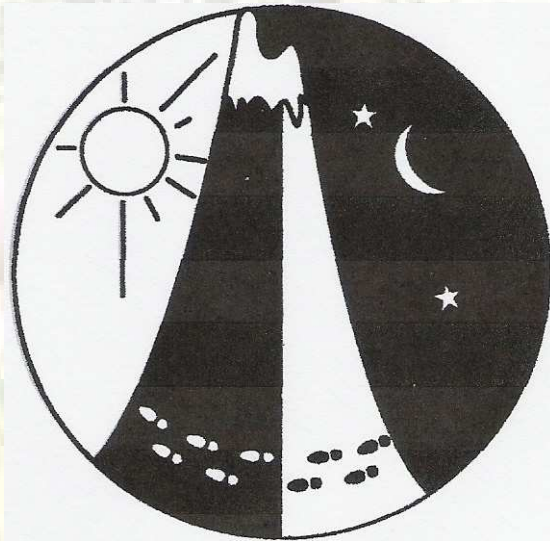


18th Lake Macquarie Rogaine



Sugarloaf Conservation Area

15 August 2009

Contents

Personnel 2009

Rogaining & The Lake Macquarie Rogaine

Event Publicity

Entry Information & Entry Form

Information Package for Competitors

The Map

Photos - The Start

On the Course

The Finish

Results

Competitors' Reports

Safety Officer's Report

Safety Plan

Budget

Acknowledgements

Personnel 2009

<i>Organiser</i>	Bert Van Netten
<i>Administrator</i>	Bob Gilbert
<i>Mapper</i>	Ian Dempsey
<i>Course Setter</i>	Bert Van Netten
<i>Course Vettors</i>	Neil Chappell
<i>I.T.</i>	Graeme Cooper
<i>Assistants</i>	Russell & Carolyn Rigby, Carolyn Chalmers, Vicki Cooper
<i>Parking</i>	Cardiff Scouts
<i>Photographer</i>	Russell Rigby
<i>Safety Officer</i>	Doug Floyd
<i>Emergency Services</i>	Cooranbong S.E.S.
<i>Tea & Damper</i>	Sylvia Burgess
<i>Hash House</i>	Cardiff Scouts



Rogaining is the sport of long distance cross country navigation, in which teams of 2 to 5 people, using a provided map, compass and recommended safety gear, visit as many check-points as possible in the designated time period (usually 6, 12 or 24 hrs). The parts of the course you visit are entirely up to you and your team members. There are no set routes and you don't have to spend the whole time on the course. You can return to the "Hash House" at any time for hot food, and a rest around the campfire .



It is a team activity for people of all ages and levels of fitness. Everyone from elite athletes to families with young children can enjoy rogaining. New rogainers are always welcome and assistance is always available from organisers to help get novices started

Highlights

- * Enjoy scenic bushland
- * Improve navigational skills



- * Taste delicious food from the hash house
- * Enjoy the challenge of planning & navigating chosen routes



The Lake Macquarie Rogaine



The Lake Macquarie Rogaine is a 12 hour event with a 6 hour option and is held annually in the Watagan Forest or the Sugarloaf Range in western Lake Macquarie. It is one of the more popular events held in NSW with approximately 300-400 competitors taking part each year. It has developed a reputation for being a well organized event providing for all levels of competitors. One of the highlights is the excellent catering provided by the Hash House and Tea 'n Damper stops which are very much appreciated by all competitors.

The event is run in conjunction with the Lake Macquarie Games with all competitors receiving a Lake Macquarie Games participation certificate and placegetters receiving a Lake Macquarie Games medallion.

This event is an ideal opportunity for novices and the inexperienced to be introduced to the sport of rogaining.

18th Lake Macquarie Rogaine

Sugarloaf Conservation Area

Contact Details: Bob Gilbert 49521967 bgilbert@hunterlink.net.au

18th Lake Macquarie Rogaine

15 August 2009

Sugarloaf Conservation Area



Scenic views

6 hour event

12 hour event



Picturesque assembly area



Many defined topographic features



**Online entries available soon at
www.nsurrogaining.org**

Further information contact Bob Gilbert

02 49521967

bgilbert@hunterlink.net.au



**Don't miss this popular event once again supported by
Lake Macquarie City Council as part of the Lake Macquarie Games**

Awards



Gold

Silver

Bronze

Lake Macquarie City Games medallions supplied by Lake Macquarie City Council are presented to placegetters in the following classes:

