



PAGODA PALOZA



6 and 12 hour Autumnngaine 2019
Saturday 4 May

FINAL INSTRUCTIONS

Hash House	Long Swamp Trail, Ben Bullen State Forest
Google maps	https://goo.gl/maps/aEf1qTsXLFPFeFzG8
UTM Coordinates	Zone 56H / Easting 0229859 / Northing 6309427
Lat/Lon	Latitude 33.320447°S / Longitude 150.098143°E
Phone	Admin: 0412 934 486 / Satphone (event hours only): 0405 554 981

Welcome to our rogainie in Ben Bullen State Forest.

Getting there

Directions from Sydney (~160 km, 2h25')

1. From Sydney drive to Lithgow either via Great Western Highway or Bells Line of Road.
2. From the corner of Great Western Highway and Main St at Lithgow (McDonalds) continue N along Great Western Hwy - 6.6km
3. Take the Castlereagh Hwy exit towards State Rte 86/Mudgee - 750m
4. Continue onto Castlereagh Hwy - 4.0km
5. Turn right onto Wolgan Rd - 7km
6. Turn left onto Long Swamp Trail and follow it for 1.5km to the Hash House
7. Follow the instructions from our volunteers to car park or camp.

Parking and camping

Camping is available at the in Ben Bullen State Forest on the Friday and Saturday nights (and any other nights). Please consider staying the night after the event or have someone drive home who did not compete.

We will have a bush camp in the State Forest, with portaloos, marquees and limited water supply. Please bring some water if you can, 5-25 litres per car will greatly reduce the load on our catering supply.

There will be limited space for camping next to the Hash House and abundant space for camping in both directions further along Long Swamp Trail. Please follow the instructions of volunteers in hi viz on your arrival.

The Hash House is accessible for 2WD vehicles (except in very wet weather), access to campsites further north of the Hash House might be difficult for 2WD vehicles.

The Hash House will serve hot, healthy, hearty food from 18:00 Saturday until Midnight and breakfast on Sunday morning from 07:00 till 08:30. The menu will have vegetarian and gluten free options.

There is no mobile phone coverage at the Hash House and variable Telstra coverage on the course. The event organizers will have a satellite phone for communications during the event. The number is listed at the top of this document. You can call them at standard costs for a mobile phone service.

Dogs are not allowed at the Hash House site or on-course due to recent 1080 bait dropping in the area.

Program

Saturday 4 May

08:00 Registration opens, maps available
10:30 Briefing for novices
10:45 Final briefing
11:00 Start for both 6 and 12 hours
17:00 Finish of 6-hour event
17:30 Presentations for the 6-hour event
18:00 Hash House opens
23:00 Finish for 12-hour event
23:30 Presentations for the 12-hour event
24:00 Hash House closes

Sunday 5 May

07:00 Hash House serves breakfast
08:30 Hash House closes
08:30 Volunteers are welcome to help with packing up and collecting flags.

Registration

Bring:

1. Your team number – available on the event website.
2. Indemnity form completed and signed by all team members.
3. Compulsory safety equipment (1 set per team member): whistle, space blanket, at least 1 compression bandage. Compulsory equipment will be checked at registration.

Receive:

1. Map with course setters' notes and control descriptions printed on the back (1 per team member). It is printed on waterproof synthetic paper (Teslin). See notes below about marking on your map.
2. Control descriptions printed on Teslin (1 per team).
3. Course setters' notes (1 per team).
4. NavLight tag and wristband (1 per team member).
5. Flight plan (1 per team). Please indicate your planned route and return it before starting to help us locate and assist you should the need arise. This is an intention only and not a final route choice for you, but you must submit it prior to going on-course.

Information for novices

If you are new to Rogaining and would like to know more about our sport before the event, you can find a lot of useful information on the NSW Rogaining Association website. Go to:

<http://nswrogaining.org/AboutRogaining/Novices/Novices.htm>

If you haven't done a rogaine before, please read. If you are unsure or unfamiliar with anything to do with the event, our volunteers at the Hash House can help. Please attend the novice briefing. Experienced Rogainers will be on hand to assist you in having an enjoyable event. If you are still unsure, or have further questions, please talk to one of the organisers immediately after the event has started, for further assistance. We're here to help.

Start procedure

A novices briefing will be held at 10:30. The pre-start briefing will be held at 10:45 for all competitors. Attendance is compulsory. All NavLight tags will be pre-punched with a start punch so no pre-start punching will be necessary by competitors. The mass start for the 6 & 12 hour events will be at 11:00.

