

## Final instructions to competitors

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### Welcome

... and thank you for entering the Woronoragine. If you are a team leader, make sure this information is available to all of your team members.

Note that the indemnity form at the end of these instructions must be signed by all team members and presented at the registration desk when you arrive. The rules of rogaining are also appended to the end of the document, for your perusal.

### How to get to the event

The Hash House is located at Loftus Public School in the Sutherland Shire of Sydney – 103 National Ave, Loftus. It is about 200 m west of Loftus train station, so you can always help to save the planet by catching the train to the event if you feel so inclined. However, CityRail is carrying out trackwork this weekend. This means that the final leg of your journey, from Sutherland station to Loftus, will be provided by buses. The buses run every 15min. Or you may prefer the 2km walk.

If you are coming from the north to the event by car, Google maps suggests Princes Highway as far as Kirrawee, straight on to the Old Princes Highway/Grand Parade (that is, don't go left onto Acacia Rd), then left onto Linden St after you cross the railway line. This street becomes Loftus Ave. Turn left onto Tenth Ave just after Loftus station and Bob's your uncle. There is parking in surrounding streets.

If you are coming from the south to the event, take the Princes Highway through Engadine, turn left onto Old Bush Road and then immediately right onto Wheatley Road. Follow this road (which becomes Loftus Ave) until you reach Loftus, and then turn left into Tenth Ave to reach the school.

### Trains

We are allowing train travel on the course. If you are coming by train from the north, buy a return to Engadine—you can then go back and forth to your heart's content between Jannali and Engadine as there are no ticket machines at these stations.

### Facilities

There is water and there are toilets at the hash house and in numerous places on the course. Some are indicated on the map.

### The course and its hazards

The course is a mixture of trails, streets and parkland. The most significant hazards are probably cars, cliffs and snakes. Watch out for all of them!

### The map

The map has a scale of 1:25000 with 10-m contours. It is a scan of a standard topographic map with some additional trails added. It will not be waterproof. Bring your own map-covering material if you wish to waterproof it (Contact, map case etc). It is slightly bigger than A4 in size.

### What to bring

#### For the hash-house:

- Water
- Pens, pencils, scissors etc for map work
- Map case or plastic contact to protect your map
- Cutlery, mug and plate/bowl
- Change of clothes
- Something to sit on (chair, rug, mat) and a table too if you would like one.
- Your own food for when you are on the course

**For the course:**

- Compass, watch, pencil and a whistle
- First aid kit, including a snake bite bandage (elastic crepe). Will be on sale.
- Comfortable clothes and shoes for the event. Leg cover such as gaiters will be desirable on many parts of the course.
- Water container – 2-3 L capacity is recommended.
- Your own food for out on the course, during the event

**Food**

We provide a BBQ at the end of the event (sausage sandwich or veggie burger, salad, cordial, coffee, tea). You are responsible for your own food on the course.

**Timing and registration**

The event will kick off at 9:30 am and finish at 3:30 pm.

Registration will be open from 7:45 am on Sunday morning.

Before you come to registration, please make sure:

- You know your team number. This is available on the web site or on a printout at the admin tent.
- You have your signed indemnity form – signed by all team members.
- You have any outstanding fees ready (e.g., if you have a new team member, or entered late and didn't pay online). Please bring either a cheque or the exact cash amount. There are no credit card facilities!

You will be issued with:

- One Navlight tag and wristband per team member.
- One set of Course Setters Notes and Control Descriptions for each team member.
- One map each
- One control card – only for use if the navlight fails
- One flight plan - to be returned to the admin tent BEFORE THE START OF THE EVENT.

**Pre-Start Briefings**

Collective briefings will be held at 9.00 am for novices and 9.15 am for all competitors. We require everyone taking part in the event to attend the final briefing. If you or any of your team is unsure of any aspect of how the sport works, please do not hesitate to ask one of the event staff. We will be happy to give you some advice for a few minutes after the start of the event to get you on your way.

At the 9.15 am briefing, a check will be made that your NavLight tags are correctly fastened. They will then be punched with a "Brief" punch. You must have all your tags punched with a Brief Punch before you go out on the course. If you don't have your NavLight tags punched during the briefing session, then you will need to do so at the administration desk before you start.

**During the event**

At each checkpoint remember to punch all your NavLight tags. You are only required to punch your control card if the NavLight punch fails to function or is missing.

At the Finish, your NavLight tags will be punched with a "Stop" punch and read.