1. Open
2. Veteran
3. Superveteran
4. Junior
5. Family
6. Novice

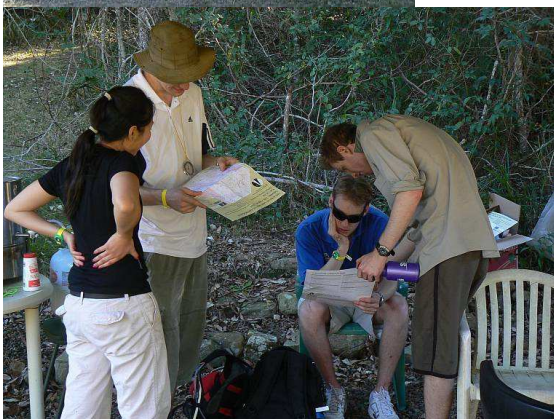
Each class has 3 categories: Men, Women & Mixed



The Start



On the Course



At the Finish



72

NSW Rogaining Association

[Home](#) | [About Events](#) | [About Rogaining](#) | [About NSWRA](#) | [Resources](#) | [Links](#)

Results of Lake Macquarie 2009 held on 15/08/2009

Date of Printing: 21/08/2009

12 hour Course												
Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Junior	Novice	Family
151	Andrew Haigh, Nicole Haigh	1650	11:55	1			1					
114	Gill Fowler, Scott Hamilton	1550	11:55	2			2					
4	John Barnes, Mardi Barnes	1520	11:51	3			3					
99	Stewart Johnston, Mark Smith	1450	11:51	4	1							
32	Neil Hawthorne, Warwick Selby	1350	11:56	5	2			1	1			
26	nfp, nfp	1330	11:56	6			4					
150	Brendan Byrne, Edwina Hatch	1220	11:44	7			5					
140	Owen Kurtz, Stuart Kurtz	1210	11:55	8	3							
124	Tsalina Phang, Luke Su	1200	11:24	9			6					
38	nfp, Angela Lonergan, Elouise Peach	1200	11:46	10			7					
101	Alexander Cameron, Michael Minehan	1200	11:49	11	4			2				
112	Belinda Bright, Veronica Strong, Philip Whitten	1170	11:23	12			8					
65	Mal Roberts, Garry Sundin	1160	11:41	13	5							
42	Kerryn Graham, Melissa Thomas	1140	10:24	14		1						
87	Jason Bowden, Stuart Todd	1140	11:00	15	6							
29	Peter Chan, Peter Cox	1090	9:32	16	7			3				
9	Michael Cairney, Christopher McRaid	1070	11:40	17	8							
83	Wil De sain, Carol De sain	1040	11:20	18			9	4				
50	Colleen Mock, Colin Mock	1030	11:48	19			10	5	2			
100	Richard Green, Melissa Selby	1010	11:59	20	9							
30	nfp, nfp	1000	11:32	21		2		6				
137	Rob Marlow, Richard Old	1000	11:40	22	10			7			1	
56	Robin Cameron, Stefica Key, Deanna Lum, Lorraine Spanton	1000	11:50	23		3		8				
106	Jess Baker, James Lithgow	1000	11:58	24			11					
Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Junior	Novice	Family
33	Blake Bambrook, Shelley Bambrook	990	11:47	25			12					
115	Emmanuelle Convert, Vivien De courcelles	950	11:49	26			13					
109	John Brayan, Paul Ettema	920	11:32	27	11			9				
60	Mark Barnes, Geoff Barnes	920	11:56	28	12							
18	Jason Hollard, Sebastian Hollard	910	11:55	29	13							1
37	William Wekeem, Colin Williams	900	11:51	30	14			10				
66	Caoimhin Ardren, Louise Clifton, Stephen Thomsen	890	12:10	31			14					
88	Phil Gane, Richard Stepniewski	870	10:40	32	15			11	3		2	

