

# NSWRA Autumn Rogaine

## Dharug Dreamtime

Saturday 2nd May 2015  
6 & 12 hr Events

### Final Instructions to Competitors

**Welcome** and thank you for entering the 2015 Autumn Rogaine. 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 these notes.

#### Location and Directions

The event is situated in the Dharug National Park near Gunderman on the northern side of the Hawkesbury River, not far from Wisemans Ferry.

To get to the event from Sydney, travel up the Old Northern Road through Glenorie to Wisemans Ferry. Cross the ferry, turn right and head east along Wisemans Ferry Rd for approximately 5.6km till you get to Mill Creek Rd. Turn left into Mill Creek Rd and follow it for approximately 1.7km. The Hash House is on the right and will be well signposted. *Make sure that you allow a bit of extra time to cross the ferry as there may be delays.*

To get to the event from the Central Coast or Newcastle, take the Somersby exit & follow Peat's Ridge Road. Turn right at the T intersection & turn left onto Wisemans Ferry Rd at Central Mangrove. Mill Creek Rd will be off to the right in 47km.

The Hash House site coordinates are -33.400590, 151.042385

The ferry operates 24 hrs a day, 7 days a week for those returning to Sydney after the event.

#### Parking & Camping

Check out the map at the end of these notes for the layout of the parking & camping areas for the event. Parking marshals will direct you to the appropriate area on your arrival.

NSWRA have booked the entire Mill Creek Campground for the weekend. There will be adequate sites, but campers are encouraged to travel light and arrive early to ensure a good spot. Rather than risk a late night drive after a long day, please consider camping on Saturday night; breakfast will be available on Sunday morning.

Port-a-loos and limited water will be available at the Hash House, so please bring adequate supplies for your needs.

#### Event Timetable

9:00 am	Registration opens – maps available
11:30 am	Briefing for novices
11:45 am	Final briefing for all competitors
12 noon	Mass start for both 6h and 12h events
3:30 pm	Hash House opens
5:14pm	<i>Sunset (both 6 &amp; 12h competitors should have head torches)</i>
6:00 pm	Finish 6hr event.
7:00 pm	Results and presentations for the 6hr event
12 midnight	Finish 12hr event
1:00 am	Results and presentations for the 12hr event
7:30 am	Sunday morning – Hash House opens for breakfast

## The Course & Map

The map is at a scale of 1:25000 with 10m contours, oriented to magnetic north. It's A3 in size and printed on plain paper, so bring a suitable cover or clear contact to protect it from water and sweat.

The course is bounded on the west and east by electricity transmission line service trails and is characterised by medium to thick bush (when you get off trail), high and generally open ridgelines capped with rock platforms and stunning rock formations and cliff lines.

*Gaiters and covering for arms and legs is strongly recommended.*

## Water

There will be limited water supplies at the Hash House and 2 water drops on the course (along the service trails). As these are at the outer edges of the course, please ensure that you carry adequate water for your intended route. It's advisable to be self sufficient for water supplies for the event and camping.

There are many flowing creeks throughout the course, but it's advisable to use water purification tablets if you need to refill from creeks.

## Event Registration

Before you register please ensure you have:

1. Your team number
2. An Indemnity form completed and signed by all team members
3. Compulsory equipment – whistle, space blanket, bandages

At registration you will be issued with:

1. One map and control descriptions for each team member
2. One course setters' notes
3. One NavLight tag and wrist band for each team member
4. One Intention Map. To be completed and returned to registration before you start

## Start Procedure

- A compulsory briefing will be held at 11:45am for all competitors.
- A mass start for both the 6 & 12 hour events will be at 12 noon.
- All team members must have their tags punched with a "Brief" punch before they start.

## During the Event

- At each check point, each team member must punch their NavLight tag. If it doesn't work, use the manual punch on your map or other handy piece of paper, recording the control number and perhaps even a photo at the control.
- If you return to the Hash House for a rest period, your entire team must report to Administration. When you are ready to continue or decide you have done enough, you must all report again to Administration.

## Finish Procedure

- At the Finish, all competitors must have their tag punched with a Stop punch. Tags will then be removed for processing. Your finish time will be the time the last tag for your team is punched.

## Scoring

Points for each checkpoint are worth ten times the value of the first number of the checkpoint e.g. Checkpoint 62 is worth 60. The penalty for late finish will be 10 points per minute or part thereof. Any team more than 30 minutes late will be recorded as "Late" and be ineligible for a placing.

## Phone Coverage and Emergency Procedure

There is reasonable mobile phone reception on the higher ridges. Telstra coverage is generally good, Optus and other networks range from intermittent to non-existent. The event **emergency number** is **0409 075 370**. This number is printed on the map, but store it into your phone for quick access.

If you get into any difficulty and you have mobile reception:

1. If it is an emergency, dial **000** or **112** (from a mobile). Say that you are at the Autumn 6/12 hour Rogaine. Police, Ambulance, RFS and SES have been notified of the event.
2. Call the event **emergency number**, or
3. SMS the event **emergency number** with:
  - Your team number
  - Last control visited
  - Brief description of issue (eg, "all ok, will be late, ETA hh", ")

## 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, planning your course, 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 in the right direction. A briefing for novices will be held at 11:30am.

