



# 46th Paddy Pallin 6 hour Rogaine

Sunday 14th June 2009

## Final Instructions

Welcome and thanks for your entry to the 46<sup>th</sup> Paddy Pallin Rogaine. This information is intended for all team members. There are three important attachments...

- **Indemnity Form** – to be signed by all team members and presented at registration
- **Rogaining Rules** – essential reading for all team members prior to the event
- **Navlight Instructions** – each team member now wears an electronic Navlight tag and these are punched at controls in lieu of the old control cards

### Venue

The hash house is located at **Coolendel Camping and Cabins**, Grassy Gully Road, Coolendel. The site is approx 45 mins drive west of Nowra, on the beautiful Shoalhaven River. Much of the road is gravel and in places is narrow with lots of blind corners. So be careful! Coolendel's website claims there are regular visits from kangaroos, possums, goannas, peacocks and what is reputed to be the world's largest wombat. The site is a nature reserve and pets, motor bikes and generators are not permitted.

### How to Get There

From Sydney:

- Head south on the **Princes Highway** through Wollongong, and Berry and over the Shoalhaven River Bridge on the northern outskirts of Nowra.
- At the 5th set of traffic lights after the bridge, **turn right** at the cemetery into **Kalander Street** and continue to the roundabout.
- At the roundabout turn into **Albatross Road** and after 800 metres, turn right into **Yalwal Road**.
- Continue along **Yalwal Road**, after 10 km, veer right into **Burrier Rd** and after a further 8 km, turn left into **Grassy Gully Road**, and follow it a further 11 km to the Coolendel site. Be very careful on Grassy Gully Road – it is gravel and very winding.
- Coolendel is approximately a 3 hour drive from Heathcote, on Sydney's southern fringe.

From the South:

- Travel north up the **Princes Highway**, turn left at the cemetery into **Kalander Street** and continue to the roundabout.
- Follow the instructions above to the Coolendel site.

### When you arrive at Coolendel

You can choose to camp Saturday night (\$15/person, under-14's free) and have your dinner provided by Waitara Scouts (\$13/person). Your entry must include payment for dinner. Camping fees are paid separately to our hosts when you arrive.

## Timetable

### Saturday 13 June

7.00pm	Pre-Registration Opens
8.30pm	Pre-Registration Closes
6.30pm to 9.30pm	Dinner Available

### Sunday 14 June

7:00am	Registration Opens
7:00am	Maps Available
8.30am	Novice & First Timer Briefing
8:45am	Pre –Start Briefing
9:00am	Rogaine Start
3:00pm	Rogaine Finish

### Novice Instruction

A special briefing is provided half an hour before the start for those who are new to rogaining. We will also be happy to give you some individual advice after the start to help you on your way.

### Registration

Registration is undertaken at the Administration Tent. In fact there will be two tents – one if you need to make changes to your team, and another, if you do not. Either way, when you come to registration, can you please make sure:

1. You know your **team number** (the first thing you will be asked!). An entrant list will be available for you to look this up. A team list is also on the NSWRA web site.
2. You have your **Indemnity Form**, signed by each member of your team.
3. If you have any **outstanding fees** to pay, have cash, cheque or money order ready. We do not have credit card facilities at the hash house.

The following will be issued from 7.00am on Sunday:

1. A Navlight tag and wrist band. Each team member must wear a Navlight tag. It will be ‘test punched’ when you first put it on;
2. One water proof punch card;
3. One set of course setter’s notes;
4. Control descriptions for each team member and
5. Maps.

### Pre-Start Briefing

We require everyone taking part in the event to attend the pre-start briefing. Here, a check will be made that your Navlight tag is correctly fastened. It will then be punched with a “Brief” punch. Every team member must have a tag correctly attached and punched. You must have your tag ‘brief punched’ before you go out on the course, or it won’t work!

Note that “Test” punches are not “Brief” punches!

### On the Course

At each control point each team member must punch their Navlight tag. The Navlight punches will be attached to the flag. At controls closest to the Hash house, there may be two or more punches. Each person can use whatever punch is available.

You are only required to punch your control card if the Navlight punch fails to function or is missing.