During the event

At each checkpoint, each team member must register their NavLight tag. If it doesn't work (i.e. its red light doesn't flash) then punch your map using the physical, orange punch tied to the checkpoint flag.

No smoking or fires on the course. Fires are only allowed at the Hash House. Please bring all rubbish back to the HH. Bury all personal waste.

Finish procedure

At the finish, all competitors must register their NavLight tag at Admin with the "finish" punch. Your finish time will be calculated when the last team member's tag is punched.

Scoring

Each checkpoint is worth its number rounded down to the nearest 10, for example checkpoint 62 is worth 60 points. The penalty for a late finish is 10 points per minute or part thereof. Zero score will occur if a team arrives more than 30 minutes late.

Rules of Rogaining

There's a bunch of rules for the sport of rogaining, which you can read at <http://www.nswrogaining.org/Resources/Forms/index2.pdf>

Take particular note of Rule 7: *"The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map. The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited. The possession, at the event site, of maps that provide additional information not shown on the competition map is prohibited"*

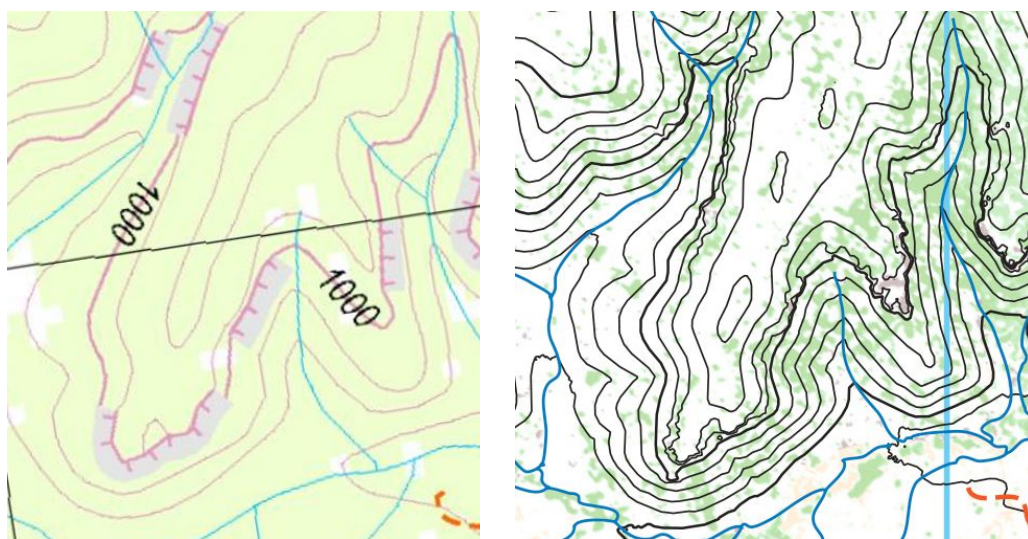
GPS devices and smartphones will be allowed on the course if they are sealed in a tamper proof bag supplied by Admin.

The map

The map is oversized A3, scale 1:25,000, printed on waterproof and tear-resistant Teslin paper.

It has been created using the latest LiDAR survey data by NSW DFSI Spatial Services. The data has an accuracy of 2m horizontal and 30cm vertical. This helps achieve a high resolution and extremely accurate contour and watercourse image with great level of detail.

In the complex terrain of the rogaining course this means, you will be able to comfortably recognise subtle features of the terrain - minor gullies and knolls, individual pagodas and earth forms - on the map. Here is an example of a standard topomap (20m contours) and the competition map (10m contours):



Marking up your Teslin map

The following notes are reproduced from the 2016 World Rogaining Championships held at Ross River, Alice Springs.

For those who like to mark their map during course planning, the following guidelines may assist:

- soft pencils 4B to 6B are recommended to get reasonably visible markings. Harder pencils such as HB will barely make a mark on the paper.
- highlighter pens of various brands have been tested. Faber-Castell has the best sticking power. Stabilo Boss and Artline mark the paper well but may rub off a little easier in wet conditions. Paler colours such as yellow will fade quicker than orange or darker colours.
- ballpoint pens and permanent markers such as Sharpie pens make very durable markings.
- for those who wish to leave nothing to chance, applying contact to the printed side of the map will provide an extra level of security.

