

Lake Macquarie Rogaine

Final instructions to competitors

Welcome

Thank you for entering the Lake Macquarie Rogaine 2018. Sorry for the change in date especially in regard to the LMR now being held only a week before the Gympie Australasian Champs.

Our original location had to be changed when we didn't manage to get final permission for Hash House sites. So back to the Watagans and fitting around several other events in the area.

A major motorbike event is in the area on the 4th of August so there will possibly be a few new tracks unmarked on the map.

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.

Competition Rules

The rules of Rogaining are available on the [Australian Rogaining Association](#) website.

How to get to the event

The Hash House is located at The Old Mill Picnic Area, Olney State Forest, Watagan Mountains.

From Sydney: Take the Morisset exit from M1 motorway and turn left onto Mandalong Rd. Turn right onto Deaves Rd and follow that to the T intersection with Freemans Dr. Turn left onto Freemans drive and then take the first left onto Martinsville Rd, follow Martinsville Rd until you come to Watagan Rd. This is signposted. Turn left onto Watagan Rd and follow it onto Watagan Forest Rd. Continue past The Pines / Olney Headquarters, The Old Mill Picnic Area is just past it on your right hand side.

From Newcastle: Take the Toronto exit from M1 motorway and turn right onto Palmers Rd. At the roundabout turn left onto Freemans Dr. Follow Freemans Dr through to Cooranbong. Turn right onto Martinsville Rd at the Corranbong Rural Fire Brigade. Follow Martinsville Rd until you come to Watagan Rd. This is signposted. Turn left onto Watagan Rd and follow it onto Watagan Forest Rd. Continue past The Pines / Olney Headquarters, The Old Mill Picnic Area is just past it on your right hand side.

Facilities

There is water and toilets at the hash house, and in numerous places on the course. There is free camping at the hash house and surrounding camp areas. All competitors are encouraged to camp overnight.

The course and its environment

The course has a lot of tracks – including ones that will not be marked. There are hilly climbs, a few rough gullies for those masochists among you, but not much in the way of cross country because of the cliffs, vines, and dense sapling or scrub patches throughout the area. It has been thoroughly logged and clearfelled in the past and left to regrow, so subsequently it is very thick in places.

There are a couple of lookouts with great views – although not as spectacular as the Bungonia ones.

Dozens of Lyrebirds everywhere, small wallabies on the course – all too quick to photograph – plus a wombat or two. There are leeches, though we have only managed to collect half a dozen between us.

The map

The map has a scale of 1:20000 with 10m contours. It is a composite of a standard topographic maps with additional trails added. It will be printed on A3 waterproof paper, which does not need to be covered.

There is a good selection for novices and families and a good layout for runners

What to bring

For the hash-house:

- Food and water prior to the event and for the course.
- Pens, pencils, scissors etc for map work
- Change of clothes
- Something to sit on and a table too if you would like one.

• For the course:

- Compass, watch, pencil and a whistle.
- Mobile phone for emergency calls
- First aid kit, including a snake bite bandage.

- Comfortable clothes and shoes for the event. Gaiters are discretionary as the course is fairly open., however we found long pants, long sleeves, and gloves were an advantage against the scratchy stuff.
 - Hat and sunscreen. It can be very hot this time of year.
 - 2+ litres of water per person is recommended if you plan to focus on the bush areas.
 - Bring your own food as required.
- Safety lights to attach to your teams backpack for the night walk.
Headtorches/torches and spare batteries.

Food

There will be a tea and damper on the course with water and light snack food.
The Cardiff Scouts will be catering at the Hash House.

Event Schedule

Registration opens:	9:00am
Novices briefing:	11.15 am
General briefing:	11.45 am
Event starts:	12.00 noon
Event finish time:	6.00 pm
	12.00 midnight
Results/presentations:	6.30 pm
	00.30am

Registration and map distribution will be open from 9:00am on Saturday 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 for each team member.
- One map, including Control Descriptions, for each team member.
ONE flight plan for the team - to be returned to the admin tent BEFORE

THE START OF THE EVENT.

Pre-Start Briefings

Collective briefings will be held at 1115 am for novices and 1145 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 1145 am briefing, a check will be made that your NavLight tags are correctly fastened.

During the event

At each checkpoint remember to punch all your NavLight tags. If a NavLight punch fails then manually punch a printed square on your map. 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.



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

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