

*Welcome to*  
**"LaneCoveRivergaine"**  
28 February 2015  
**Final Instructions for Entrants**

**A. WELCOME**

- Thank you for entering the 2015 Metrogaine, the "LaneCoveRivergaine", and welcome.
- We know you are in for a great event.
- If you are a Team Leader, please make sure these Final Instructions are distributed to your Team members.

**B. PRIOR TO SETTING OFF FROM HOME**

**What to bring**

**NSWRA Disclaimer/Waiver Form:**

- The Disclaimer/Waiver Form at the end of these Instructions must be signed by all Team members and presented at the Registration desk when you arrive.

**For the Hash-House:**

- Pens, pencils, scissors, sticky tape for map work.
- Map Case or plastic to protect your A3 map - you will have the choice of waterproof or plain paper.
- Cutlery, mug and plate/bowl.
- Small table, if you wish – chairs are available.

**For the course:**

- Water
- Food/snacks (though shops are located throughout the course)
- Hat (wide-brimmed)
- Sunscreen
- Mobile phone - there is good reception over the course
- Compass, watch, pencil, whistle
- First-aid kit (one per Team)
- Torch (for 12 hour course)

**Recommended:**

- Long sleeved, light-weight top
- Sensible runners, shoes or boots
- Wet weather gear if rain is possible
- Showers are available at the Scout Centre, so bring along soap & towel and a clean set of clothes to freshen up after you finish.
- No need for gaiters. There is no bush-bashing. NPWS only permits trail running/walking in the National Park.

**C. ON THE DAY (28 February)**

**From 9:00am – Arrival at Hash-House**

- The Hash-House (Start/Finish location) is at The Baden-Powell Scout Centre, Pomona Rd, Pennant Hills.
- We will assemble in the large open area in the middle of the complex. (There are plenty of under-cover areas in case of rain).
- As usual, we encourage entrants to use public transport or to car pool.
- The Scout Centre is 0.8km from Thornleigh Railway Station or 1.0km from Pennant Hills Station.
- There is on-site parking for 60 vehicles - once full, you will have to park in the neighbouring streets.

**From 9:00am – Registration**

- Registration opens at 9:00am.
- Please make sure you know your Team number (this is available online and also on a printout near the Registration Desk).
- Bring a Disclaimer/Waiver Form, signed by all Team members.
- Bring any outstanding fees in the exact cash amount or a cheque - there are no credit card facilities.
- Each Team member will be issued with a:
  - A3 Map, with Notes & Control Descriptions on back
  - Separate A5 Control Description Sheet, if required
  - Navlight Tag and wrist band

**10:30am – Novice Briefing**

- A briefing for Novices will be held at 10:30am.
- Please feel free to ask any question, no matter how basic you may think it is (no doubt others will have the same query).

**10:45am – Full Briefing**

- All entrants are required to attend the full briefing at 10:45am.
- Make sure that you have your Navlight Tag punched by an Official during this briefing, before you start.

**11:00am – Mass Start**

- Both the 6 hour and 12 hour events have a mass start at 11am.
- If your Team leaves after 11am it will still be recorded as starting at 11am.

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#### 4:00pm – Catering opens

- The Normanhurst Scouts will be catering for us, with eats and drinks for free (except drink cans) from 4pm to midnight.

#### 5:00pm/11:00pm (or just before) – Finish

- The finish time for the 6 hour event is 5:00pm and for the 12 hour event is 11pm.
- When you return make sure all Team members go immediately to the Finish and have their Tags punched and removed by an Official.
- If your Team returns after 5/11pm (i.e. longer than 6/12 hours) a Time Penalty will be incurred of 10 points for each minute, or part thereof, that you are late.
- If your Team returns after 5:30/11:30pm, unfortunately the Team will be recorded as LATE, with a score of zero.

#### After Finishing

- Please stick around and enjoy the company of fellow rogainers.
- Showers are available.
- Enjoy the free BBQ and eats.

#### 5:45/11:45pm – Prize Ceremonies

- The prize ceremony for the 6 hour event will be 5:45pm and for the 12 hour event will be 11:45pm.
- Stick around to congratulate the winners of the various categories and marvel at the magnificent prizes.

