

# 52<sup>nd</sup> Paddy Pallin Rogaine



Sunday 14<sup>th</sup> June 2015

## Final Instructions for all Participants & Helpers

Welcome and thanks for your entry to this year's Paddy Pallin Rogaine by the seaside. This information is intended for all team members. There are two important attachments:

- **Indemnity/Waiver Form** – to be signed by all team members and presented at registration.
- **Rogaining Competition Rules** – essential reading for all team members prior to the event. There may be an exam.

### How to Get There

Bendalong is 217km (3-hr drive) from Sydney CBD and similar distance and time from Canberra.

Take care turning off the Highway. From the north it's shortly after a sweeping left turn and there's only a small exit lane. From the south it's at the end of a double-lane section of road up Bendalong Mountain. In both instances, indicate your intention and slow down early to avoid any bumper stalkers. (No doubt the RMS Safety Unit are aware of this risk.)

From the Highway follow Bendalong Rd 13km to the end where you'll find Bendalong Tourist Park. Campers must register at the Park office before entering, and note there is no fee for you to camp Saturday or Sunday nights.

We'll have parking attendants to manage vehicles on Sunday morning.

Bendalong is small but the General Store and Bendy Café will be open from 7am to 7pm, and they sell almost everything including petrol, alcohol, camping supplies and good espresso coffee.



### Our Program

Saturday 13 <sup>th</sup>	18:30 – 21:30	Dinner by Waitara Scouts – if you booked dinner with your entry - bring your own plates, cup & cutlery
Sunday 14 <sup>th</sup>	07:00	Registration opens – maps available – complete your waiver form beforehand
	08:30	Briefing for novices
	08:45	Official opening & instructions for all competitors
	09:00	Mass start - each team member to register their wrist Navlight prior to leaving the Hash House
	15:00	Finish – please don't be late
	15:30	Results, presentations and prizes
	16:00	Hopefully you can be heading home by 4pm, weary, happy & safe

## The Course & Map

The map is 1:25000 scale with 10m contours, oriented to magnetic north. It's A3 in size and printed on plain paper so bring a suitable protective cover such as a map case or clear adhesive contact.

The course is unusual in that you can get 40% of the total available points in your swimming costume and barefoot – well, you'll probably prefer thongs or sandals for a few tracks and rock platforms. You would prefer better clothing and shoes to return via the bush tracks and you certainly need full arm and leg protection if you venture off the tracks. By serendipitous coincidence the low tide for 14-June is at 12:03pm so walking the beaches could hardly be more ideal.

Mobile phone coverage is moderate-good in the area, though you wouldn't rely on it in the valleys.

## Saturday Night Camping

For the 100+ people camping Saturday night there is plenty of room, toilets, hot showers and fresh water on tap. Sorry, we aren't permitted to light fires. Waitara Scouts will provide free cheese toasties and a hot urn Sunday morning. The Bendy Café are open from 7am to 7pm, and they will be happy to sell variations on a big brekky, but they'll struggle if 500 rogainers show up at the same time.

## Your Preparations

When you register at our Admin please ensure:

1. You know your team number. You can find your team number from the Team List on our event website, <http://nswrogaining.org/AboutEvents/Events/15PP/15PP.htm>
2. Your Waiver form (attached below) is completed, including your team number, and signed by all team members,
3. Any outstanding fees are paid, and
4. You have compulsory safety equipment – whistle, space blanket, and bandage for snake bite. Surprisingly, at the end of May a course setter encountered a black snake in a sunny nook.

We've supplied an equipment list below to help you prepare for your weekend and walk.

At your registration we will provide each team member with:

1. The map with control descriptions on the back,
2. Course setter notes and advice, and
3. A Navlight tag and wrist-band

We also provide:

1. Dinner on Saturday night – for campers who have booked dinner with their entry to the event
2. Marquee, tables and chairs for your dining room
3. Hot, healthy food after the event, from 2pm on Sunday
4. Advice, access, duty of care, and
5. A great excuse for you to explore some new countryside

**Start Procedure:** Please attend our 08:45 Briefing and ensure your Navlight has been initialised by one of our Helpers before you leave for your walk.

If you are new to rogaining or have any questions, just ask us. We are always happy to provide basic instruction and advice. If you stay behind for a few minutes after the start we can provide more detailed assistance, maybe even a few special tips.

## During the Event

Your team can visit any Controls (aka checkpoints or flags) in any sequence to collect points and/or personal satisfaction. Enjoy the countryside, be safety aware, care for your team, have fun, adventure, and care for fellow rogainers who may need assistance. That doesn't mean you show them the Control flags, just care for their well-being!

At each Control each team member must register their Navlight tag with the Control's Navlight. A red light flashes on the Control Navlight to signal that the two components have recorded your visit. If the red light doesn't work, use the orange/red punch attached to the Control to put an imprint on your map or you could take a team photo as proof. Navlights rarely fail btw and you can register any number of times, but you only get one lot of points.

Points for each Control are worth ten times the first number(s) of the Control, eg. Control 61 is worth 60 points, 103 is worth 100 points. The penalty for late finish is 10 points per minute or part thereof. Any team more than 30 minutes late will be recorded as "Late" and ineligible for a placing.

If you encounter difficulties (injury, lost, broken nail, etc) you should:

1. Get help from your team mates – that's a big reason why rogaining is a team activity and you stay together,
2. Get help from a team nearby – a series of 5 or 6 short blasts on your whistle signals that a team needs help – that's why you carry a whistle,
3. Call the emergency numbers listed on your map, or SMS them with your team number, last Control visited, and a brief description of the issue (eg. "all ok, will be late, ETA hh:mm")
4. If a serious emergency, do all the above and dial 000 or 112 (from a mobile).

## Your Equipment Checklist for the Hash House

- Map case or clear contact adhesive to protect your map
- Waiver form signed by all team members
- Pens, scissors, string for map preparation and course planning
- Camping gear – if you plan to stay overnight
- Change of clothes, towel and personal hygiene items
- Chairs, picnic table
- Food for Sunday morning, prior to the 9am Start



## Your Equipment Checklist on the Course

- Small backpack or bumbag
- First aid kit (including crepe bandage, Elastoplast, space blanket, headlamp or small torch)
- Toilet paper – bury or carry all toilet waste – and (better) use a public toilet shown on your map

- Compass, watch, whistle
- Mobile phone for emergencies (Note that mobiles can't be used to aid navigation. Use your map, compass and brain please)
- Gaiters or appropriate leg covering
- Shoes with good grip
- Sunhat, sun cream, insect repellent (may be good to deter leeches and ticks)
- Wet weather and warm clothing
- Snacks and energy food
- 1-2 litres of water

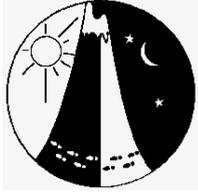
## Helpers

We have a great team of helpers but always appreciate more. If you can help in any way please talk to us.

Have a safe trip, the weather is looking positive (mostly sunny, 9-17°C, 60% chance of 1-5mm) and we look forward to seeing you there,

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# New South Wales Rogaining Association Inc.

ABN 15 314 080 648

## DISCLAIMER / WAIVER

Event : <b>52<sup>nd</sup> Paddy Pallin Rogaine, 14-Jun-15</b>	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.**

# 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.

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