Nathan Archer, Paul Griffiths, Scott Taylor	870	11:32	33	16							3	
Ben Morgan, Dan Redfern	850	12:04	34	17			12					
Sue Adams, Denise Clark	820	11:27	35			15	13					
John Greenwood, Sue Mahony	770	10:04	36		4		14					
Chris Johnson, Michael Roylance	750	9:09	37	18			15	4				
Nick Greenhalgh, Kim Hammond	700	9:31	38			16	16					
Jenny Cheng, Steven Hare	690	11:18	39			17				4		
Lyn Falck, Alexa Troedson	690	11:41	40		5		17					
Trevor Gollan, Maurice Ripley	670	12:01	41	19			18	5				
Gary Ferris, Mark Garrett	660	9:48	42	20			19					
nfp, nfp	660	11:16	43	21								
Max Coates, Gregory Rowe, Simon Williams	650	9:05	44	22								
Philip Allen, Ted Booth	590	9:27	45	23			20	6				
nfp, nfp, Marcus Dore, nfp	580	11:33	46	24								
Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Junior	Novice	Family	
Ian Almond, Bronwyn Wilson	570	10:40	47			18	21					
Wayne Brown, Vince Carolan	550	8:27	48	25								
Roslyn Atkins, Gail Bussuttil, Kerry Gilmore	500	8:14	49		6		22					
nfp, nfp	500	11:49	50			19						
Amy Atkins, Daniel Atkins, Andrew McGuire	440	11:16	51			20						
Hubbard Jim, Bob McNairn	440	11:27	52	26			23	7				
Lewis Benham, Malcolm Fleming	380	11:28	53	27			24					
nfp, Andrew Vasiliou	370	5:41	54	28			25	8				
Richard Roylance, nfp, nfp, Chris Walton	270	4:53	55			21					2	
Alison Almond, Dave Clunas	220	5:06	56			22						
Helen Edwards, nfp, nfp	180	7:03	57			23				5		
Seychelle Ball, Amber Lawrence, Paul Power	150	9:13	58			24						
Matthew Abel, Lachlan Burton, Andrew Kirkpatrick, Nelson Pritchard	130	6:52	59	29						6		
Luke Brymora, Kristian Brymora, Josh Phillip, Matthew Power	50	7:16	60	30								

Results of Lake Macquarie 2009 held on 15/08/2009

Date of Printing: 21/08/2009

Course												
Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Junior	Novice	Family	
Carolyn Matthews, Malcolm Roberts	990	5:54	1			1	1					
Maarinke van Der meulen, Campbell Wills, Andrew Wisniewski	860	5:57	2			2						
Gregor Scott, Diana Scott	850	5:40	3			3	2					
John Scambary, Gary Scott	850	5:41	4	1			3					

6	David Green, Andrew Palmisano	820	5:40	5	2			4				
13	Darrell Grundy, Edward Mounsey, Graham Mounsey	820	5:57	6	3							
21	Lucy Vowels, Brian Vowels	770	5:56	7			4					
58	Matthew Holohan, Rod Tracey	750	5:16	8	4							
139	Gareth Denyer, David Stone	730	5:50	9	5			5				
73	Shane Anderson, Alicson Anderson, Linda Broschofsky	700	5:51	10			5	6				
152	Lewis Berkholz, Peter Berkholz, Norbert Ehms, Geoff Peel	700	6:03	11	6							1
34	Nathaniel Brown, Martin Dearnley, Louise Dearnley, Nigel Gray	680	5:44	12			6					
41	Mark Von huben, Amy Von huben	660	5:59	13			7					
63	nfp, Paul Maston	630	0:-2	14	7							
19	Paul Downard, Fiona Maclean, Jim Phimister	630	5:53	15			8	7				
134	Soph Bettington, David Frazer	620	5:14	16			9					
79	Daniel Howe, James Hwang	620	5:45	17	8							
43	Nathan Lowe, Tim Shand	620	5:52	18	9							
Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Junior	Novice	Family
24	Eric Smith, Phillip Titterton	610	5:53	19	10			8	1			
51	Marg Cook, Rob Cook	600	5:52	20			10	9				
53	Leann Hanson, Peter Hanson	590	5:28	21			11	10				
48	Andrew Depree, Anna Habeck, Ailsa Schofield	590	5:47	22			12					
90	nfp, nfp	580	5:50	23			13					
122	nfp, nfp, William O'Loughlin, nfp	570	5:42	24			14					
143	Jim Clarke, John McKinnon, Ben McKinnon	570	5:57	25	11							2
110	Micha Cechova, Marty Middlebrook	570	6:05	26			15					
11	nfp, nfp	560	5:42	27	12			11				
105	Jack Starnawski, Tim Starnawski	540	5:53	28	13						1	3
46	Robyn Platt, Kathryn Vaughan, Laura Wilson	540	6:00	29		1						
36	Rochelle Johnston, Nicola pradella Pradella	520	5:39	30			16					
74	Lou Vaccari, Nick Vaccari	510	5:38	31	14							
135	Shane Jenkins, Mick Kavur	510	5:50	32	15						2	
20	Kileen Saunders, Justin Saunders	500	5:23	33			17					
77	Kerry Bacon, Sarah Bacon, Greg Bacon	500	5:48	34			18					
16	Naomi Rayward, Gavin Rayward	490	5:36	35			19					
14	Kit Craig, Sue Craig, Patricia Daly, Raymond Daly	490	5:48	36			20	12				
95	Michael Basson, Aditya Keswani, Damon Vandermaat	490	5:54	37	16						3	
72	Graham Carr, Lachlan Clarke, Hamish Clarke, Keita Richardson, Peter Tuckwell	460	5:17	38	17							
Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Junior	Novice	Family

