

Information Sheet - Northwest Hills Metrogaine 26/2/06

Thank you for your entry to the 2006 Northwest Hills Metrogaine. The Metrogaine will be held on the Northwest edge of Sydney suburbia, part of the Hills District, a pleasant place to live, with access to the bushland of Berowra Valley Regional Park.

This letter is sent to you as the team leader only, so make sure your other team members receive a copy. Included is an indemnity form, which we ask you to ensure that all your team members complete and sign the form and hand it in at the time of registration.

Location

The assembly area and hash house is in Pennant Hills at Stringybark Ridge. Entry is from the end of Schofield Parade through a NPWS gate that will be opened for the event. The hash house is located at the site of the old Pony Club, an area that is being renovated by the NPWS for a future picnic area. Drive down the fire trail from Schofield Parade for 400m. Main parking is on the first large grassy oval. The hash house and assembly area is on the adjacent lower oval. Parking is also possible along either side of the fire trail entering the site.

Public transport is possible: Pennant Hills Station is about 2km away via Ramsay Rd and Laurence St.

Time

The rogain will start at 10am and finish at 4pm. All members of each team must sign the indemnity form. Upon taking this to the admin tent, the maps, control cards and other information will be available from 8am.

What you should bring for the Hash-House:

- Indemnity form (if under 18, signed by adult).
- Pens and pencils etc for map work
- Scissors, sticky tape
- Map case or plastic contact to protect your map
- Cutlery, mug, dessert & dinner plates
- A chair
- Change of clothes
- Water - please be self-sufficient 10 litres per person

What you should bring for on the Course:

- Compass, watch, pencil and a whistle.
- Sensible shoes or boots.
- Your own food for out on the course, during the event
- Water bottle - 1 litre per person is recommended.
- Food, to keep you going while out there.
- First-aid kit containing as a minimum - tape for blisters, snakebite bandage (1m. crepe bandage), and a space blanket (1 per person).

Pre-Start Briefings:

Collective briefings will be held at 9.30am for novices, and 9.50am 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. Don't forget to collect your control card from the clothesline before you head off.

The Map:

The map has a scale of 1:25000 with 10m contours. It has pre-marked controls and is printed on one A4 sheet. The ink is waterproof but the paper isn't so bring some contact to cover your map. The control card could also be covered with contact, but remember that you will be writing answers on it, so if you do this bring a universal marker to use on the course. It may be better to have the control card in a transparent plastic bag and to use a pencil.

Conditions of competing

The NPWS put several conditions in the contract for allowing us to use the area. Some of these are:

- Ensure that no vegetation, Aboriginal or historic sites, relics or park facilities or fixtures are disturbed or damaged.
- Prevent damage to grassed areas, vegetation and car park barriers or any other structure, sign, or facility within the Park.
- Ensure that participants adhere to recognised and approved fire trails and walking tracks within the Park and do not deviate from these trails and tracks at any stage.
- **Ensure that no dog or domestic animal enters the Park with any participant or support personnel.**
- Remove all rubbish and litter generated from the Activity from approved walking tracks, fire trails, and picnic areas within the Park.
- Erect no tents, lean-tos, tarps or any other temporary or permanent structure in the Park, other than agreed marquees for the event operations.

Be considerate to other users of the park, and especially to NPWS employees!

Thanks

Many thanks to the team of vettors: Neil Schafer, Ian Miller, Kevin Williams, Lynn Dabbs, Ted Mulherin, Barry Hanlon and Paul and Bronwyn Batten

Australian Rogaining Association Technical Regulations

Competition Rules:

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 rogain 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 rogain so as to have a prior familiarity with the rogain course or the fieldwork of the rogain 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.
 - (b) Competitors shall keep a reasonable distance from dwellings and stock with young.
 - (c) 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.
 - (d) Competitors shall not discard litter.
 - (e) Competitors shall not light fires at the event site.
 - (f) Competitors shall not smoke on the course.
 - (g) Competitors shall not unduly damage or disturb native flora or fauna.
 - (h) 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. The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map. The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited. The possession, at the event site, of maps that provide additional information not shown on the competition map is prohibited.
- R8. The use of computers for course planning 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. A team shall surrender its score card to any event official, and shall advise their team number to any event official or other team, on request.
- R12. A team shall not accept assistance from, nor collaborate with, other people, nor deliberately follow another team.
- R13. 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.
- R14. Each competitor 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

- R15. All team members shall simultaneously approach to within 5 metres of each checkpoint for which points are claimed.
- R16. In order to gain points for a checkpoint teams must punch the scorecard provided by the organisers in the correct square with the punch at the checkpoint marker. 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.
- R17. 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.
- R18. If a scorecard is lost, a team may present in its place a record of punch marks on any single sheet. The organisers will accept this single sheet from the team provided that the punch marks are discernible, and the team can identify to the organisers the checkpoint number for each of the punch marks.
- R19. Competitors shall not deliberately rest within one hundred metres of a checkpoint unless the checkpoint is also a water drop.
- R20. 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

- R21. Whenever a team visits an administration area, all team members are required to report together to the organisers and surrender their team's scorecard. The team shall only collect its scorecard immediately prior to leaving that administration area.
- R22. A team shall finish by all of the members reporting together to the designated finish administration area and surrendering their scorecard.
- R23. 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

- R24. The penalty for breaching these rules is disqualification except for rules R16, R17 and R18 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**.
- R25. 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**.
- R26. Within forty-five minutes of the nominated finish time, 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.

Scoring

- R27. The event shall end at precisely the set number of hours after the actual starting time, both times as defined by the organisers' clock. 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**.
- R28. 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.
- R29. 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.

General

- R30. 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.



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER/WAIVER

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

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 Association 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 Association 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 New South Wales Rogaining Association, 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 Association or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the Association 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 Association, 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 Association 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.