

Autumn 12/6 hour Rogaine 27th April 2013

Final Instructions

Welcome to our rogaine at Inverary - lovely walking country in the NSW Southern Highlands.

Getting there: Bungonia is a two-hour drive from the Sydney CBD, a bit closer if you are from Canberra. Our base camp (the Hash House) is in a lightly forested paddock on the Inverary Park property, adjacent to Morton National Park.



From Bungonia, follow Inverary Road which quickly becomes gravel and later deteriorates. Our Hash House is about 10km south-east of Bungonia. Please don't drive into the Inverary Park property via Broadhead Lane - we're based in the back paddock instead – so continue to follow Inverary Rd. For the last two kilometres to the HH the road requires care but is accessible to standard vehicles.

There are no services at Bungonia, so Goulburn or Marulan will be your last opportunity to shop or refuel.

Mobile phone coverage is limited and occasional on the course. We've been able to SMS at the HH site via Optus but not Telstra. Then again Telstra has worked on some of the higher ridges but not Optus.

Program

Saturday 27th	09:00	Registration opens, maps available
	11:40	Briefing for Novices
	11:50	Final briefing
	12:00	Start - each team member must register their wrist Navlight prior to leaving the Hash House
	17:00	Hash House opens for hot food
	18:00	End of the 6-hour event
	19:00	6-hour Presentations
	24:00	End of the 12-hour event (please try to be punctual)
Sunday 28th	01:00	12-hour Presentations
	08:00	Hash House opens for hot breakfast
	10:00	Packup for home

Your Preparations

You are welcome to camp at the HH site on Friday and Sunday evenings but note there are no facilities. We will provide portaloos, hash house tentage, hot water and a campfire. Please don't light any other fires.

There is no local water supply. As the organisers have to truck in water, it would be helpful if you brought a good supply (5-25L) for yourself, to reduce impact upon the HH cache.

Please plan your trip home. If you are in the 6-hour event then a 2-hour drive home is viable. But weary walkers should have options such as camping near the Hash House and joining us for Sunday breakfast, using local accommodation, or bringing a designated driver. Sleepy drivers are one of the highest risks associated with our sport.

For your walk: we recommend you carry plenty of fluids (2-3L) because there is not any good water on the course. We will deposit some water on the course which may supplement your supplies. The bush has negligible undergrowth however, if you hurry or walk at night you will get some scratching, so leg protection is recommended.

When you register at the event please ensure:

1. You know your team number
2. Your indemnity form is completed and signed by all team members
3. Your fees are paid
4. You have compulsory equipment - whistle, space blanket, bandage for snake bite or tourniquet

At your registration we will provide you with:

1. Map and control descriptions for each team member. The map will be 2x A3 sheets that you can join together for the full picture. The map uses 1:25,000 scale and 10m contours
2. Course-setter's notes
3. One Navlight tag and wrist-band for each team member
4. A team intention map, for you to indicate your planned route. This is a safety measure to help us if you encounter misadventure. Please return your intention map to the admin area before you leave at noon

If you are new to rogaining or have any questions, just ask us. We are happy to provide basic instruction and advice. If you stay behind for a few minutes after the start we can provide more detailed assistance.

After the Start

Your team can visit any controls in any sequence to collect points and/or satisfaction. Enjoy the countryside, be safety aware, care for your team.

You are not obliged to stay out for the full 6 or 12 hours. The course allows a return visit to the Hash House for rest and sustenance and hot food will be available from 5pm. Please notify our Admin team whenever you return to the HH so that we can account for all team members.

Points for each checkpoint are valued at ten times the value of the first digit of that checkpoint, eg. Number 62 is worth 60 points. There is a penalty of ten points per minute if your team finishes after the formal end time. We worry less if you finish in the allotted time.