[illegible]

142	Diana Charlton, Glen Charlton	200	6:29	75			36					13
123	John Murby, Li Xue	160	5:14	76			37	22				
67	Simon Hunter, Jay Hunter, Poppy Hunter, Jo Wood	140	3:55	77			38					14
64	Vincent Pollaers, Jamie Pollaers, Charlie Pollaers	140	3:55	78	30						13	15
Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Junior	Novice	Family
5	Klaudia Alexie, Robert Gibbons, Graham Millar, Richard Smyth	120	2:25	79			39	23				
68	Ashley King, Elisabeth King, Jaydon King, Tristan King	120	4:14	80			40					16
70	Nick Watt, Tracy Watt, Charlie Watt, Zoe Watt	120	4:16	81			41				14	17
7	Tom Nolan, Ashley Warner	120	5:03	82	31							
158	Luke Ferris, Matthew Ferris, Gemma Ferris, Belinda Ferris, Graeme Ferris	60	3:34	83			42					18
91	Belle Celloe, Pat Nolan	Late										
136	Lewis Vincent, Robert Vincent	Late										
12	Michael Free, Lisa Grant	Late										

Safety Officer Report – Lake Macquarie Rogain 2009.

Location: - Archery Road Wakefield – Sugarloaf Conservation Area

Wallsend 9232-3-S and Quorrobolong 9132-2-S, Topographic map.

Date: - 15th October

(2 events: - 6 hour 12noon till 6pm and 12 hour noon till midnight)

Introduction

366 registered competitors enjoyed beautiful winter sunshine and a cool clear starry night at this year's Lake Macquarie Rogain held on private land and the imposing Mt Sugarloaf range. 6 hour event 86 teams with 222 members entered. 12 hour event 59 teams with 144 members entered.

Administration Tent and Hash House were set up on private property belonging to Alan McCarthy off Archery Road Wakefield, a lovely location with a big grassed paddock. A very experienced management committee ran the event. All competitors were provided with an accurate map and checkpoint descriptions. The pre-event briefing covered all likely problems such as very steep terrain with many unmarked cliff lines, very slippery rocks in wet watercourses, vehicular traffic on roads, etc.

The Safety Plan was prepared based on last year's safety plan, adapted for the changed location and environment. This was forwarded to Cooranbong SES for comment prior to the event. NSW Police Hunter Regional Command and NSW ambulance were notified prior to the event.

As in past years, the Cooranbong SES provided an experienced safety response team of 6 members (4 during daylight hours, an extra two for the night time) with a 4wd vehicle and all necessary equipment: - satellite phone, mobile phones, portable GRN radios for infield communications, ready packs with maps and compasses for team member to operate in the field as necessary, base tent for protection from the weather, generator and lighting equipment.

The Safety Officer had a soft 4wd vehicle, five BWRS UHF radios and a Etrex Vista gps. The BWRS also provided Geoff Dale as a second Safety Coordinator to increase involvement for other members of this squad and promote skills transfer for succession planning.

Event

I am pleased to say that there were no major incidents. The minor incidents were: - one six hour team phoned to say they would be 2 hours late back, 5 other teams were up to an hour late. First aid assistance: - a scratch on a forearm caused by a barbwire fence was cleaned up by Cooranbong SES. One competitor seen to be assisted into the car park was approached to offer assistance but he and his team mate said that he was ok. He was from team 7, this was his first event since a knee operation, he was just exhausted and knee was hurting. He looked ok. He was advised that assistance was available if he needed it.

