

Final Instructions

High 'n Dry Spring Rogaine

Welcome to the 2010 Spring Rogaine. We'd like to acknowledge the support of NSW National Parks and Wildlife Service for the majority of the event area and Pat Cosgrove for the Hash House site.

When: Saturday 25th and Sunday 26th of September 2010

Where: Abercrombie River National Park
Entrance from Felled Timber Road – see directions

Program:

Friday 24 th	
7:30pm to 8:30pm	Registration
Saturday 25 th	
8:30 am	Registration opens
9:00 am	Maps available
11:30 am	Briefing for novices
11:45 am	Final Briefing
12:00 noon	Mass Start
4:30 pm	Hash house opens
Sunday 26 th	
12:00 noon	Finish
1:00 pm	Presentations – 15 in 24 and 24 hour events
2:00 pm	Hash house closes

As most of the event takes place in the national park, and the private land has stock, we are required to make everyone aware of the following conditions:

- No animals are to be brought to the event
- Park in designated areas
- Use the toilet facilities provided when you're at the hash house
- No fires
- No firewood, plants or animals are to be removed from bushland
- Allow other members of the public to use the area undisturbed
- Participants should follow any directions from NPWS rangers

General Notes

The hash house is at one edge of the course and there is no "All night café". While it is quite feasible to do several loops from the hash house, getting to the far reaches of the course will mean being self-sufficient in carrying your gear, food, etc requirements.

There is no water at the hash house site. Please be self-sufficient for water for Fri, Sat morning and Sun afternoon. There are 5 water drops through the site that will be monitored and replenished irregularly throughout the event.

Please be aware that the map is 85 cm by 70 cm and is not coated. You will need to bring sufficient contact or have a fairly roomy map bag to protect the map.

The map grid is oriented to grid north, so practice your compass offsets.

There is no mobile phone service at the hash house site, or really anywhere nearby.

As a result of the good winter wet season, the permanent creeks do have water flow. We strongly recommend that if you're planning to drink the water, though, you use water purification tablets (which you will need to bring).

Event Registration

Prior to the Event

Before you register, please ensure:

1. You have your team number
2. The indemnity form (attached) is completed and signed by all team members
3. All fees etc are paid
4. You have the compulsory equipment:
 - a. Whistle
 - b. Space blanket
 - c. Compression bandage
 - d.

Please bring these along to registration for checking. If you need to, you can purchase these at registration.

At registration you will be issued with

1. Map and control description for all team members
 - a. Note that the map is 85 cm by 70 cm and is NOT coated
 - b. You will need contact or a secure waterproof bag to protect the map
2. Course setters notes
3. One punch card – you do not need to return this to registration before you start
4. A navlight tag and wrist band for each team member
5. One intention map – this MUST be returned to registration before you start

Start Procedure

A pre-start briefing will be held at 11:45 am for all competitors during which time all entrants must use the "Brief" punch. 12 noon will be a mass start for both events.

During the Event

At each control point, each team member must punch the NavLight tag. If it doesn't work, then punch your control card manually.

If there is an intention board, record your team number and time.

For all participants, when your team returns to the hash house all team members please report to registration for your tag to be marked with the “Finish” punch. When you are ready to continue you need to report to Administration to have your tag marked with the “Depart” punch. off the course.

For 15 in 24 participants, the time you are formally off the course must be 9 hours or more.

Finish Procedure

At the finish, all competitors must have their tag punched with the “Finish” punch. Your finish time will be recorded as the time when the last team members tag is punched. Tags will then be removed and processed at Administration.

Novices and Inexperienced

If you are at all unsure about any aspect of rogaining, please ask us. We will be happy to provide advice on navigation, route choice, equipment, etc. By remaining behind for a few minutes after the start of the event, we can give you tips and send you off in the right direction.

Parking and Camping

The hash house is located on private property, and we are sharing it with the resident flock of sheep. They will be smart enough to keep out of our way – please return the favour, particularly as some may be lambing.

Please camp and park in the designated areas.

Fires:

No on-ground fires, please. The burnt patch stays dead for years. Fires are forbidden in the National Park.

Hash House

The hash house will be serving hot food continuously from 4:30 pm Saturday to 1:45 pm Sunday, and will be closing at 2:00 pm Sunday. Hot breakfast will be available from around 7:00 am to 9:00 am.

Your team may return to the hash house at any time and for any duration during the event, but you must register in and out of Administration.

What to bring to the Event

- Plastic bag or clear contact to protect the map and control card
- Indemnity form signed by all team members
- Pens, scissors, string, sticky tape, etc for map work
- Your own cutlery, mug, bowl and plate and tea towel
- Camping gear
- Change of clothes, towel

- Chairs, picnic table
- Food for Friday night and Saturday morning
- Basic first aid kit (whistle, space blanket, compression bandage)
- Spare water – 5 to 10 litres per person.
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What to take on the course (each participant should have these)

- Small backpack
- First aid kit (whistle, space blanket, crepe compression bandage, elastoplast)
- Compass, watch
- Gaiters or other leg coverings (full body cover recommended)
- Shoes with good grip
- Sunhat, sunscreen, insect repellent
- Wet weather gear and warm clothing
- Pencil for intention boards at some checkpoints
- Headlamp, small torch (plus spare batteries and globe)
- Snacks for on the course
- 1 to 2 litre filled drink container

Safety

- Your team is required to stay together AT ALL TIMES
- Complete the intention boards when required at check points
- Stay within voice contact of all your team members
- Stay hydrated
- Care should be exercised at all times and particularly around cliffs, slippery and steep creek beds, boulders and logs
- Beware of vehicles and motorbikes on forest roads
- Numerous cliffs can be found throughout the area. Any section of close contour will have rock faces and ledges along it. Extra care should be taken at all steep slopes and cliff lines.
- If an injury or illness occurs, stay together as a team. If able, try for the nearest track, water drop or checkpoint and wait for others to arrive.
- Whistles should be carried by all team members. Six (6) whistle blasts at 10 second intervals is the distress signal. Any person hearing this signal should render assistance.

