



Participant Info

NSWRA Navigation and Rogaine skills workshop

14-15 April 2018

We look forward to seeing you at the NSW Navigation and Rogaine Skills workshop.

The Schedule for the workshop is:

Saturday		
10:00	Registration/Start	Rydal Showground
10:30 – 12:45	Practical Session 1	Lidsdale Forest – 15 min drive
13:00-14:00	Lunch	Rydal Showground
14:00-15:30	Route planning/Maps	Rydal Showground
16:00-17:00	What to wear and take	Rydal Showground
18:00 – 19:00	Dinner	Rydal Showground
19:30 – 21:30	Practical Session 2: Night Navigation	Rydal Showground
Sunday		
7:30	Car pool to start location	25 min drive
8:00 – 10:00	Practical Session 3	Falnash Forest
11:30 – 14:30	3 hr Rogaine	Rydal Showground
14:30-15:30	Late lunch/finish	Rydal Showground

Workshop location

The workshop will be based at the Rydal showground, Rydal (our 'Hash House').

By car

From Sydney, via Blue Mountains. Drive through the Blue Mountains, At Mount Victoria, continue 34km on the Great Western Hwy towards Lithgow (passing Hartley and the Jenolan Caves Road intersection), at South Bowenfels, turn left onto Magpie Hollow Road. In 11 km turn right onto Hampton Rd, follow this for 4 km onto Sydney Road, then 1 km onto Bathurst St, at Market St (in town), turn right and drive 300 metres to the Rydal Showground.

From Sydney, via Bells Lines of Road. Drive to Lithgow. Continue on the Great Western Highway through the traffic light intersection on the western edge of Lithgow (at the junction of the highway and Main Street). Continue west towards Bathurst, you will pass the Mudgee turnoff, then cross the Coxs River near Lake Wallace. 16 km from the Lithgow lights, turn left into Pikes Lane (turning lane plus sign) towards Rydal. After one kilometre is a T junction. Turn left and continue 3.8 km to the level crossing over the western railway line on the edge of the small village of Rydal. Just after the crossing, turn left into Market St and drive 300 metres to the Rydal Showground.

If travelling from the west, the Rydal turnoff from the Great Western Highway is about 43 km from Bathurst.

By train

Unfortunately due to track work on this weekend, we don't recommend catching the train, as it arrives late. If you would like to car pool, I'll add a car-pooling link to the Navigation Workshop page.

Location of the exercises and Rogaine

The 1st and 3rd navigation exercises will be located at 15-25 minutes drive from the Hash House. We will provide directions on the day. Please car pool for the navigation exercises.

The 2nd navigation exercise and the Rogaine will start and finish at the Hash House.

What to bring

For the navigation exercises and Rogaine:

- emergency whistle
- compass
- safety blanket
- crepe bandage (1 m in length or longer and 10cm width)
- warm clothing and a waterproof jacket for wind and rain
- hat and suncream
- water – 1 to 3 litres per person
- snacks
- torch (head torch is preferred) for the night navigation exercise.
- backpack to carry the above.

We also recommend that you bring:

- mobile phone
- watch
- camera
- gaiter
- map case
- small first aid kit

For the Hash House:

- cutlery, mug, bowl and dinner plate
- camping gear
- pens, highlighters, string, contact etc for marking up maps
- warm clothes
- folding chairs

During the workshop

For the practical navigation exercises, you will be split into groups of about 4 depending on level of experience (novice, intermediate and advanced). You should be clothed as you would for any Rogaine or off track bushwalk. Ideally you will do most of the navigation and the instructor will facilitate this.

We will be providing the following meals:

- lunch on Saturday and Sunday
- dinner on Saturday night
- breakfast on Sunday
- afternoon tea on Saturday/morning tea on Sunday

Camping

You can camp at the Hash House (Showground) on Friday and Saturday nights. On Friday night, you will need to bring your own dinner, or head to the Alexander Hotel for a simple pub meal (02 6355 6208) which is a short walk from the Rydal Show ground.

There are toilets and showers.

If you don't like camping then you may find accommodation at the Alexander Hotel in Rydal, which is less than 1 km from the showground, or a nearby B&B. This is your own responsibility to book if preferred.

The area

The course is mostly open eucalypt forest on public land (Forests NSW). There is also some areas of radiata pine plantation and patches of cleared country. Visibility in the bush is good and the travel is generally fast, but there is some blackberry so leg covering (long pants, or shorts and gaiters) is recommended. Most of the terrain is hilly, with the exception of practical session 3, which is fairly flat.

The Hash House is quite exposed. Conditions could be hot, or very cold and windy, so come prepared.

There is an abundance of wildlife, including eastern grey kangaroos, wallaroos, rednecked wallabies, swamp wallabies, wombats greater gliders, black cockatoos, lyre-birds, crimson rosellas, white-winged choughs and wedge-tailed eagles.

Your coaches

Our coaches are all volunteers who are experienced Rogainers and navigators and they are keen to pass on their knowledge. Most of them have won or set Rogaines, but many have not formally taught navigation. They will facilitate learning but you will also learn a lot by sharing experiences within your groups. The focus of the workshop is to learn by doing.

Insurance

NSWRA is covered by public liability insurance that has been taken out by the Australian Rogaining Association. Individual participants are however not covered for personal injury and such things.

Registration

Complete the indemnity form attached and bring it to the registration desk. Participants under the age of 18 years of age will require a parent or guardian to sign their indemnity form.

Recommended Reading

ACTRA Rogaine workshop course notes. The ACT Rogaining Association has prepared these, and we will use these on the weekend.

[https://act.rogaine.asn.au/attachments/article/278/Workshop course handout17.pdf](https://act.rogaine.asn.au/attachments/article/278/Workshop%20course%20handout17.pdf)

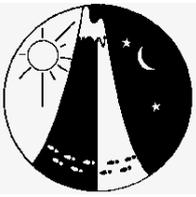
WARA - Novice Guide – an excellent introduction for novices:

<https://wa.rogaine.asn.au/index.php/information/218-wara-novice-guide>

VRA - Which way is North? <https://vra.rogaine.asn.au/documentation/which-way-is-north-training-booklet/450-which-way-is-north/file>

If you have any questions, please contact Gill Fowler:

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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. Version: Sep. 2008