## What to bring

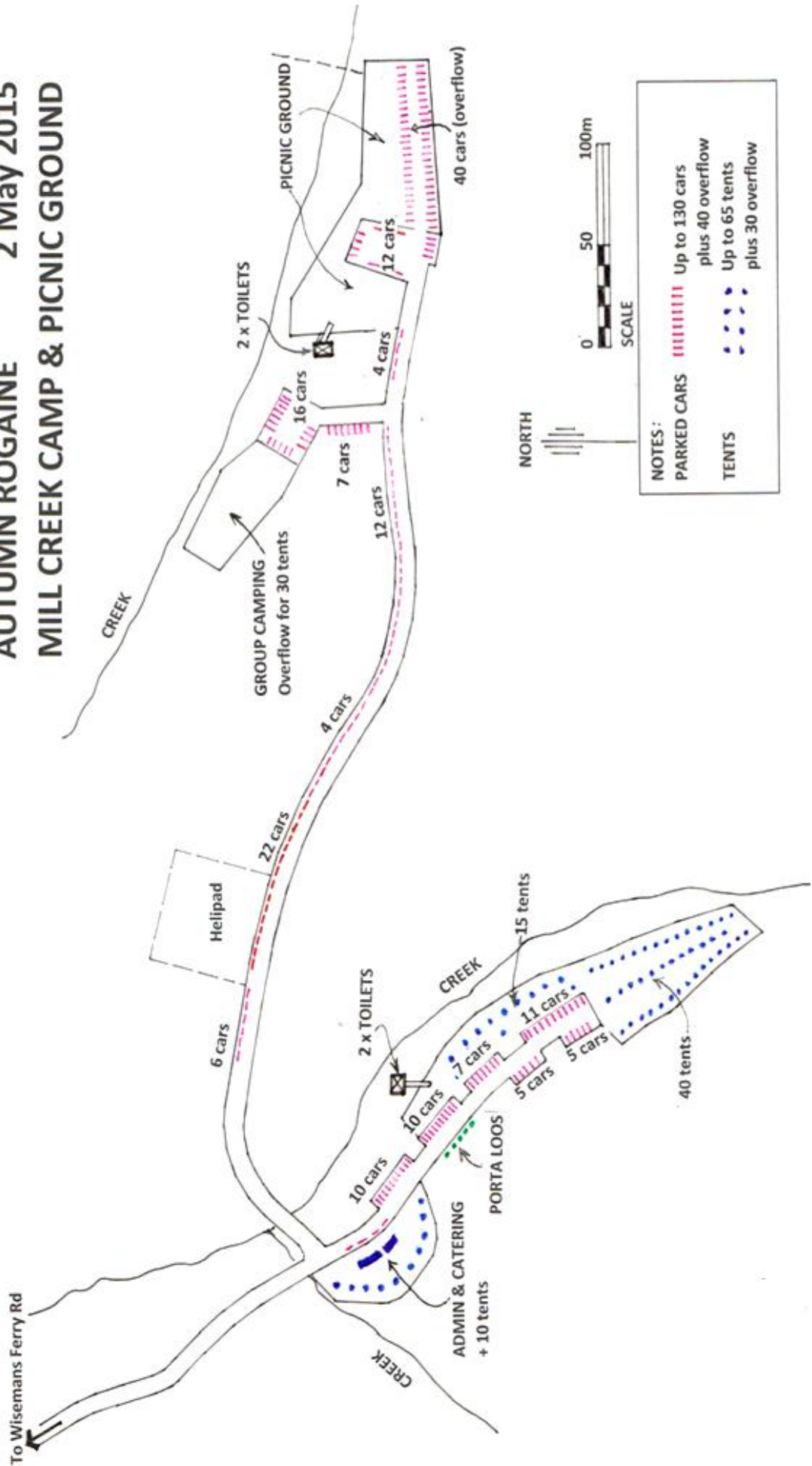
- Plastic bag or clear contact to protect your map
- Indemnity form signed by all members
- Pens, scissors, string, sticky tape for map work
- Your own cutlery, mug, bowl and plate
- Camping gear (if you're staying overnight) & shelter for course planning, particularly if rain predicted
- Change of clothes, towel
- Chairs, picnic table
- Food for Friday night and Saturday morning if you're arriving on Friday evening
- Spare water (5 litres)

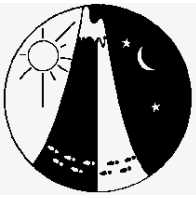
## What to take on the course (each participant should have these)

- Small backpack
- First aid kit (including crepe bandage, elastoplast, "space blanket" )
- Compass, watch, whistle
- Mobile phone for emergencies (at least one per team – can be turned off to save battery) – *Note that mobiles can't be used to aid navigation.*
- Gaiters or other leg coverings (full body cover recommended)
- Shoes with good grip
- Sunhat, sunscreen, insect repellent
- Wet weather gear and warm clothing
- Headlamp/small torch (with spare batteries or an entire spare torch) – essential for 12hr teams and strongly recommended for 6hr teams as it will be dark at the finish time.
- Snacks for on the course (muesli bars, dried fruit, chocolates)
- 1.5-3 litre filled drink container

# AUTUMN ROGAINE 2 May 2015

## MILL CREEK CAMP & PICNIC GROUND





# 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.** Version: Sep. 2008

## **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.