Seven safety sweeps of the course roads were carried out by the Cooranbong SES but there were no calls for assistance. The roads in the area are in a very poor state and two of them were blocked, to the vehicles available, part way along. However it was possible to access these roads from the other side of the block.

The weather was ideal warm winter day and cooler clear night.

Five 6 hour teams were late up to 21:30; a sixth team phoned about 21:00 pm to say they were ok but would be about 2

hours late. All 12 hour competitors returned on time, before the midnight deadlines.

Conclusion

A very well run event and only very minor incidents reported to the SES safety response / first aid team or Safety Officer.

The SES GRN radios, on duplex, provided good coverage back to base, during the road sweeps. The SES GlobStar satellite phone was not used. Mobile phone coverage to event organisers was generally good.

The BWRS UHF radios were used satisfactorily particularly with the new high gain unidirectional antennae (we were testing their suitability for use during the NSW Rogaining Championship in September).

A particular thanks to the Cooranbong SES for their, professional approach, skills and friendliness, that contributed to a very successful event. Thank you also Geoff Dale for his friendly contribution to the smooth running of the event.

The Safety Officer assisted with the collection of flags on Sunday.

Dug Floyd (Safety Officer)

Lake Macquarie Rogaine SAFETY PLAN

15 August 2009

PURPOSE OF THIS DOCUMENT

This safety plan has been prepared to manage hazards in the 18th Annual Lake Macquarie Rogaine 2009. It describes the event, its location and provides contact and communication details for the event organisers. Hazards we are aware of are listed and classified. The measures that have been taken to reduce or eliminate each hazard are described. The document also indicates the action we propose to take if the identified hazards occur during the event.

A copy of this document has been provided to the Cooranbong SES and the event and this document discussed with the SES staff. In the eventuality of identified hazards or other as yet unidentified hazards occurring during the event, it is proposed to implement this Safety Plan.

Safety Plan prepared by: Dug Floyd

Signed:

Dated:

Event Description Page.

Name of the Event	18th Annual Lake Macquarie Rogaine
Date of Event	15 August 2009
Event Start Time	12 noon
Event Finish Time	12 midnight
Duration of Event	6 hours and 12 hours
Location of the Event <i>Administration</i> (Hash House)	Private property of Alan McCarthy Archery Rd Wakefield Wallsend Topographic map 9232-3-S Grid Reference 525.631 (Lat Long S XX° XX.XXX” E XXX° XX.XXX”) See Attached Competitors Map
Course Location	Sugarloaf Conservation Area Sugarloaf Range
Vehicle Access to the Event course is from the following roads.	4km north on Wakefield Drive from Palmers Road turn left onto Archery Rd. After passing under the bridge after road veers to left
Location of the nearest helicopter- landing site to Event Administra- tion.	Assembly area Grid Reference xxxx xxxx (Lat Long S xx° xx.xxx” E xxx° xx.xxx”)
Approx. number of entrants at the Event.	200 - 300
Approx. number of Event staff and volunteers.	30

Event Organisation Contact Page.

Event is run by	NSW Rogaining Association		
Event Organiser	Bert van Netten	Home Ph: 4975 3693	Mobile: 0408 753 693
Event Administrator	Bob Gilbert	Home Ph: 4952 1967	Mobile: 0438521967
Event Safety Officer	Dug Floyd	Home Ph: 02 4963 4126	Mobile: 0439 739 836
Event Safety Response Teams	Cooranbong SES	Contact 4977 3233	
Network phone connections at Event Administration	Landline Nil	Mobile GSM Limited	
	Mobile Next G 0438521967	Satellite Nil	
On Course communication	Two-way radio SES GRN radio network	SES 4977 3233	
Emergency Services -all calls			
Police	000		
Ambulance			
Rural Fire Service			
Police-	Regional Office : 49290688	Lake Macquarie Local Area Command: 4965824	
Morisset Police Service	Morisset: 49731444		
Ambulance	131233		
Rural Fire Service-	Dial 000		
Cooranbong Fire Station			

Definition of Rogaining

Rogaining is the sport of cross-country navigation. It involves teams of two to five people travelling and navigating only with a compass and a map prepared for the event.

Purpose: Teams navigate cross-country to checkpoints marked on the map and punch control cards. Checkpoint scores vary and the team amassing the highest score at the end of the event wins.

