

# Blue Mountains Socialgaine

## Sunday 16<sup>th</sup> November

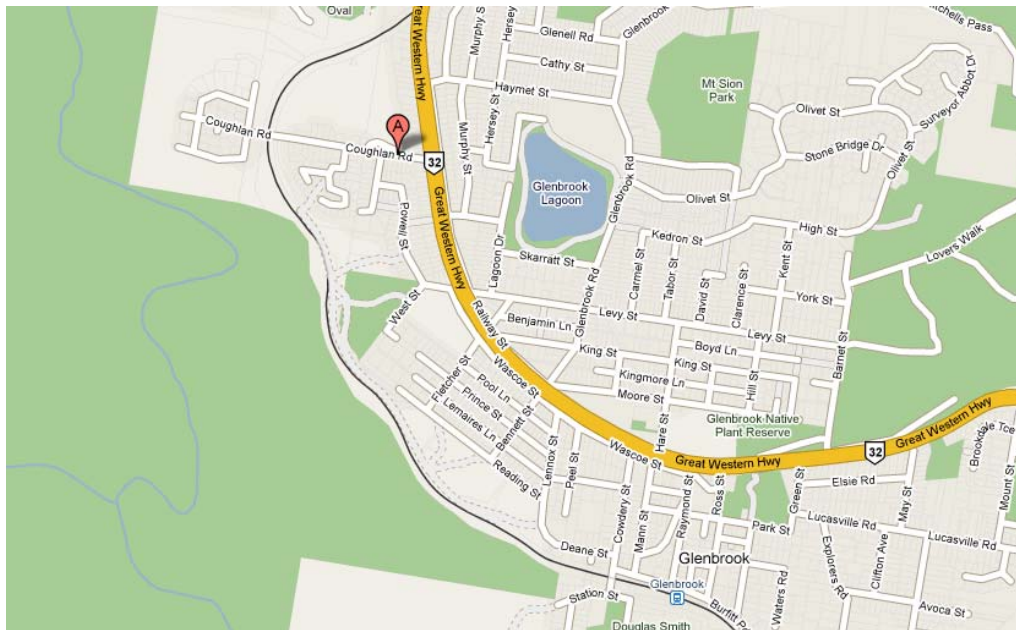
### Final Instructions for the Event

#### *Location*

The Hash House (start/finish) is at Blaxland High School, Coughlan Rd, Blaxland.

Travel time is approximately 50 minutes from the centre of Sydney and Hornsby by car. If driving from the east, follow the Great Western Highway (M4) to the Blue Mountains and once up Lapstone Hill the hash house is less than 5 minutes away. Coughlan Rd runs off the GWH (left hand turn if coming from Sydney). Parking is generally unrestricted in the local streets, and some parking is available in the school grounds (early-birds will be lucky)

Alternatively you can catch a train, but please check train timetables, as their frequency is only hourly.



#### *Timetable*

- 7:45 am - Registration opens, maps available
- 9:10 am - Novice briefing
- 9:20 am - Full briefing
- 9:30 am - Event Start
- 3:30 pm - Event Finish
- 3:30 pm - BBQ
- 4:15pm - Presentation

## *Equipment - What you need to bring*

### *To Registration*

- **Completed indemnity form signed by the whole team** - it's attached at the end of this info.

### *For the hash house*

- **Pen, scissors, fluorescent marking pens**  
(there are seats and tables scattered around the hash house area to use for planning time, but feel free to bring a folding chair and table)

### *On the course*

- **Small pack and water bottle** (to cater for up to 2 hours) there is water available in parks and reserves in the more urban areas. We will provide a water drop in the more remotes areas.
- **Food** - also available en route at shops & cafes, so throw in some **coins** in case you want a chocolate paddlepop, or in case the train looks like an enticing option to rest your legs
- Suitable clothing for forecast weather, including a **hat & suncream**;
- Texta/**marker** to complete control card;
- Basic first aid kit (make sure each person has a crepe bandage, in the case of snake bites);
- Mobile phone for emergency call
- A **compass** and **whistle** (there may be a little off track navigation),
- Swimmers if you think you might like a swim in a waterhole
- A map case or contact - but not necessary, you will get waterproof maps
- Camera? For those lookout shots.

### *Post Event*

- Plate, mug & cutlery for the BBQ which will be waiting for you when you get back, thanks to 1<sup>st</sup> Waitara Scout Group.

## *The Map and scoring*

The map will be a pre-marked 1:25 000 topographic map, with 10 metre contours. It will be provided as an A3 + A4 sheet on waterproof paper. The checkpoints will be a mix of the traditional rogaining flag controls with punch card and questions with multiple-choice answers. These will also be given on waterproof paper.

### *Terrain and Weather:*

The weather at this stage is looking promising - a mild day, maximum of 20°C, with a possible shower. We have had both hot and cool days when setting and vetting, so be prepared for either. There are some nice scenic easy grade trails and streets, but if you are up for a bit more of a competitive run (or just a stroll), there are a few hills in the course so make sure you have the capacity to carry a couple of litres of water.

### ***On the day...***

- Registration will be open from 7:45am, up until the start time. The closer to 7:45am you arrive the more planning time you will have
- There will be volunteers on the day happy to help any novices with planning after the event start
- If you have to pull out for any reason you must come back to the hash house and hand in your control card - we need to know that you are safe. If you can't make it back to the Hash House then please call Alexa or Peter, whose numbers will be on the course setters notes on the day.

### ***Camping options***

If you are travelling from a bit further a field, or would just like a night away from Sydney there are some camping options.

We recommend either Murphy's Glen out of Woodford or the Ingar Campground out of Wentworth Falls. For more information see the National Parks website

<http://www.environment.nsw.gov.au/NationalParks/parkCamping.aspx?id=N0004>

Some of the organisers will be camping at Ingar, so there will be some fellow rogainers to chat to in the evening.

The closest campsite is Euroka Clearing just out Glenbrook in the National Park. However, we do not recommend this option as the Park gates are locked each night and are not opened til 8:30am, unless you are happy to have a short registration and planning time. If you do choose to stay at this campsite camping fees also apply.

### ***Questions?***

If you have any questions that you need answered before the day please contact:

Alexa McAuley Ph: 0409 516 423 Email: [nswrasecretary@gmail.com](mailto:nswrasecretary@gmail.com)

or

Gill Fowler Ph: 0413 905 551

### ***Can you tow a trailer home?***

We are looking for a volunteer to transport the large NSWRA trailer back to Sydney at the end of the event - if you can help out with this please let us know on the day. It needs a 4WD or similar as it's heavy, and it would mean sticking around at the event until the hash house team is packed up (or you could duck off for a swim and come back!) The trailers live in Killara, so it would be great if you can take it back there.



# 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
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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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 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 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. 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. 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 simultaneously 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 shall finish by all of the members reporting together to the designated finish administration area and surrendering their recording device.
- 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. 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

- 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.

## Australian Rogaining Association Technical Regulations

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.