



Paddy Pallin
SINCE 1930

The 49th Annual Winter 6 Hour

FINAL INSTRUCTIONS

Welcome to 49th Annual PADDY PALLIN 6hr Rogaine, Sunday, 17th June 2012. The following information is provided to ensure you and your team gets the most out of the experience. Please pass it on to your team members and ensure they bring all equipment required. Thank you for entering the event.

Included in this package are the following documents:

- ✓ **Final Instructions**; forward these or make copies for all your team members.
- ✓ **Event Rules**; be sure all your team have read these and understand them.
- ✓ **NavLight Usage Instructions**; please familiarize yourself with this system.
- ✓ **Control Card**; you need to cut out the Card, write your Team No. and members on the card, protect it with contact adhesive and show it to Administration when you register at the event.
- ✓ **Disclaimer/Waiver Forms**; these MUST be read, agreed to & signed by all entrants.

Available at the Event:

- ✓ **Saturday night meal tickets**; if you pre-paid for tickets you can collect them at Administration at 5pm.
- ✓ **Maps**; A3 size and printed on paper (& descriptions on back) so will require protection with contact or a bag.
- ✓ **Checkpoint Descriptions**; a separate sheet will be available to each team for planning purposes.
- ✓ **Course Planner's notes**; these should be read carefully, especially by Novice and first-timers.
- ✓ **Wristbands and Tags**; each team member will be required to wear one and record checkpoint visits.

WHERE: The event is being held at Clandulla State Forest, 8 km South of the township of Kandos. The area is predominately rolling spurs and ridges. Carwell Creek cuts through the area, meandering and eventually providing a deep gorge. The elevation is between 600m and 800m, with a good mix of native forest. Many cliffhines and pagoda rock formations can be found in one section of the area. While the vegetation is generally open forest, some nasty scrubby patches occur in small sections and have mostly been mapped as such. Creeks and smaller streams are flowing well, some providing good quality drinking water.

HOW TO GET THERE: From **Sydney** travel via Great Western Hwy or Bells Line of Road to Lithgow. Continue west along Great Western Hwy for 7km and take Castlereagh Hwy north to Ilford (61km). Just north of Ilford (2km) turn right on to Bylong Valley Way. Travel 9km to "Jarrawood" property on the left just before Carwell Creek bridge. Take care when you turn left into the dirt track off the main road. Travel time is about 1 hr from Lithgow.

From **Newcastle** travel to Denman. Continue west along the Golden Hwy and turn left on to Bylong Valley Way (8km) just before Sandy Hollow. Travel 106km to Rylstone (80 mins), then continue through to Kandos (7km south). Continue along Bylong Valley Way for 9km to Carwell Creek bridge. Turn right at the dirt track into "Jarrawood" property (200m past the bridge). Take care when turning!!

ACCOMMODATION: To avoid a very early start on Sunday morning we recommend arriving Saturday afternoon. There is plenty of space to pitch a tent. Saturday night dinner is available from 6.30-9.30 for those who pre-purchased tickets. Nearby accommodation is available in Kandos at hotels or a motel (9km), Rylstone hotels (16km), Mudgee (61km) and Portland (63km).

TIMETABLE: SATURDAY, 16th JUNE

| | |
|---------------|--|
| 7.00pm | Pre-registration opens |
| 9.00pm | Pre-registration closes |
| 6.30 – 9.30pm | Dinner available (pre-purchased orders only) |

SUNDAY, 17th JUNE

| | |
|--------|--|
| 7.00am | Registration opens |
| 7.00am | Maps available & NavLights distributed |
| 8.30am | Novice and first- timer briefing |
| 8.45am | Pre-start general briefing |
| 9.00am | Rogaine starts |
| 3.00pm | Course closes |

Registration:

Registration is at the Administration marquee. When you come to registration, can you please make sure:

- You know your **Team Number**. It is a number less than 500. Printed lists of entrants are available for you to look it up.
- You have an **Indemnity Form** completed with Team Number, car registration and signed by every adult team member.
- If you have any team changes, complete a **“Team Changes” form**.
- If you have any outstanding fees to pay, have cash, cheque or money order ready. We do not have credit card facilities.

The following will be issued from 7.00am on Sunday:

- One **NavLight Tag and wrist band** for each team member over 4 years of age. NavLight Tags are optional for 5 and 6 year olds.
- One **Intention Map** to mark on your “Flight Plan”
- **Control descriptions** and **Course Planner's notes** for all team members
- At the map handout desk you will receive **one map** for each team member.

Preparation Time:

After registering your team, you should now.....

- **Plan** your course;
- **Complete your intention map** “flight plan” and return it to a collection box. Remember to write your Team Number on it.
- **Attach your NavLight Tags** with the wrist bands provided. Note that once closed, you cannot undo them.

Test punches are available so you can see how a punch operates. You can do this at any time. Test punches are just that! They do not affect your score and do not activate your Tag. They are NOT “Brief” punches.

Novice Instruction:

A special briefing is provided at 8.30am 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. The Planner's notes give some suggested checkpoints to visit in 6 hours and advice to Novices.

