



Wingello Wingaine 12th May 2018 Final Instructions



Welcome to the **Wingello Wingaine 6 and 12 hour Rogaine** at Wingello State Forest. 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.

Note: event start time is **11am**, Saturday 12th May, for both 6 and 12 hour events.

Getting there:

The event is approximately 2hrs 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. 300m after crossing Paddys River, turn left into Murrimba Road.

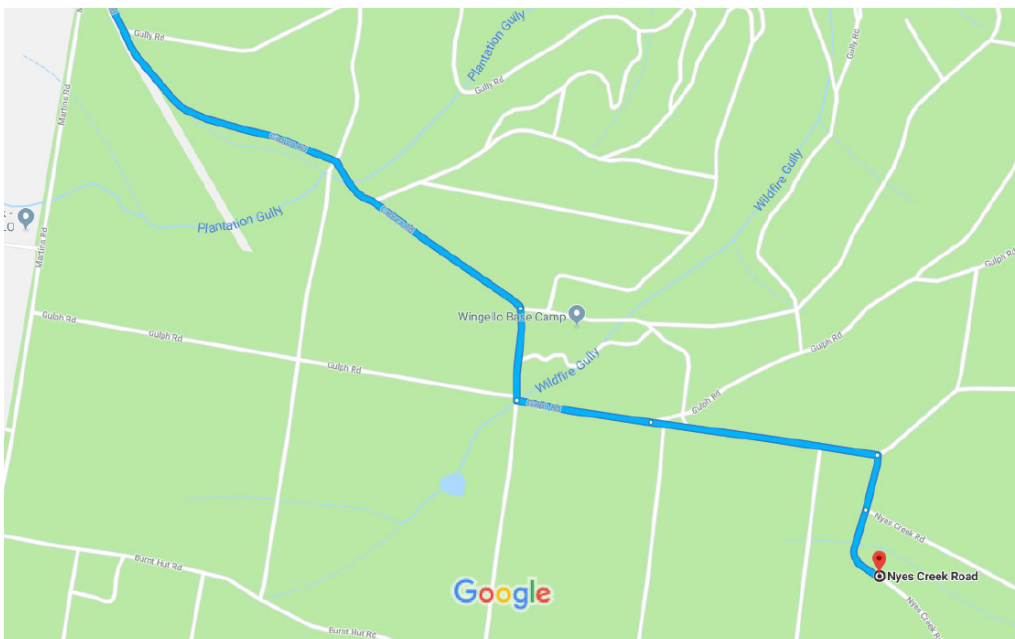
After 7km you will reach Wingello village. Cross the railway line and turn right. After 100m turn left on to Forest Road. Follow this for 2km into Wingello State Forest. Go a further 1km and turn left just before reaching Wingello Base Camp. Turn right on Gulph road and continue straight for 800m to intersection, then turn right and proceed to Hash House (200m).

See map below for route through the forest to the Hash House.

HH location is Nyes Creek Rd, latitude -34.721305, longitude 150.197381

From Canberra / Goulburn:

Take Federal Highway / Hume Highway north and turn off just after Marulan on to Highland Way. Continue for 16km to Wingello village and turn right on to Forest Road. Proceed as above to the Hash House.



Timetable

Friday afternoon:

Camping available at Hash House

Saturday 12th May:

9:00am	Registration opens – maps available
10:30am	Briefing for novices
10:45am	Final briefing
11:00am	Mass Start for both 6 hour and 12 hour events
4:00pm	Hash House opens
5:00pm	Finish 6 hour event. It will get dark soon after, so remember to bring a torch.
11:00pm	Finish 12 hour event
12 midnight	Hash House closes

Sunday morning:

7:30am Hash House opens for breakfast (Cheese Toasties, Bacon & Egg, hot drinks).

Facilities: the only facilities at the hash house are portaloos. Please bring your own water.

There is a cafe and general store at Wingello, open 8am to 2.30pm Saturday and Sunday.

Your Preparations

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

At registration we will provide you with:

1. Map, control descriptions and course-setter's notes for each team member. The map will be an A3 sheet on waterproof paper. The map uses 1:25,000 scale and 10m contours
2. One Navlight tag and wrist-band for each team member
3. A team intention map (flight plan), 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.

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

Your Equipment Checklist

Indemnity/Waiver form signed by all team members
Colour pens, highlighters, scissors, string, sticky tape for your 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
Headtorch
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(s)

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, 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.

For scoring, we use the electronic Navlight system. If you're not familiar with it, read about it [here](#).

The course

The course is mostly in native bush, with a few controls in the pine forest. There is a good track network on most of the course. However, competitive teams will need to travel extensively off-track. The bush varies from pleasant open forest to tough, steep, rocky terrain.



Leg covering such as gaiters are recommended.

There will be 3 water drops on the course.

Safety support

First Aid and emergency response is provided by South Coast Volunteer Rescue Association (VRA).

Weather Bureau of Meteorology forecast for Bowral, as given on 8 May:

Saturday 12 May	
 Min 4 Max 12	Cloudy. Medium (60%) chance of showers, most likely in the morning. Winds west to southwesterly 25 to 35 km/h becoming light during the afternoon then becoming west to southwesterly 15 to 20 km/h during the evening.
Possible rainfall: 0 to 4 mm	
Chance of any rain: 60% 	

There will be no moon.

The rules of rogaining can be found here:

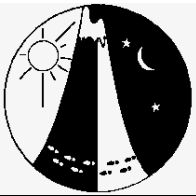
<http://www.nswrogaining.org/AboutRogaining/RulesRegs/RulesRegs.htm>

Post-event get-together

Do you love to pore over your map after the event? Wonder what other teams did? Come along, meet other teams, talk about how you went, learn how they went. At The Dove and Olive Pub, 156 Devonshire St, Surry Hills – short walk from Central Station – at 7pm, Wednesday 16th May. Bring your map. Please email or message Mike Hotchkis so we have an idea of numbers. Check for updates on our Facebook page.

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New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event :	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 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.