What to bring to the event

- Indemnity form signed by all members
- Pens, scissors, string (marked at 40mm), sticky tape for map work
- Your own cutlery, mug, bowl and plate
- Camping gear
- Change of clothes, towel
- Chairs, picnic table
- Food for Friday night and Saturday morning
- Basic first aid kit
- Spare water (5-25 litres per car)
- OPTIONAL: Map case, plastic bag or clear contact to protect map and control descriptions

What to take on the course

- Whistle (compulsory)
- At least 1 compression bandage (compulsory)
- Space blanket (compulsory)
- 1-3 litre filled drink container. There will be three water drops on the course
- Small backpack
- Compass
- Watch
- Reading glasses/lookovers/etc. if you need them for reading fine detail on the map
- Gaiters or other leg coverings (Gaiters also increase protection from snakebite)
- Shoes with good grip and good foot protection
- Warm clothing and rain jacket adequate for the weather conditions
- Headlamp/small torch (with spare batteries)
- Food for on the course (muesli bars, dried fruit, chocolate, power drinks, etc.)

Safety

- The State Forest is used extensively by 4WD vehicles and dirt bikes. Beware of motor vehicles on all roads and tracks.
- Care for your team – stay together at all times, within voice contact – and look out for other rogainers who may require help.
- Stay hydrated – you should carry 1-3 litres with you. There will be 3 water drops on the course.
N.B. We don't recommend drinking any other water found on course.
- There are multiple cliffs on the course ranging from couple of meters to 30-40m high. Care should be exercised at all times and particularly around cliffs, boulders or logs. Cliffs are not marked on the map.
- There are areas with mine subsidence on the course. While the course setters did not encounter any wide cracks, teams should be aware of possible cracks or holes in the ground. Take particular care especially after dark.
- If an injury or sickness occurs stay together as a team. If able, try for the nearest track, checkpoint or water drop to wait for others to arrive. There is patchy Telstra mobile coverage at higher parts of the course. Try to send a message or call the number on the map. Help may be some hours away. Your team must be prepared to give an initial response to an injured competitor.
- A whistle must be carried by each team member. Three whistle blasts is the distress signal, and any person hearing this signal must render assistance. Team scores which are affected by giving assistance will be adjusted at the finish.

Emergencies

The Hash House phone number is printed on the map. There is patchy Telstra mobile phone reception on the course, most likely at high points. SMS may be more successful than a voice call. Should you experience difficulties or need assistance then proceed to a road where a patrol will be doing a sweep after 4, 8 and 12 hours.

Have you installed the Emergency + app on your smartphone? It's free from any App Store and could be useful in an emergency situation. More info is at <http://www.triplezero.gov.au/Pages/EmergencySmartphoneApp.aspx>



Course, Terrain & Weather

The course is set in high forested country. Expect extensive open forests covering a range of topography from wide open valleys to intricate and steep pagoda rock formations. The Hash House is at 920m elevation.

Sunset is at 17:16.

Temperature during the event is forecast to only reach mid teens and close to zero at night, so bring appropriate clothing.

Weather Forecast

	Tue. 30 Apr	Wed. 1 May	Thu. 2 May	Fri. 3 May	Sat. 4 May	Sun. 5 May	Mon. 6 May
Max (°C)	21	19	22	18	16	16	17
Min (°C)	—	8	9	11	3	2	2
Chance of rain (%)	—	30	40	90	5	5	5
Rainfall range (mm)	—	0 to 0.4	0 to 2	10 to 20	0	0	0

Post Event Catch-Up

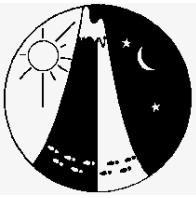
Do you love to pore over your map after the event? Wonder what other teams did and why? Come along, meet other teams, talk about how you went, learn how they went. There will be a catch-up in the Dove and Olive, Surry Hills, on Wednesday, 8th May at 7:00pm. Bring your map. Please email Tristan (publicity@nswrogaining.org) or register your attendance on the Facebook event so we have an idea of numbers. Check for updates on our Facebook page.

Helpers

We have a great team of helpers but always appreciate more. If you need help or can provide help, please let us know. We'll see you there.

Richard Sage (Co-ordinator)
0412 934 486
sagerichard904@gmail.com

Vivien de Remy de Courcelles (Administrator)
0435 030 201
vivien.rc@exemail.com.au



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.