Pre-Start Briefing:

Ready to go or not, **you MUST attend the pre-start briefing** that will be held at 8:45am. 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 checkpoint **each team member must punch their NavLight Tag**. The NavLight punches will be attached to the flag or next to it. At controls closest to the Hash house, there may be two 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:

When you return from the course, **the entire team must report to Administration**. Your team's finish time will be the time that the last Tag is punched with the “stop” punch. **Each team member must. . . .**

1. Show that the NavLight Tag is still attached to your wrist.
2. Have it punched with a “Stop” punch.
3. Cut it off and hand it to one of the collectors.
4. If you had to use your punch card hand it in also.
5. You should then leave the area.

Scoring:

- Points for each checkpoint **are worth ten times the value of the first number** of the checkpoint. eg Checkpoint 49 is worth 40.
- Penalty for late finish will be **10 points per minute or part thereof**. Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result will be recorded as "LATE".
- Each team member **must punch their NavLight Tag at a checkpoint** for the team to be awarded the points.
- NavLight will be the primary scoring system. The punch cards will only be read if a NavLight punch fails or is missing.

Results:

At the conclusion of the event, every team's score will be displayed as it becomes available. Once all NavLight Tags have been read, results by category will be displayed and individual team result sheets will be printed on request. Full results will be published on the web site.

The Map:

The map has a scale of 1:20,000 with contours at 10 metre intervals. It has pre-marked checkpoints and is printed on one A3 sheet. 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. Checkpoint descriptions will be printed on the back of the map. Be sure to familiarize yourself with the legend to understand some of the unique symbols.

Equipment:

If you are **camping on Saturday night**:

- Tent
- Sleeping bag
- Sleeping mat
- Lots of warm clothes

At the Hash House:

- **Completed Indemnity Form**, signed by each adult member of your team
- Pens, pencils, tape, scissors, measuring string, contact or map bag etc. for course planning work and preparation
- Cutlery, mug, desert and dinner plates
- Portable chairs and table
- Change of clothes
- Your own additional food for Sunday breakfast and lunch out on the course
- At least 10 litres of "city" water for personal use

On the Course:

We have found **good mobile phone coverage across the area**, due to the close vicinity of the receiver towers on local hills.

Compulsory equipment that **each adult Rogaine entrant must carry** includes a basic first aid kit.

- Heavy-weight Crepe bandage, whistle, space blanket, bandaids, field dressing

These items can be purchased at the Sales Desk. We also have compasses for sale and hire.

Recommended Equipment:

- Compass, watch, pencil, small backpack
- Punch Card from this document (Team No. & protected)
- Hat and sun cream
- Suitable shoes or boots
- Gaiters and eye protection
- Full leg and arm cover, gaiters
- Warm jacket/jumper, gloves, beanie and wet weather gear (as required)
- Water bottle/bladder – at least 2 litres per person (water points are on the Course)
- Food to keep you going while out there
- Mobile Phone
- Small torch

What we Provide:

- Local treated water from a water tanker is on site for cooking, washing etc. Water resupply points are on the Course.
- Dinner on Saturday night from 6.30pm to 9.30pm (if pre-booked and paid for).
- Hot food will also be available after the event, from 2.30pm on Sunday thanks to 1st Waitara Scouts.
- First aid kits containing the minimum requirements as previously noted are available for \$10 at the administration tent.
- Whistles are available at \$4 each. 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: ravinie@yahoo.com

Robert Vincent

Phone: 02 4956 7018 (BEFORE 9pm please)

Registration and Administration: admin@nswrogaining.org

Graeme Cooper


Phone: 02 6772 3584 (at a reasonable hour)

E V E N T R U L E S :

A complete set of the Rules can be found on the NSW Rogaining website.

IMPORTANT RULES TO REMEMBER.

- Team members must be within earshot of each other at ALL TIMES. No splitting up is permitted.
- All team members must get to each checkpoint visited and insert the “punch” into their “tag”.
- Teams must not rest within 100 metres of a checkpoint.
- Checkpoint flags and punch units should not be interfered with by entrants.
- The use of any navigational aids other than the map provided, a magnetic compass, and a watch is prohibited.
- Teams finishing early must report to Administration. A team can retire a member at the Hash House, finishing that team's event. A new team can form but they start with a zero score.
- Late finish penalties are severe, 10 points per minute or part thereof. Teams finishing 30 minutes overdue will be recorded as “LATE” with no score.
- If another team has an emergency situation you should cease your event and render assistance, call 0409245031.
- Areas on the map marked with purple line screening are deemed “OUT OF BOUNDS” and no entry is permitted.

| | | | | | | | | |
|---|----|----|-----|-----|-----|-----|-----|-----|
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 |
| 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 |
| 48 | 49 | 51 | 52 | 57 | 58 | 59 | 61 | 62 |
|  SINCE 1930 | | 63 | 66 | 67 | 68 | 81 | 87 | 88 |
| | | | 101 | 102 | 103 | 104 | 105 | 106 |

Team

Points

Penalties

Score

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



Paddy Pallin
SINCE 1930

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

DISCLAIMER / WAIVER

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 rogaie 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 above named 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.

Version: Sep. 2008