



44th Paddy Pallin Rogaine

RYDAL

Sunday 17th June 2007

Event Instructions

Congratulations on entering this fine event with a long and illustrious history!

This year will be the first year that we'll be using the Navlight system for electronic scoring for the event.

Location

This year's event is based at Rydal, west of Lithgow. Rydal is between two and three hours' drive from various parts of Sydney. Participants are encouraged to arrive the night before and camp.

Getting there

This event can be reached by public transport! The daily XPT service from Sydney to Bathurst will stop at Rydal on request. The Saturday train leaves Central at 7.10am and arrives Rydal at 9.52am. The Sunday return train leaves Rydal at 6.07pm and arrives at Central at 8.48pm. For bookings go to www.countrylink.info.

An alternate option is to catch one of the more frequent trains to Lithgow and then catch a cab to Rydal - www.cityrail.nsw.gov.au for more info.

If you're driving from Sydney, proceed on the Great Western Highway through the traffic light intersection on the western edge of Lithgow (at the junction of the highway and Main Street). Continuing west towards Bathurst, you will pass the Mudgee turnoff, then cross the Coxs River near Lake Wallace. 16 km from the Lithgow lights, turn left into Pikes Lane (turning lane plus sign) towards Rydal. After one kilometre is a T-junction. Turn left and continue 3.8 km to the level crossing over the western railway line on the edge of the small village of Rydal. Just after the crossing, turn left into Market St and drive 300 metres to the Rydal Showground gateway and the Hash House.

For those that know it, there is an alternative route to Rydal from the eastern edge of Lithgow via Lake Lyell and Magpie Hollow Road.

If travelling from the west, the Rydal turnoff from the Great Western Highway is about 43 km from Bathurst. If coming from the south, the best way is probably from Goulburn via Taralga to Oberon, then to Hampton and the Rydal-Hampton Road.

Timetable

The Hash House will be open from Saturday morning to Monday morning. Participants can camp on Saturday night and Sunday night at no charge, and are encouraged to make use of this opportunity. Saturday night meals will be available from the Hash House for those who pre-ordered.

Saturday

4.00pm – 10.00pm	Registration
6.00pm	Dinner

Sunday

6.45am – 9.00am	Registration
7.00am	Maps available
8.30am	Novice's briefing
8.45am	General briefing
9.00am	EVENT STARTS
3.00pm	EVENT ENDS
3.30pm	Declared LATE
3.15pm – 3.45pm	Presentations

The Hash House will be serving lunch from between approximately 2:30pm and 4:00pm on Sunday for all participants.

The Course

The course is mostly open eucalypt forest on public land. There is also an area of radiata pine plantation and patches of cleared country. Visibility in the bush is good and the travel is generally fast, but there is some blackberry and leg covering is recommended.

The course lies along the Great Dividing Range, with elevation up to 1200 metres. The Hash House is also in an exposed position. Conditions could be very cold and windy, so come prepared. Local relief ranges up to 400 metres in the more remote parts of the course, with some very steep country.

There is an abundance of wildlife, including four species of macropod (eastern grey kangaroo, wallaroo, red-necked wallaby, swamp wallaby), wombats, greater gliders, black cockatoos, lyre-birds, crimson rosellas, white-winged choughs and wedge-tailed eagles. A special resident is the rare and endangered Bathurst Copper Butterfly, which unfortunately lives in association with Blackthorn (*Bursaria spinosa*) – otherwise known as 'rogainers' friend'.

Mean maximum temperature	11.1 °C
Mean minimum temperature	1.8 °C

Safety and Rules

All participants must carry:

- ✓ An emergency whistle
- ✓ A safety blanket
- ✓ A crepe bandage 1 m in length or longer
- ✓ Warm clothing and a waterproof jacket for wind and rain
- ✓ Compass

We suggest you also carry:

- ❖ Water – 2 to 3 litres per person
- ❖ Food for the day
- ❖ First aid kit,
- ❖ Provided map, course notes, control card, navlight tag and control descriptions
- ❖ A mobile phone
- ❖ A time keeping device – eg a watch, a mobile phone, a sun dial (we've ordered a bright sunny day with an appropriately chilly morning) or perhaps a generous team member with a watch (who doesn't mind being asked the time repeatedly)

All teams must stay within "talking" distance of each other throughout the event.

All team members must approach to within 5m of each control.

Out of bounds areas must be respected.

We will identify roads that will be patrolled during the event for you to head towards if your team is having problems

Please take note of all safety warnings that will be provided in the course notes given out on the day.

What to bring to the Hash House

- Cutlery, mug, dessert and dinner plate
- Camping gear
- Dinner for Saturday night if you haven't pre-ordered
- Sunday breakfast
- Pens, highlighters, contact etc for marking up maps (and dreaming up works of fiction)
- Warm clothes

Insurance

The Australian Rogaining Association Inc (ARA), with whom the organising body for this event is affiliated, holds Public Liability Insurance to the value of \$10 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. The ARA holds Personal Accident Insurance in respect of participants in rogaining events conducted by ARA affiliated bodies. However, the cover provided is a very basic cover of \$10,000- for Death and Permanent Total Disability only. The Personal Accident Insurance cover is minimal and the responsibility for any additional cover required is yours.

Registration

Prior to the event

Complete the indemnity form found at the end of this document. To find out your team number check the team list on the website. Alternately, team lists will be available on the day.

On the day

Registration is open from 4:00 pm to 10:00 pm on Saturday evening, and again from 6.45 am on Sunday morning.

Bring your completed and signed indemnity form.

In return your team will be issued with:

- a) A NavLight tag and wristband
- b) A control card
- c) A token for the maps
- d) Meal tickets for those who pre-ordered Saturday night dinner

Any outstanding moneys or team changes will need to be fixed up at this point.

Maps

The maps are available from 7:00am on Sunday morning from the "Members Stand". In exchange for the teams map token you will be given maps, control descriptions, course notes and an intention sheet.

Return your completed intention sheet to admin before the start of the event.

The Start

At the Final Briefing, commencing at 8:50am, a check will be made that your NavLight tag is correctly fastened. It will then be punched with a "start" punch.

You must have your tag punched with a "start" punch before you go out on the course.

The Finish

The event finishes at 3.00 pm, ON THE DOT! Late teams will be penalised 10 points for every minute, or part thereof, after the finishing hooter sounds. After 30 minutes, you'll be declared "Late" and lose all your points.

Please don't be late, because you will stress the organisers and delay the finish of the day for everyone.

When you return to the Hash House, your whole team must return through the "Marshalling Area". Your tag will be punched with a "Finish" punch. You will then hand in both your control card and tag at admin.

An individual "Score Sheet" can be printed for your team on request to admin.

Use of NavLight

Scoring

This event will use both NavLight electronic punching and traditional control cards. The NavLight tag will be the primary scoring device. Traditional control cards will only be used as a backup if there is a problem with the NavLight system.

NavLight has two main components, the punches and the tags. The tag is strapped to the wrist of one of your team. A punch hangs from a cord at each control.



When you visit a control you record your visit by inserting the punch into the tag. You must hold the punch in the tag until the red light flashes to indicate that your visit was recorded.

As well as the control punches, there are a number of "Status" punches located in the Administration area that are used to record your departures and arrivals from the hash house.

Fitting the wristbands & testing.

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 24-hour 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.



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.

Calculating your score

Each control is given a value according to the difficulty of reaching it, and perhaps finding it. The value of controls on this course ranges from 10 points to 100 points, in increments of 10. The value in lots of ten is indicated by the control number – thus control 23 is worth 20, control 57 is worth 50, and so on.



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.

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 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.
 - (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.