**The Finish**

About 30 minutes before the finish of the event, a marshalling area will be set up. When you return, officials will check that your whole team is present, punch your tag with a "Stop" punch and collect your tag and card. Your team should then leave the area. During this busy period there will be a delay of up to ten minutes before individual 'Score Sheets' become available. They will be printed on demand. Teams will be deducted 10 points per minute that they are late. Any team more than 30 minutes late will be recorded as Late and will be ineligible for a placing.

## Using NavLight

This event will use NavLight electronic punching. NavLight has two main components, punches and tags. A green tag is strapped to the wrist of each person in your team. A flat marker plate and a punch, housed in a metal tube, hang from a wire cable at each control. Each control is only marked by the flat metal plate. The control number is on the plate and the punch.



### Punching at a control

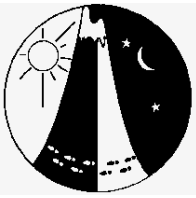
When you visit a control you record your visit by inserting the punch into the tag. You should hold the punch in the tag until a red light flashes to indicate that your visit was recorded. The flash can be difficult to see in bright light. If you don't see the flash, try rotating the punch so you look at it from a different angle.

A "Test" punch will be hanging beside a flag near Admin. You can use this to try your tag and see how the system works. It has no effect on your score.

### Fitting the wristbands

The wristbands are made from a rugged vinyl material and cannot be removed from the wrist without breaking them. Wear them quite loosely. You should be able to fit two fingers comfortably between the band and your wrist. Over a long period, a tight strap will cause irritation. Thread the band through your Tag, wrap it around your wrist, then close the clasp through one of the holes in the strap. There is a loose end which you can pull off carefully.





# New South Wales Rogaining Association Inc.

ABN 15 314 080 648

## DISCLAIMER / WAIVER

Event :	Team No.:	Car Rego.:
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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
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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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
_____	_____	_____

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**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.**

## **ARA Competition Rules 2012:**

Rogaining is the sport of long distance cross-country navigation for teams travelling on foot. The object is to score points by finding checkpoints located on the course within a specified time. Checkpoints may be visited in any order.

### **Definitions**

“The course” means anywhere a team travels during the time of the rogaine but specifically excludes the access road and areas in the proximity of an administration area designated by the organisers for non-competition use, for example for parking or camping. “Event site” includes the course and any administration, access and non-competition areas.

### **Entries**

R1. A team shall consist of two, three, four or five members.

R2. A team that has a member under fourteen years of age shall also have a member eighteen years of age or over.

R3. Competition placings are awarded in several sections based on the age and gender composition of teams. Each team shall be deemed to be entered for all sections of the competition for which it is eligible.

R4. No member of a team shall have been involved with the organisation of the rogaine so as to have a prior familiarity with the rogaine course or the fieldwork of the rogaine map.

### **Respect for Land and Property**

R5. Competitors shall respect public and private property.

(a) Competitors shall not cross newly sown ground or growing crops, except if specifically permitted by the organisers, or any area deemed out-of-bounds by the organisers and shall keep a reasonable distance from dwellings and stock with young.

(b) Competitors shall take due care when crossing fences, crossing at corner posts, solid posts or between wires wherever possible. Each team shall leave gates in the same state as they were found.

(c) Competitors shall not discard litter or light fires at the event site nor smoke on the course.

(d) Competitors shall not unduly damage or disturb native flora or fauna.

(e) Dogs and weapons of any kind, including firearms, are prohibited at the event site.

### **Conduct of Competitors**

R6. Competitors shall not enter the course until the official start is signalled.

R7. Navigational Aids

(a) The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map.

(b) The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited except when event organisers provide a means by which information on the devices cannot be accessed whilst on the course.

(c) The possession, at the event site, of maps that provide additional information not shown on the competition map is prohibited.

R8. The use of aids for course planning other than for distance measurement and scoring estimation is prohibited

R9. Competitors shall travel only on foot.

R10. Members of a team shall remain within unaided verbal contact of one another at all times whilst on the course. A team shall demonstrate compliance with this requirement to any event official or other team on request.

R11. Organisers shall issue checkpoint recording devices, which shall be a scorecard &/or an electronic recorder to one or more members of each team. Electronic recording devices shall be attached to the competitors by a tamper-proof device, such as a wrist band, before the commencement of the event. Tamper-proof devices shall only be cut or removed by event officials.

R12. A team shall surrender its recording device(s) to any event official, and shall advise their team number to any event official or other team, on request.