Duration: Events range in duration from 6 to 24 hours and may include substantial night-time competition.

Start and Finish: Takes place at the 'Hash House'. Competitors will camp before (and after) the event and generally food will be provided during the event at the Hash House.

Equipment: Generally Rogainers carry light weight equipment- day-pack, food, and water, sufficient, torch and first aid.

LAKE MACQUARIE ROGAIN 2009 -- MANGEMENT OF SAFETY INCIDENTS.

The responsibility for safety and emergency management during this event remains with the Event Management Team. In the event of an incident occurring that requires a response, the Event Management Team comprising the: - Event Organiser – Bert van Netten, Event Administrator - Bob Gilbert and the Event Safety Officer – Dug Floyd, will convene at the Emergency Operations Centre (EOC). The Safety Management team will remain available and on call for the duration of the event.

The Event Safety Officer will be responsible for the implementation of the decisions of the Event Management Team: - control / coordination of incident, the deployment of resources, and also for notifying and liaison with outside agencies. The primary aim of this plan is to contain incidents on site as far as possible, and be able to respond to them in a prompt, efficient and professional way using resources already present. Outside assistance will only be requested when the incident is of a nature that cannot be managed with available resources, or there is a statutory obligation to do so.

Involvement of Cooranbong SES in Search and Rescue Operations

The NSW Rogaining Association acknowledges that the NSW Police Services will be the peak agency supervising and co-ordinating any search, or search and rescue, requested at the event. Rogaine events are generally undertaken in rugged terrain with few roads. Search and rescue personnel must be physically fit, capable of operating for extended periods on foot, with limited support, during day and night time and in all weather conditions. Strong navigation skills and personal survival skills are essential.

The NSW Rogaining Association considers that Cooranbong SES are capable of providing emergency response and field communication team resources appropriate for use in Rogaining events, and request that Cooranbong SES are invited to assist in any search and rescue or emergency response requested at the Event.

The primary function of the field communications team is to gather as much information regarding the situation and to promptly provide this to the Event Safety Officer. To ensure timely, prompt and efficient management of incidents, information about the same should be treated on a strictly needs to know basis. This is so a single co-ordinated response can be made and also to prevent unnecessary confusion about the incident.

RISK ANALYSIS:

A Risk analysis has been conducted on the LAKE MACQUARIE ROGAINE 2009 event and has identified a number of incidents that may arise during the event. In this risk analysis consideration has been given to the history of incidents from previous events and similar events elsewhere. Many of these risks are present each year and from past experience the event has proven to be extremely safe. Injuries have typically been of a minor nature and have been treated on site using our own first aid resources.

Statistics of a previous event:

These are not available, but there have been very few incidents during past events.

1. Trips, Falls, Lower Limb, Injuries

The Lake Macquarie Rogaine 2009 course is set on the Sugarloaf Range, Sugarloaf Conservation Area on undulating terrain from 20 to 420 metres altitude. The area covers the Sugarloaf Range and is bounded by the Newcastle Freeway in the east,

Palmers Road in the south, the National Parks Boundary in the west, and Mount Vincent in the north. The walking speed of participating teams will be affected by prickly scrub present in gullies and on some ridges. Small cliffs and bluffs are present and unpredictable in size and can limit access to some points. However, as in previous years all checkpoints for Lake Macquarie Rogaine 2009 have been set without the use of ropes. The Lake Macquarie Rogaine 2009 course has fire roads on most ridges. Participants will be reminded of potential dangers in the "Lake Macquarie Rogaine 2009 - Course Setter's Notes" A verbal reminder of the potential dangers will be given just prior to the start of Lake Macquarie Rogaine 2009 at 11:30 am.

As in previous years a number of minor lower limb injuries will probably occur. Typically, these injuries could occur from a fall or trip due to inattention, lack of fitness, fatigue, or loss of footing. These are normally restricted to twisted / sprained ankles or knees or cuts and abrasions. These incidents are normally brought to the attention of event management when the injured party is located on a fire road by patrolling event vehicles or they report with their team to the hash house or tea and damper stop. Many of these injuries are of a self-treating nature. First aid can be provided at the Hash House by qualified personnel. When required the casualty is evacuated to the Hash House by one of our on course vehicles. As in previous years these injuries can be typically expected to occur either close to the start of the event or late in the day / during hours of darkness.