### D. OTHER MATTERS

#### The Map

- Thanks to STEP Inc for providing the base map and to Dr John Martyn for advice on top spots to visit.
- The map covers the catchment of the Lane Cove River from its source at Pennant Hills Road to De Burghs Bridge in Killara.
- The map is on an A3 sheet with a 1:20,000 scale and 10m contours - with the choice of waterproof or plain paper.
- The map is reasonably accurate, but no map is perfect:
  - Tracks (especially minor tracks) are not always shown.
  - Some minor tracks may be overgrown and virtually impassable.
  - Not every twist and turn is indicated.

- Not all bush areas are entirely correct. Some bush areas are now houses, particularly adjacent to roads. It's highly recommended that you use marked tracks to access bush areas, rather than from roadsides.

- Locations for toilets and shops are indicated.
- Most toilets have water taps.
- There are no water drops.

#### Rules

- Only travel on foot - no cars, bikes, boats, planes, taxis, buses, trains etc.
- Do not enter private property or restricted areas.
- Please respect the bush and keep to tracks wherever possible.
- **Within Lane Cove National Park you MUST stay on established tracks. This is a condition of the approval given by NPWS for the rogaine and we need to ensure that it is not contravened and potentially prejudice future rogaines in National Parks.**
- The Rules of Rogaining are at the end of this document

#### Safety issues

- Take extreme care when crossing roads - some are very busy. Use footpaths, traffic lights and pedestrian crossings wherever possible.
- Take care on bush tracks, stream crossings and rocky areas, especially if it rains. (Under normal weather conditions your feet need not get wet when walking along tracks adjacent to, or crossing, creeks.)
- There are no safety patrols.
- **Call the Event Emergency Phone if you need assistance (0408 120 007 or 0419 663 539).** In the case of an urgent, life-threatening emergency, call 000 or 112 from a GSM mobile phone.
- If you withdraw, try to return to The Scout Centre. If you cannot make it back, please call the Event Emergency Phone - we don't want to be worrying about what happened and sending out search parties needlessly!

#### Navlight Electronic Recorder

- Your NavLight Tag is to be attached to your wrist and must be "punched" by an Official at the Start (to clear it) and "punched" at the Finish (to "stop the clock").
- ALL Team members must "punch" their Tag at every Control with the Navlight Control Punch, to register their visit.
- The Punch flashes **red** when placed on your wrist Tag for 2 seconds:
  - the flashing **red** light may be hard to see. Even

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if you can't see a flashing light, the Tag will register.

- there is no beep sound.
- If the Punch is missing, record the Control Code (two letters on the marker) on your map or Clue Sheet or take a photograph.
- If the marker is also missing, record your presence with a photo &/or note the surroundings. When you Finish, report the problem to have your score adjusted.

We hope you enjoy the "LaneCoveRivergaine"

<b>Co-ordinator</b>	Gill Fowler
<b>Administrator</b>	Belinda McLean
<b>Setter</b>	Ted Woodley
<b>Vetters</b>	Danny & Owen Hirschfeld
<b>Helpers</b>	Anita Bickle, Robin Cameron, Dug Floyd, Julian Ledger, Mike McLean, Pam Montgomery, Bob Montgomery, Bert van Netten, Andrew Perry, Ronnie Taib, Jason Tsui, Mike Ward, Tristan White
<b>Catering</b>	1 <sup>st</sup> Waitara Scouts

## Using NavLight

This event will use NavLight electronic punching. NavLight has two main components, punches and tags. A green tag is strapped to the wrist of each person in your team. A flat marker plate and a punch, housed in a metal tube, hang from a wire cable at each control. Each control is only marked by the flat metal plate. The control number is on the plate and the punch.



### Punching at a control

When you visit a control you record your visit by inserting the punch into the tag. You should hold the punch in the tag until a red light flashes to indicate that your visit was recorded. The flash can be difficult to see in bright light. If you don't see the flash, try rotating the punch so you look at it from a different angle.

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

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**

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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**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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**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.