



2017 Paddy Pallin Rogaine
18th June 2017
Final Instructions



Welcome to the 2017 Paddy Pallin Rogaine at Arthursleigh in the NSW Southern Highlands. If you are a team leader, please make sure this information is available to all 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.

Arthursleigh is a sheep station owned by The University of Sydney. Western people's use of Arthursleigh dates back to 1816 with some buildings constructed by convicts. The farm is used to research, teach and demonstrate best practices in farming, veterinary science, and, land rehabilitation. The native forest areas of the farm are used for field studies for ecology. The farm at capacity can hold more than 15000 sheep. The infrastructure required to manage such large numbers of livestock over a vast property may be startling to some Rogainers and not expected for a property so close to Sydney.

Access to Arthursleigh for this year's Paddy Pallin Rogaine is granted through the University's outreach program. Access to the property and the use of the start/finish area has been provided at no cost. There are several families that live on the property. Please respect the residents and their privacy. Do not bring domestic animals, do not drive off the signed route to the marshalling area and do not climb on, enter, or interfere with any of the equipment, structures or buildings on the farm. Please do enjoy yourself, enjoy the wildlife, the farm animals and this iconic Australian landscape.



Special notes for this event:

1. There is no camping available at the hash house due to conditions imposed by the landholder. For those coming from further afield, there is accommodation available in Southern Highlands towns such as Moss Vale, Berrima or Marulan. Or camping in state forests such as Belanglo.
2. The course is about 70% farmland – see course info below.

Getting there:

The event is approximately 2hrs 30min from central Sydney. The last few kms of the trip are good quality gravel road suitable for all vehicles.

From Sydney:

Take the Hume Highway south. At Marulan, take the first Marulan exit (same as the heavy vehicle inspection station). The exit road crosses the highway and becomes Brayton Rd. After 1km turn right to continue on Brayton Road. Follow this for 20km to the junction with Arthursleigh Rd. Continue straight ahead on Arthursleigh Rd (Brayton Rd goes to the left here). Follow this road for 7km, just past the large shearing shed, and park as directed.

From Canberra / Goulburn:

Take Hume Highway north and turn off at Towrang Rd, 4 km past the last Goulburn exit. Follow Towrang Rd for 28km and turn left onto Brayton Rd. After 2km, at the junction with Arthursleigh Rd, continue straight ahead on Arthursleigh Rd (Brayton Rd goes to the left here). Follow this road for 7km, just past the large shearing shed, and park as directed.

For directions on Google Maps, search for Arthursleigh Cottage, Big Hill, NSW. Continue 400m past the cottage to reach the shearing shed and parking area.

Please note, for those who have previously visited Arthursleigh for orienteering events: there will be no access to Arthursleigh from Canyonleigh Rd – this road is not suitable after wet weather and the Canyonleigh Rd gate will be locked. Please follow the above directions to the main entrance near Big Hill.

Program

07:00	Arthursleigh access gate opens
07:30	Registration opens, maps available Hot drinks and cheese toasted sandwiches.
09:10	Briefing for Novices
09:20	Final briefing
09:30	Start
03:00	Hash House opens for hot food
03:30	Finish – after this time the late penalty applies (10 points per minute)
04:00	Presentations
04:30	Pack up for home

Your Preparations

Registration and space for course planning will be provided in a large modern shearing shed. This is reputedly the largest shearing shed in the Southern Highlands!

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 (see last page below)
3. Your fees are paid
4. You have compulsory equipment - whistle, space blanket, bandage for snake bite

At registration we will provide you with:

1. Map and control descriptions for each team member. The map will be an A3 sheet on waterproof (Teslin) paper. 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 start.

Timing and scoring is done electronically with the Navlight system. If you are unfamiliar with it, see [UsingNavlight.pdf](#). It is essential that you hand in your Navlight tag when you finish.

The Rules of rogaining can be found here: [2012Rules.pdf](#).

