

Welcome to
"LaneCoveRivergaine3"
25 February 2017
Final Instructions for Entrants

A. WELCOME

- Thank you for entering the 2017 Metrogaine, the "LaneCoveRivergaine3" - we know you are in for a great event.
- This is the third and final episode of the Lane Cove Rivergaines, following the river from its source (in Pennant Hills) to the Harbour.
- If you are a Team Leader, please make sure these Final Instructions are distributed to your Team members.

B. GETTING THERE

- The Hash House (Start/Finish Assembly Area) is at the 1st Lane Cove Scout Hall at Blackman Park, Lloyd Rees Drive, Lane Cove.

C. 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 Registration when you arrive.

For the Hash-House:

- Pens, pencils, scissors, sticky tape for map work.
- Map Case or plastic to protect your A3 map, though it is printed on waterproof paper.
- Cutlery, mug and plate/bowl.
- Small table and chairs, if you wish.

For the course:

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

Recommended:

- Long sleeved, light-weight top
- Comfortable runners, shoes or boots
- Wet weather gear if rain is possible
- A towel and a clean set of clothes to freshen up after you finish.
- No need for gaiters or long pants for leg protection. Only bush tracks are to be used - there is no bush-bashing.

D. ON THE DAY (25 February) **From 8:00am - Registration**

- Registration opens at 8:00am.
- 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 - Notes & Control Descriptions on back
 - Separate A5 Control Description Sheet, if required
 - Navlight Tag and wrist band

9:05am – Novice Briefing

- A briefing for Novices will be held at 9:05am.
- Please feel free to ask any question, no matter how basic you may think it is - no doubt others will have the same query.

9:45am – Full Briefing

- All entrants are required to attend the full briefing at 9:45am.
- Make sure that you have your Navlight Tag punched by an Official during this briefing, before you start.

10:00am – Mass Start

- There is a mass start at 10am.
- If your Team leaves after 10am it will still be recorded as starting at 10am.

3:00pm – Catering opens

- The 1st Waitara Scouts will be catering for us, with free BBQ eats and drinks (except drink cans \$1.50) from 3pm to 5pm.

4:00pm (or just before) - Finish

- The finish time is 4:00pm.
- When you return make sure all Team members have their Tags punched immediately and removed by an Official.
- If your Team returns after 4pm (i.e. longer than 6 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 4:30pm 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.
- Enjoy the free BBQ eats and drinks.

4:30pm – Quiz & Prize Ceremony

- At around 4:30pm there will be a quiz, with outstanding prizes.
- And at around 4:45pm prizes will be awarded to the winners of the various categories.
- Congratulate the winning teams and marvel at the magnificent trophies.

E. OTHER MATTERS

The Map

- Thanks to STEP Inc for providing the base map and to Dr John Martyn for advice on top locations for Controls.
- The map covers the catchment of the Lane Cove River from Epping Road, Lane Cove to Fig Tree Bridge and Woolwich.
- The map is on an A3 sheet with a 1:15,000 scale and 4m contours.
- The map is printed on waterproof 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.
 - Not every twist and turn is indicated.
- Not all bush areas are entirely correct. Some bush areas are now houses, particularly adjacent to roads.
- Locations for toilets and shops are indicated.
- Most toilets have water taps.
- There are no water drops.

Rules

- The Rules of Rogaining are at <http://nswrogaining.org/AboutRogaining/RulesRegs/RulesRegs.htm>.
- Only travel on foot - no cars, bikes, boats, planes, taxis, buses, trains etc.
- No use of GPS devices to aid navigation.
- 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.**

Safety issues

- Take extreme care when crossing roads - some are very busy. Use footpaths, traffic lights and pedestrian crossings wherever possible.
- Only cross Epping Road, Centennial Ave and Burns Bay Road at pedestrian crossings or under/over passes (marked on the map with a "C").
- 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.)
- Swimming across Lane Cove River is not permitted.
- There are no safety patrols.
- **Call the Event Emergency Phone if you need assistance (0434 369 493 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 Hash House. 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 the Team's visit.
- The Punch flashes **red** when placed on your wrist Tag for 2 seconds:
 - the flashing **red** light may be hard to see.
 - even if you can't see a flashing light, the Tag will register.
 - there is no beep sound.
- If the Punch is 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 "LaneCoveRivergaine3"

Co-ordinator	<i>Ted Woodley</i>
Administrator	<i>Vivien de Remy de Courcelles</i>
Setter	<i>Ted Woodley</i>
Vetter	<i>Toni Bachvarova</i>
Catering	<i>1st Waitara Scouts</i>
Helpers	<i>Lara D'Abreo, John Anderson, Anita Bickle, Robin Cameron, Graham Field, Julian Ledger, Pam & Bob Montgomery, Damian Morris, Bert van Netten, Hugh Percival, Phil Smyth, Chris Stevenson, Mike Ward, Tristan White</i>



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event : 2017 "LaneCoveRivergaine3"	Team No.:	Car Rego.:
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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 rogain 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