Your Equipment Checklist

- Mapcase or clear contact adhesive to protect your map
- Indemnity/Waiver form signed by all team members
- Pens, scissors, string, sticky tape for you course planning
- Your own cutlery, mug, bowl and plate
- Camping gear - if you plan to stay
- Change of clothes, towel, personal hygiene
- Chairs, picnic table
- Food for Friday night and Saturday morning
- First Aid kit
- Spare water

Your Equipment on the Course

- Small backpack
- First aid kit (crepe bandage, elastoplast, space blanket)
- Toilet paper (Bury or carry all toilet waste)
- Compass, watch, whistle
- Gaiters or leg covering
- Shoes with good grip
- Sunhat, sun cream, insect repellent
- Wet weather and warm clothing
- Headlamp or small torch (with spare batteries and globe)
- Snacks (muesli bars, dried fruit and nuts, chocolate, energy drinks, carbs)
- 2+ litres water

Terrain & Weather

The area is predominantly undulating, open forest with an average altitude about 600m. The creeks have negligible flow and, near the Shoalhaven Gorge, rapidly drop 400m to the valley floor.

After a wet change last Saturday we look to have stable, autumnal weather for the next week. The forecast for Bowral should be similar to the Inverary environment.

Bowral 7-Day Weather Forecast														
	Mon Apr 22		Tue Apr 23		Wed Apr 24		Thu Apr 25		Fri Apr 26		Sat Apr 27		Sun Apr 28	
Summary														
Maximum	17°C		18°C		18°C		18°C		20°C		21°C		23°C	
Minimum	8°C		7°C		6°C		5°C		7°C		8°C		9°C	
Chance of Rain	0%		10%		20%		5%		5%		50%		0%	
Rain Amount	< 1mm		10-20mm		10-20mm		< 1mm		< 1mm		< 1mm		< 1mm	
UV Index	Moderate													
Wind Type	nil		nil		nil		light		nil		nil		nil	
	9am	3pm												
Wind Speed	15 km/h	21 km/h	21 km/h	17 km/h	15 km/h	13 km/h	13 km/h	20 km/h	16 km/h	12 km/h	11 km/h	16 km/h	21 km/h	18 km/h
Wind Direction	WNW	N	N	N	W	W	W	NW	W	S	WNW	WNW	WNW	WNW
Relative Humidity	80%	66%	65%	62%	60%	60%	60%	64%	60%	59%	60%	60%	60%	54%
Dew Point	10°C	9°C	9°C	10°C	9°C	9°C	8°C	10°C	9°C	11°C	10°C	11°C	11°C	12°C

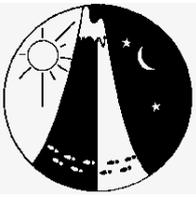
The full moon occurs on Friday 26th so expect good night light after the sun sets at 5:20PM.

Helpers

We have a great team of helpers but always appreciate more. If you need any help or can provide help, let us know. We'll see you there,

Trevor Gollan
 H: 4226 5544
 M: 0408 230 593
 E: tgollan@uow.edu.au

Ian Almond
 H: 4271 7465
 M: 0411 523 023
 E: ian.almond@tpg.com.au



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.

Version: Sep. 2008

ARA Competition Rules 2012:

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. Navigational Aids

(a) The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map.

(b) The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited except when event organisers provide a means by which information on the devices cannot be accessed whilst on the course.

(c) The possession, at the event site, of maps that provide additional information not shown on the competition map is prohibited.

R8. The use of aids for course planning other than for distance measurement and scoring estimation 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 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 is considered to have completed the event when:

- a) all team members have reported together to the designated finish administration area and
- b) they have surrendered their recording devices.

The team finish time is the latest time recorded for any member of the team.

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. 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.

- a) Within 45 minutes of the nominated finish time, if the violation was detected on course
- b) Within seven days of the results being published, if the violation is only evident through examination of the results or admission after the fact by a competitor.

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.

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.

R33. Communications devices such as mobile phones may be carried for safety purposes when event organisers provide a means by which the devices cannot be accessed whilst on the course. Use of a phone whilst on the course is prohibited.