### **The Finish**

During the last 20 minutes before the finish, a marshalling area will be set up in front of the administration tent. As you arrive, your Navlight tag will be checked to make sure it is still properly attached and it will be “stop” punched. You can then cut off your tag and deposit it in the collection box together with your control card. You should then leave the area. Team scores will be printed out and handed to teams on request. There could be a delay of up to 10 minutes before the “score printouts” become available.

Your team’s finish time will be the time that the last tag is punched with the “stop” punch. Any team more than 30 minutes late will be recorded as late and will forfeit all points.

### **The Map**

The map has a scale of 1:25,000 with contours at 10 metre intervals. It has pre-marked controls and is printed on one A3 sheet with the map on one side and control notes on the other. Unlike other events, the **map is printed on plain paper** and it is recommended the **map be covered with clear “contact”** or similar for use in the event.

### **The Course and its Hazards**

The course is primarily located on National Parks & Wildlife Service land and also includes some private property. The Hash House is located on a privately operated camping area with toilets, showers and electricity available.

The course is predominately natural bushland bisected by the Shoalhaven River with controls located on both sides of the river. Crossing the river could require wading in up to waist deep water with crossing points identified in the notes. The course rises from 10m at the river to a high point of 370m but is mostly below 260m. The area is sandstone formation with many cliffs providing panoramic views of the course and surrounding landforms. The course also encompasses public roads, with the area in popular use throughout most weekends. Vegetation ranges from sparse open gullies and spurs to medium scrub on plateaus with some patches of thicker regrowth following fires in recent years. There are sections of impenetrable lantana along the river, however the course has been planned to avoid these.

### **What you should bring**

If you are camping on Saturday night:

- Tent;
- Sleeping bag;
- Sleeping mat;
- Additional fee to be paid directly to Coolendel proprietors; and
- Dinner, provided by Waitara Scouts, is available from 6.30pm. to 9.30pm.

At the Hash House:

- Completed indemnity form, signed by each member of your team;
- Pens, pencils etc for course planning work;
- Cutlery , mug, desert and dinner plates;
- Portable chairs and table;
- Change of clothes;
- Your own additional food for Sunday breakfast and lunch out the course; and
- Water – please bring 2 litres per person to consume on the course. Water for cooking, showers etc is available at the Coolendel camp site.

#### On the Course:

- Compass, watch, pencil and whistle;
- Hat and sun cream;
- Suitable shoes or boots;
- Gaiters and eye protection;
- Water bottle – 2 litres per person is recommended;
- First aid kit containing as minimum – tape for blisters, snakebite bandage, (1m crepe bandage) and space blanket (1 per person); and
- Food to keep you going while out there.

#### What we Provide

- Dinner on Saturday night from 6.30pm to 9.30pm;
- Hot food will also be available after the event, from 2.30pm on Sunday. Fruit, bread, cake, biscuits and hot/cold drinks will also be available.
- First aid kits containing the minimum requirements as previously noted are available for \$6 at the administration tent.
- Whistles are available at \$2.50 each
- And if you're in need of a compass, we have a limited number for hire for the event at \$2.

#### Further Information

##### About the Event:

- Trevor Gollan  
Phone: 02 4226 5544  
Email: [trevor\\_gollan@uow.edu.au](mailto:trevor_gollan@uow.edu.au)

##### Registration and Administration

- Bob McNairn  
phone: 0418 169 852  
email: [Bob.McNairn@fedcourt.gov.au](mailto:Bob.McNairn@fedcourt.gov.au)

##### Coolendel

- **Coolendel Camping and Cabins**, Grassy Gully Road, Coolendel. NSW.  
Phone/Fax (61) 02 44214586. <http://www.coolendel.com.au/>.

## Using NavLight

### Scoring

This event will use NavLight electronic punching. NavLight has two main components, the punches and the tags. A tag is strapped to the wrist of each person in your team. A punch hangs from a cord at each control near the flag.



A Punch.....



A punch and a tag.....

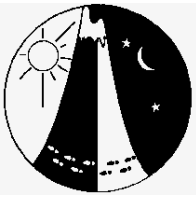
When you visit a control you record your visit by inserting the punch into the tag. You must hold the punch in the tag until the red light flashes to indicate that your visit was recorded.

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.

### 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 long 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.





# New South Wales Rogaining Association Inc.

ABN 15 314 080 648

## DISCLAIMER / WAIVER

Event :	Team No.:	Car Rego.:
---------	-----------	------------

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.**

# 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.