

“Bush ‘n’ Beach” at Narrabeen

Final instructions to competitors

Welcome

Thank you for entering Socialgaine 2014. If you are a team leader, make sure this information is available to all of your team members.

Note that the indemnity form at the end of these instructions must be signed by all team members and presented at the registration desk when you arrive.

Competition Rules

The rules of Rogaining are available on the [Australian Rogaining Association](http://www.australianrogaining.com.au) website.

How to get to the event

The Hash House is located within the Athletics Track at the Sydney Academy of Sport and Recreation, Wakehurst Parkway near Narrabeen Lake.

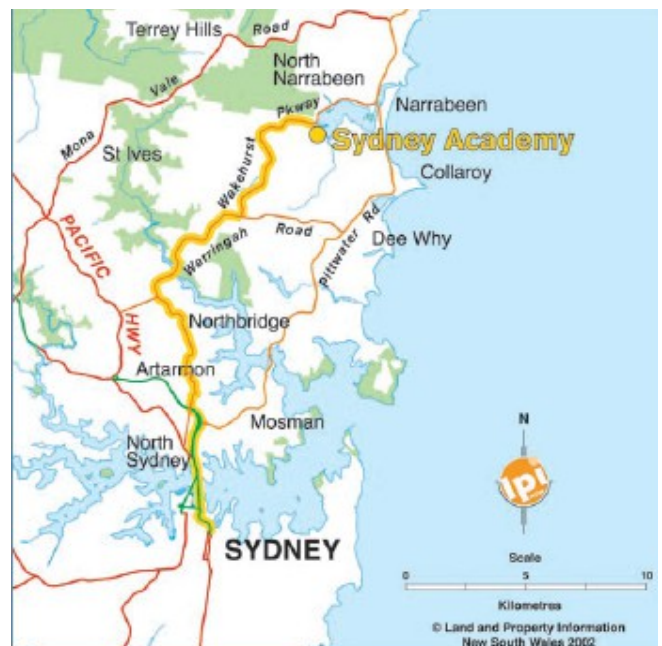
There is no public transport directly to and from the Sydney Academy. The Sydney Academy is approximately 3.5km from the nearest public bus stop along the L90/190 bus route from Central to Palm Beach. Check transportnsw.info for full timetable information. Free parking is available at the Academy.

Special Instructions

The NSWRA does not have an exclusive venue booking. The Athletics Track is available to runners in training. Dogs are not permitted at the Academy. No alcohol may be consumed or brought into the venue.

Facilities

There is water and toilets at the hash house and in numerous places on the course. Many are identified on the course map as “TW” (Toilet/Water).



The course and its hazards

The course is a mixture of trails, streets, beach and parkland. The most significant hazards are cars, mountain bicycles and trail bikes. The least likely are snakes and sharks.

The map

The map has a scale of 1:25000 with 10m contours. It is a composite of a standard topographic maps with additional trails added. It will not be waterproof. Bring your own map-covering material if you wish to waterproof it (contact, map case, etc.). It is A3 in size.

What to bring

For the hash-house:

- Food and water prior to the event and for the course.
- Pens, pencils, scissors etc for map work
- Map case or plastic contact to protect your map.
- Change of clothes
- Something to sit on and a table too if you would like one. Ample **grandstand seating** is available for all.

For the course:

- Compass, watch, pencil and a whistle.
- Mobile phone for emergency calls
- First aid kit, including a snake bite bandage.
- Comfortable clothes and shoes for the event. Gaiters are discretionary as the course is very open.
- Hat and sunscreen. It can be very hot this time of year.
- 2+ litres of water per person is recommended if you plan to focus on the bush areas. Other areas are well serviced with shops, parklands and public toilet facilities and 1+ litres should be adequate.
- Bring your own food as required. **The Beach areas offer substantial nutritional opportunities.**

Food

The master chef at the Academy of Sports provides a BBQ at the end of the event (sausage sandwich, meat burger or veggie burger including salad).

Event Schedule

Registration opens:	8:00am
Novices briefing:	9.00 am
General briefing:	9.15 am
Event starts:	9.30 am
Event finish time:	3.30 pm
Results/presentations:	4.15 pm

Registration and map distribution will be open from 8:00am on Sunday morning.

Before you come to registration, please make sure:

- You know your team number. This is available on the web site or on a printout at the admin tent.
- You have your signed indemnity form – signed by all team members.
- You have any outstanding fees ready (e.g., if you have a new team member, or entered late and didn't pay online). Please bring either a cheque or the exact cash amount. There are no credit card facilities!

You will be issued with:

- One NavLight tag and wristband per team member.
- One set of Course Setters Notes for each team member.

- One map, including Control Descriptions, for each team member.
- One control card for the team – only for use if the NavLight fails.
- One flight plan for the team - to be returned to the admin tent BEFORE THE START OF THE EVENT.

Pre-Start Briefings

Collective briefings will be held at 9.00 am for novices and 9.15 am for all competitors. We require everyone taking part in the event to attend the final briefing. If you or any of your team is unsure of any aspect of how the sport works, please do not hesitate to ask one of the event staff. We will be happy to give you some advice for a few minutes after the start of the event to get you on your way.

At the 9.15 am briefing, a check will be made that your NavLight tags are correctly fastened. They will then be punched with a "Brief" punch. You must have all your tags punched with a Brief Punch before you go out on the course. If you don't have your NavLight tags punched during the briefing session, then you will need to do so at the administration desk before you start.

During the event

At each checkpoint remember to punch all your NavLight tags. You are only required to punch your control card if the NavLight punch fails to function or is missing.

At the Finish, your NavLight tags will be punched with a "Stop" punch and read.

The Finish

About 30 minutes before the finish of the event, a marshalling area will be set up. When you return, officials will check that your whole team is present, punch your tag with a "Stop" punch and collect your tag and card. Your team should then leave the area. During this busy period there will be a delay of up to ten minutes before individual 'Score Sheets' become available. They will be printed on demand. Teams will be deducted 10 points per minute that they are late. Any team more than 30 minutes late will be recorded as Late and will be ineligible for a placing.



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