and alert them about the situation.

As such the following Mandatory facilities must be in place at all Mass Gathering sites

1. Toilets/latrines: 1 stance for every 20 participants

2. Hand washing facilities: Running water and soap

3. Waste management facilities

4. Adequate ventilation with proper air circulation

5. Health desk with Health workers to monitor the health safety standards. Follow the guidance of health care workers at all times.

6. Access to evacuation facilities for sick participants like ambulances

7. First aid kits

Organisers of mass gathering events should contact the District Health Officers for appropriate direction or call our toll-free lines on 0800-203-033 and 0800-100-066 orthe following Ministry of Health Officers; Mr. Atek Kagirita- 0782 909 153 or Dr. Allan Muruta- 0772 460 297.

**b) Pan Africa Hash Kampala 2021 frequently asked questions (FAQs)**

**What is Pan Africa Hash (PAH) all about?**

PAH is a three day international fun filled event that will bring together hashers from various hash chapters of Africa and the World over to tour Uganda; its wonders and panoramic tourism destination places.

**When is the Pan Africa Hash (PAH) event?**

The PAH event is a three day from 2nd to 4th July 2021 event will begin in Kampala city on Thursday and Friday the **1st** and **2nd** July 2021 for the joint welcome dinner and Red dress run respectively. A joint Dinner for all the hashers will take place on 1st July 2021 at a venue to be communicated to the hash fraternity by the Local Organizing Committee. There will be a Red Dress Run of Friday the 2nd July 2021 around Kampala. The Red dress run will also be the official opening ceremony will start from Seven Trees-Kololo. After the run, there will be entertainment courtesy of the legendary Afrigo band besides a Dinner. On **3rd** and **4th** July 2021 the main event will start Saturday morning the 3rd July 2021, where there will be three run options for all the hashers. First, the usual Kampala - Jinja Relay Route which will however be run up to Najjembe area to have lunch. The second option is that the fun loving hasher will be transported to Mabira Forest for a forest trail run. The third option will be a ball breaker after signing a disclaimer form that will be run besides non-runners as cheer leaders to link up for lunch before ending the day at the Source of the Nile Hotel, Jinja to close off the evening. On Sunday Morning the 4th July 2021, hashers will have three fun filled options to choose from. First, a trip to the former Bujagaali Falls, Second, a Boat Cruise on Lake Victoria, Third, a trip to Itanda Falls. Lunch will be served at Kingfisher Hotel-Jinja after the fun filled Sunday trips. Thereafter hashers will be entertained till about 7 pm when they’ll return to their respective hotels to freshen up. There will be an official closing ceremony for PAH on Sunday 4the July 2021.

**Who is coming to attend?**

All hashers across all hash chapters in Uganda, guest hashers from various hash chapters across Africa and the World over besides non-hashers as invited guests.

**How do I register and confirm that I’m registered?**

Registration is online by following prompts at www.pahkampala2021.com by clicking about the event, book a ticket now, fill in your details and then click on book your ticket now. Thereafter go back to homepage then click Login using the email address and password used to register at first to login into the dashboard click on tickets, buy ticket, fill out details again and click on buy your ticket now to complete your registration. To confirm registration refresh then logout by clicking besides your name on the upper right hand side. On home page click on who is coming to reflect your hash handle, Hash chapter, Country and payment status.

**What to expect at PAH Kampala?**

Besides building your social and business network during this international PAH event, the organizers have promised that they will rock you with three continuous hash day fun ***full of beer*** and ***good trails*** because your happiness is our business! All local hashers should register for PAH through their respective teams although foreign hashers will also be co-opted in teams to enhance the fun. We propose that the various hash chapters will stage various entertainment skits on Sunday before or after lunch.

**How much do I need to pay for this fun?**

All international hashers and their invited guests will pay only USD **$100** and the Ugandan hashers will pay only Uganda shillings (Ugx.) **300,000**.

**How do I pay?**

International hashers and their invited guests will pay directly in their names to the account name of Kampala Hash House Harriers **Absa Dollar bank account number 6006599875** through the correspondent bank for US Dollars transfers for Absa Uganda Limited; Citibank New York , Swift address: CITIUS33. For local hashers the entire lump sum can be paid in their names to the same account name of Kampala Hash House Harriers **Absa Uganda Shillings bank account number 0341213754 or** to Khhh Hash cash Kaazi loo on mobile money in the names of Kaganzi Julian on 0772/0752-591751 in instalments of Ugx. 50,000.

**What to expect from your pay?**

A PAH customized goody bag with the following; airport pickup with those welcome beers, a mask, a towel, PAH Magazine, PAH patch badge, Wrist sweat band, mug and a PAH customised medal,Three (3) PAH T-shirts for each paid up hasher, Thursday welcome dinner, Friday dinner, Saturday breakfast, lunch and dinner, Sunday Lunch and dinner. On Thursday before the main event serious front running bastards (FRBs) shall run the preamble trail of exploring the 25km trail of the Uganda Martyrs from Munyonyo to Namugongo before the opening ceremony and Red dress run (9kms) on Friday! On Saturday serious running enthusiasts you will explore and run along the adventurous Kampala Jinja relay trail (with an open beer bar) either by running only running a few seeded sections of the entire relay or the entire relay ball breaker (99kms) by first signing a disclaimer form or running the explore nature run of the naturally cool Mabira forest run or choose not to run. Sunday morning (6kms) and Monday morning hare of the Dog (12kms) before departure for Kampala.

**How much beer should I expect?**

You will surely swim and sink in beer! First the airport pickup with those welcome beers and there will be lots of daily beer accompanying the meals from Thursday 1st up to Sunday 4th July regardless of venue, Red dress run pub crawl unlimited beer, an open bar along Kampala-Jinja relay and forest run trails, Saturday after dinner last man standing beer pints till dawn, Sunday circle beer before lunch, and Monday departure route to Kampala beer. Indeed its lots of beer Malindi PAH style! Until you stagerrrrrrrrrrrrr to your room.

**Where should I address any event inquiries?**

PAH has a secretariat chaired by Kigali whore so send all inquiry emails to [a.kasule@gmail.com](mailto:a.kasule@gmail.com) or to the Khhh Hash scribe at [khhhscribe@gmail.com](mailto:khhhscribe@gmail.com) or the Chairman Local organizing committee Gm Machinery **at** [paulagaba@gmail.com](mailto:paulagaba@gmail.com).

**How are the accommodation arrangements?**

Gm Virus chairs of the accommodation and transport committee. Given that our Red dress run area around Kampala is most likely going to be in the Kololo – Lugogo – Bukoto geographical quadrangle, visiting international hashers are encouraged to look for hotels near these localities as we finalise negotiations with the other hotel owners. However, towards the end of January 2021 in Kampala Hotel Africana and Speke Apartments have been secured and are just opposite each other. In Jinja the Source of the Nile Hotel and Nile village Hotels are available. However, lodging in Jinja ranges from as low as $20per night upwards. Also visit [www.booking.com/budgethotelsinkampalaor](http://www.booking.com/budgethotelsinkampalaor)jinja where rates per night range from as low as $46 to $120.