Rating: Likely

Incident Rating: Minor

2. Exhaustion / Fatigue

It is expected that a number of competitors will be forced to withdraw from the event due to exhaustion and/or fatigue. From past experience many of these individuals will withdraw when at a water drop or when passing the Hash House. These incidents tend to be self-resolving when treated with rest. They do not require commitment of resources, other than transport of the casualty back to the Hash House by an event vehicle.

Rating: Almost Certain

Incident Rating: Minor

3. Hypothermia

As this event occurs in winter temperatures could thus be cool to cold, with additional considerations having to be made for wind chill and adverse weather. All participants have been supplied with minimum equipment guidelines as part of the "Lake Macquarie Rogaine 2009 Event Rules". These ensure that competitors have sufficient warm clothing, protective rain-wear. A pre-event safety briefing will cover hypothermia and its management. Whilst the climate is of a cold nature it is not anticipated that hypothermia will pose a significant threat because of minimum equipment guidelines and the general preparedness of the participants for cold conditions. The majority of teams have previous outdoor experience and will also many have first aid trained members within parties.

Rating: Possible

Incident Rating: Minor

4. Heavy Rain

It is possible Lake Macquarie Rogaine 2009 will proceed during inclement weather. The event will only be postponed in the case of severe weather. While heavy and continuous rain may make the Lake Macquarie Rogaine Hash House site uncomfortable it does seem to be well drained. As in previous years the planned tents will cover all recognised administration functions of Lake Macquarie Rogaine. However, at the event start and presentations large numbers of participants may be standing in the rain. These activities may need to be kept brief.

Participants have been advised to be prepared for bad weather. The Event Controller and Safety Officer, in consultation with local authorities, will decide whether to restrict the event due to severe bad weather.

Rating: Possible

Incident Rating: Minor

5. Dehydration

Recent heavy rain could mean flowing water will be common on the Lake Macquarie Rogaine course. However, water in the Forest may be unsuitable for drinking. The "Lake Macquarie Rogaine 2009 - Course Setter's Notes" will remind participants of this risk. Problems have arisen in the past because participants attempt to minimise weight in packs by reducing the amount of water carried. **Participants need to be informed at the pre event briefing of the possible risk of water from the Forest.** Dehydration is considered a medium risk because of the competitive nature of some individuals who may not consume adequate water, despite the water available on course. Pre-event safety briefing will reinforce water requirements and availability. Water is available at the Hash House and at the Water Drops, indicated on the competitors map.

Rating: Almost Certain

Incident Rating: Minor

6. Over hydration/hyponatremia (also known as Hyponatraemia)

Increasingly seen in endurance events, often after a participant has suffered from dehydration in a previous event. Most often occurs in exercise lasting four hours or longer and results primarily from consuming excessive fluids. It is exacerbated by not replacing sodium losses. Severe cases may involve seizures, increased intracranial pressure, fluid in the lungs and respiratory arrest. To avoid sodium depletion, replace fluids with electrolytes. Pre-event safety briefing will reinforce electrolytes requirements.

Rating: Possible

Incident Rating: Minor

7. Overdue / Lost / Missing Teams

This year's course is contained within the Sugarloaf Range of the Watagan National Park. Sugarloaf Range has a fire road on the main ridge and some side ridges. The most likely scenario consists of teams being overdue as a result of attempting too much. Unless information to the contrary is forthcoming from other teams, search procedures will not be implemented until 18:30 hours for the six hour event or 12:30 hours on Sunday 16 August for the 12 hour event. This is to allow sufficient time for the party to reach the hash house.

Rating: Possible

Incident Rating: Minor

8. Road Accident

A potential hazard is teams walking along and crossing the unsealed forest roads, normal road sense and awareness will apply. Participants will be reminded of this potential danger in the "Lake Macquarie Rogaine 2009 - Course Setter's Notes". A verbal reminder of this potential danger will be given just prior to the start of LAKE MACQUARIE ROGAIN 2009 at 11.30am.

Another potential hazard is that of teams arriving on Saturday morning on rural sealed and unsealed roads, with associated hazards of animal strikes, speeding, inattention, etc. This also applies to those leaving on Saturday night and Sunday morning after the event. However, driving on Public Roads is outside the scope of this plan. It is expected that all vehicles will be registered and their drivers will observe the relevant road rules / laws. Verbal reminders may be given to "Drive Safely" during presentations.