If you are new to Rogaining or have any questions, just ask us. We are happy to provide basic instruction and advice.

Weather: it's winter. You might like to check the weather forecast. BUT, whatever they say, come prepared for anything!

The course

Unusually for our Rogaines, about half the course is open paddocks. There's some consequences of this that you should consider preparing for:

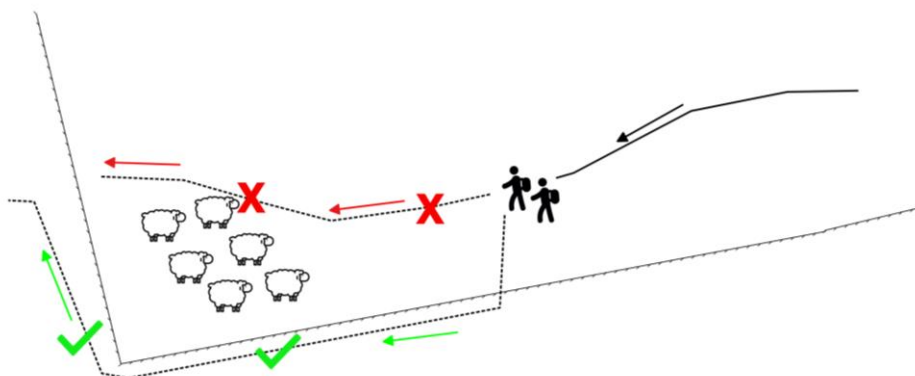
1. The most direct route between checkpoints will require jumping a few fences. So how can you avoid cutting your hands on barbed wire or jagged star pickets? We suggest you carry a leather gardening glove or a piece of rag to help you grip fence posts or wires.
2. The paddocks are exposed to the weather – it will feel very cold if the wind is blowing or if it's wet. Bring some warm, rain-proof and wind-proof layers.
3. For the runners: while the course is generally scrub-free, there are some small areas of thistles – you might want leg covering for this, if not just to stay warm.
4. Creeks in the farmland can be boggy so you are likely to get wet feet.

In addition to paddocks, about 25% of the course is native bushland and another 25% grazed, semi-open forest.

Animals: the property is well stocked with plenty of sheep and cattle. It is essential that you always leave gates as you find them – do not depend on a following team to know whether a gate that you pass through was open or shut.



When you approach livestock (sheep, cows, or, horses) on the Rogaine, do not make them run between your team and a fence. Instead, change your route, and proceed on the other side of the fence. This will stop the livestock from running through or over fences!



The course setters have also encountered an abundance of feral and native wildlife including kangaroos, wombats, emu, pigs, snakes, foxes and various birds.

There will be 3 water drops on the course.

There are not many roads on this course. It is a great place to practice cross-country navigation and enjoy a unique rural and natural landscape.

Look out for me in
the Wollondilly River!



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.

Points for each checkpoint are valued at ten times the value of the first digit of that checkpoint, e.g. 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

- Indemnity/Waiver form signed by all team members
- Colour pens, highlighters, scissors, string, sticky tape for you course planning
- Your own cutlery, mug, bowl and plate
- Change of clothes, towel, in case you get wet/cold
- Chairs, picnic table
- Spare water
- Mapcase or clear contact adhesive to protect your map / checkpoint list

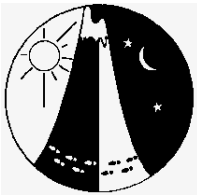
Your Equipment on the Course

- 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
- Wet / cold weather clothing
- Snacks for eating on the course (muesli bars, dried fruit and nuts, chocolate, energy drinks, carbs)
- Water bottle

The Paddy Pallin Rogaine is organised by the NSW Rogaining Association.

Phil Whitten
Coordinator
pp2017@nswrogaining.org

Vivien de Remy de Courcelles
Administrator
admin@nswrogaining.org



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event : 2017 Paddy Pallin 6 hour Rogaine	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