Water

You should carry at least 1 to 2 litres with you. There are 5 water drops on the course, and these will be replenished irregularly through the event.

Creek water is available, but we strongly recommend water purification tablets if you expect you will be drinking from them.

Map

The map scale is 1:25000 with 10m contours. We've found the base maps (courtesy of Department of Lands) to be quite accurate for terrain. The base maps are relatively old, so care needs to be taken with the exact location of tracks, etc.

There are quite a few unmarked tracks, and some tracks which are marked are overgrown or intermittent. While they can generally be followed, depending on identifying them when crossing can be problematic.

Please ensure you check the map boards at Administration for map corrections.

Intention Map

Your safety is very important to and we try to ensure that if an unfortunate circumstance does arise then we can provide assistance for you. Completing the intention map will help us provide such assistance, as will filling in the intention boards where checkpoints have them.

The intention map is an intention only, and does not constrain your final route choice on the course. But it does let us know where to look first. Please return it to the Administration Desk.

Emergencies

Mobile phone reception is not available throughout the course area.

There is a track/fire trail network on the major ridges. If you experience difficulties or need assistance, try to get to a water drop or a patrolled road, or failing that a checkpoint. Water drops and the access roads to them will be patrolled irregularly – the target times are around dusk, 10pm, 2am and dawn - during the course of the event.

Directions:

Please see the separate directions. The turnoff to the section of Abercrombie National Park where the hash house is located is 45 km from Oberon (or 21 km from Black Springs) , 105 km from Goulburn (or 27 km N of the Abercrombie River).

Finally

The park is a beautiful area – take a moment to have a look around here and there, and enjoy it!



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event : Spring Rogaine Sep 25/26 2010

Team No.:

Car Rego.:

We acknowledge that the Australian Rogaining Association Inc (ARA), with whom the organising body for this event (NSW Rogaining Association) is affiliated, holds Public Liability Insurance to the value of \$20 million in respect of all rogaining events conducted by ARA affiliated bodies. This insurance covers: organisers, landowners and other third parties for any damage caused by the organisers of, or participants in, any rogaining event in connection with that event. We also acknowledge that the ARA does not hold any Personal Accident Insurance in respect of participants in rogaining events conducted by ARA affiliated bodies. We accept that any personal accident cover required is our responsibility and entirely at our discretion.

Rogaining is an activity which can involve risk of personal injury or property damage. While it is acknowledged as a challenging activity, the risks ought not be discounted particularly navigating through potential dangers in a bush setting in daylight or darkness. Other, but less obvious, risks will occur because of the nature and type of terrain through which the activities are conducted. The NSW Rogaining Association (NSWRA) requires all participants to carry equipment such as suitable clothing, food, torches, compasses, water, first aid kit and any other allowed devices which will limit the inherent risks in the activity.

By participating in the activity, each participant acknowledges that the sport of Rogaining involves considerable risk and agrees that by entering this rogaine they do so at their own risk. The NSWRA does not accept any responsibility for death, injury, loss and damage to the participant and agrees to allow the participant to participate in the activity only on that basis.

The participant binds themselves, their executors, administrators, heirs, successors and assigns as follows:

a) The participant agrees to discharge and release the NSWRA, their volunteers, the owners and occupiers of land used in the event, event sponsors and producers, community organisations, State Federal and Local Authorities in which the event may be held and their (its) representatives from all liability for death, disability, personal injury, damage to property, theft, and all foreseeable risks, claims or actions of any kind, howsoever caused, resulting from their participation - directly or indirectly - in this event.

b) The participant agrees to further indemnify and hold harmless all entities and persons mentioned in the above clause (a) above from all liabilities, claims or action, as mentioned above, irrespective of whether the NSWRA or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the NSWRA for any loss or damage arising from participating in the event and agrees that this indemnity may be pleaded as a complete defence to any legal proceedings or any right the participant may claim against the NSWRA, its servants, agents or any owner or occupier of land used in the proceedings.

By the signing of this document, I acknowledge the risks of rogaining and agree to participate on the conditions as described above (participant must be 18 years or older to complete this section):

Participant Name (Please print clearly)

Participant Signature

Date

This section to be completed by a responsible adult where participant is under 18 years of age. If more than one responsible adult signing please photocopy & submit separate forms.

Name(s) of junior participant(s):

I acknowledge the risks of rogaining as described above and agree to indemnify the NSWRA for any injury or loss arising from the abovenamed minor(s) participating, and agree that by signing this indemnity or by permitting the minor to participate, I will accept complete responsibility for any injury or loss caused.

Relationship to participant (please delete whichever does not apply): Parent / Guardian / Other _____

Name (Please print clearly)

Signature

Date

NOTE: This is a legal document. You should seek legal advice before signing if you do not fully understand the meaning and effect of this document. If you do not accept these conditions of entry you will be unable to participate.

Version: Sep. 2008