R13. A team shall not accept assistance from, nor collaborate with, other people, nor deliberately follow another team.

R14. No food nor equipment shall be left on the course before the event for a team's use, and no food or equipment shall be discarded on the course unless retrieved by the team during the event and brought by the team with them to the finish.

R15. Competitors shall carry a whistle at all times whilst on the course. In an emergency a competitor shall give a series of short blasts on their whistle.

### **Checkpoints**

R16. All team members shall approach to within 5 metres of each checkpoint for which points are claimed.

R17. In order to gain points for a checkpoint teams must record their visit to that checkpoint using the recording device provided by the organisers in the correct square, where a scorecard is used. If a team punches an incorrect square, they must notify the organisers of the details of this immediately upon returning to the administration to be eligible to be credited with that checkpoint.

R18. Where more than one electronic recording device is provided to a team, all devices must record a visit to a checkpoint to gain points for that checkpoint.

R19. Teams shall fill in any intention sheet at the checkpoint with the time of arrival, the team number and the number of the checkpoint that they intend to next visit.

R20. If a recording device is lost, a team may present in its place a record of punch marks or a record of the electronic "punch" human readable back-up codes on any single sheet. The organisers will accept this single sheet from the team provided that the punch/record marks are discernible, and the team can identify to the organisers the checkpoint number for each of the marks.

R21. Competitors shall not deliberately rest within one hundred metres of a checkpoint unless the checkpoint is also a water drop.

R22. Competitors shall not adversely interfere with a checkpoint, water drop, any other facility placed upon the course by the organisers, or the equipment of any other team.

### **Administration Areas**

R23. Whenever a team visits an administration area, all team members are required to report together to the organisers and surrender their team's scorecard and/or "check-in" their electronic recording device(s). The team shall only collect its scorecard and/or "check-out" their electronic recording device(s) immediately prior to leaving that administration area.

R24. A team is considered to have completed the event when:

- a) all team members have reported together to the designated finish administration area and
- b) they have surrendered their recording devices.

The team finish time is the latest time recorded for any member of the team.

R25. If a competitor wishes to withdraw from a team for any reason the entire team shall return to an administration area and notify the organisers. The original team shall be deemed to have finished the event. If a new team is formed it may be admitted to the competition at the discretion of the organisers but no points shall be credited for checkpoints already visited.

### **Penalties and Protests**

R26. The penalty for breaching these rules is disqualification except for rules R16, R17, R18 and R19 for which the penalty is the loss of points for the checkpoint under consideration. Any team disqualified under this rule shall be recorded as DSQ.

R27. A team may voluntarily withdraw, by advising the organisers immediately upon their finish, if they have breached any rule for any reason and shall be recorded as W/D.

R28. A team may report in writing to the organisers about any team thought to have breached these rules, or may protest in writing to the organisers about any actions of the organisers that they consider made the competition unfair.

- a) Within 45 minutes of the nominated finish time, if the violation was detected on course
- b) Within seven days of the results being published, if the violation is only evident through examination of the results or admission after the fact by a competitor.

## **Scoring**

R29. The event shall end at precisely the set number of hours after the actual starting time, both times as defined by the organisers' clock. Where multiple timing devices are in use, the organisers shall ensure all clocks used to record finishing times are synchronized. Teams finishing late will be penalised at the rate per minute or part thereof specified in advance by the organisers. Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result shall be recorded as LATE.

R30. A team's score shall be the value of the checkpoints visited and correctly verified in accordance with these rules, less any penalties. The team with the greatest score, or in the event of a tie the team that finished earlier, shall be awarded the higher placing.

R31. In the event of a checkpoint being damaged or deemed misplaced or missing by the organisers, teams shall be awarded the checkpoint score:

- a) If the punch is missing or damaged but the team has a correct record on the intention sheet.
- b) If the punch is missing and there is no intention sheet, but the team can satisfy the organisers that they visited the correct site.
- c) If a checkpoint is missing or misplaced but the team can satisfy the organisers that they visited the correct site.
- d) For a correctly recorded visit to a misplaced checkpoint.
- e) If an electronic "punch" fails but the team has either (where applicable) a punch on a backup control card or record of the human readable back-up code for that checkpoint.

## **General**

R32. Any team hearing a distress signal must abandon their course and help in any way needed. No team shall be penalised for any rule breached in the course of giving such help.

R33. Communications devices such as mobile phones may be carried for safety purposes when event organisers provide a means by which the devices cannot be accessed whilst on the course. Use of a phone whilst on the course is prohibited.