For this event, access to the Hash House site is via the unsealed forest road. Participants are to be advised of driving directions and special requirements in the pre-event mail-out information pack. The Hash House will be in operation from Saturday morning and will render assistance if required. The contact phone number for the Event Controller will be supplied to participants. Copies of this plan will be distributed as required to land holders (including State Forests and NP&WS) plus local emergency services.

At the Hash House Site camping area event personnel will assist with traffic control and the restricted parking. Event and SES vehicles will be available to render minor assistance to vehicles in difficulties eg bogged vehicles, hard to start vehicles etc.

Rating: Possible

Incident Rating: Minor

RESPONDING TO INCIDENTS

The Response Team.

The Response Team (R.T.) will be on stand-by for the duration of the event. The R.T will comprise of the Cooranbong SES first, and then by other personnel accepted as suitable by the EOC. The R.T will be able to deploy to any incident on the course to provide assistance to any injured parties on first notice being received. The R.T will have a dedicated vehicle for their use and will maintain packs that are capable of providing food, shelter, clothing and first aid. Where an incident is reported to the event controllers the Event Safety Officer will assess the information and make a decision based upon the response required.

1. Minor Incidents

As described in Risk Analysis, minor incidents will be dealt with by First Aid providers in the field. Competitors with injuries of a minor nature, such as twists, sprains and fatigue/exhaustion will be evacuated from service trails by one of the SES or management vehicles during regular patrols of the course.

As described in Risk Analysis (CI 7), overdue teams will be managed as a Minor Incident unless available information dictates otherwise. In the event of a team being overdue or missing beyond a reasonable finish time, Response Teams will be initially directed to investigate areas based on information gathered on the overdue parties last known point of contact, and their intended direction of travel. The RT or other personnel may also be used to assist with a search.

2. Major Incidents

Incidents that require coordinated response will be managed by the EOC at the Hash House. The R.T. will be deployed as required. The primary objective of this plan is to be self sufficient in terms of (foreseeable) emergency management by initially utilising those resources present at the event. Naturally, outside resources will always be considered for unusual circumstances. The primary function of the field communications team is to gather as much information regarding the situation and to promptly provide this to the event management team. To ensure timely, prompt and efficient management of incidents, information about the same should be treated on a strictly needs to know basis. This is so a single co-ordinated response can be made and also to prevent unnecessary confusion about the incident. The Safety Management team will remain available and on call for the duration of the event.

Copies of this document are to be distributed to relevant emergency service organisations. This has been done solely for the purpose of providing advanced warning about the event which we anticipate will, again, be a relatively trouble free.

In the event of a serious injury occurring in an area remote from access tracks it is likely that evacuation by helicopter will be considered. In this case it is essential that all information available is supplied to the Safety Officer. Any decision regarding helicopter evacuation will be made by the Officers of the NSW Ambulance Service. The provision of timely and accurate information about serious incidents cannot be overstated. All relevant information, including weather conditions, cloud cover, wind speed and wind direction is essential when determining how the incident will be managed. The safety of the injured person, rescue teams and aircrew may depend on it. It is the position of the event management team that regardless of the likelihood of helicopter evacuation, ground teams will be sent to the scene of any incident to provide first aid assistance and to gather and relay information. The Event Safety Officer will be the delegated person for contacting emergency services if that is required.

Definition of RISK from the Australian Standard

The chance of something happening that will have an impact upon the objectives. It is measured in terms of consequences and likelihood. AS/NZS 4360

Likelihood *A qualitative description of probability and frequency.*

Likelihood ratings used in this document (as per NSW State Emergency Management Committee).

Rating	Description and Indicative Likelihood
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Almost certain Expected to occur, many recorded incidents, strong anecdotal evidence, great opportunity, reason, or means to occur; may occur or be exceeded once every 1 to 5 years.

Likely Will probably occur; consistent record of incidents and good anecdotal evidence; considerable opportunity, reason or means to occur; may occur or be exceeded once every 20 years.

Possible Might occur; a few recorded incidents in each locality, some anecdotal evidence within the community; some opportunity, reason or means to occur; may occur or be exceeded once every 100 years. Will generally be close to or exceed past records of occurrence.

Unlikely Is not expected to occur; isolated recorded incidents in this country, anecdotal evidence in other communities; little opportunity, reason or means to occur; may occur or be exceeded once every 250 years. Will almost always break previous records of occurrence.

Acknowledgements



NSW **National Parks
and Wildlife Service**

