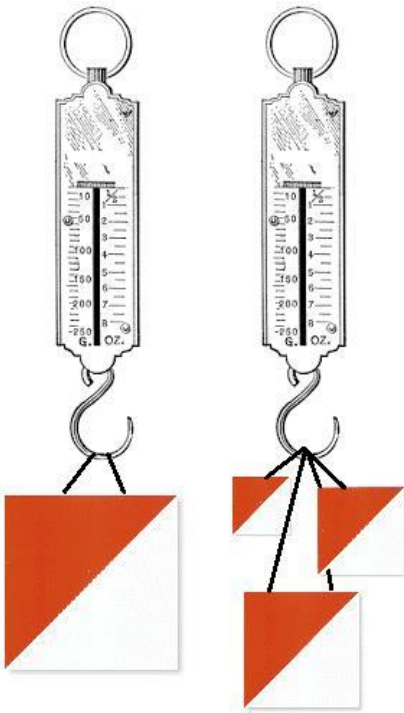


# **“The Spring Balance”**

Sunday March 24<sup>th</sup> 2019



## **Final Instructions**

Welcome to the land of pristine bushland, iconic tracks, clear waterways, an abundance of sandstone formations and stunning views, as well as parklands, and history so close to Sydney. Whether you plan to have a pleasant stroll with your family, explore a new area or compete for the win, I hope that you have as great a time participating as we did exploring, planning and setting it.

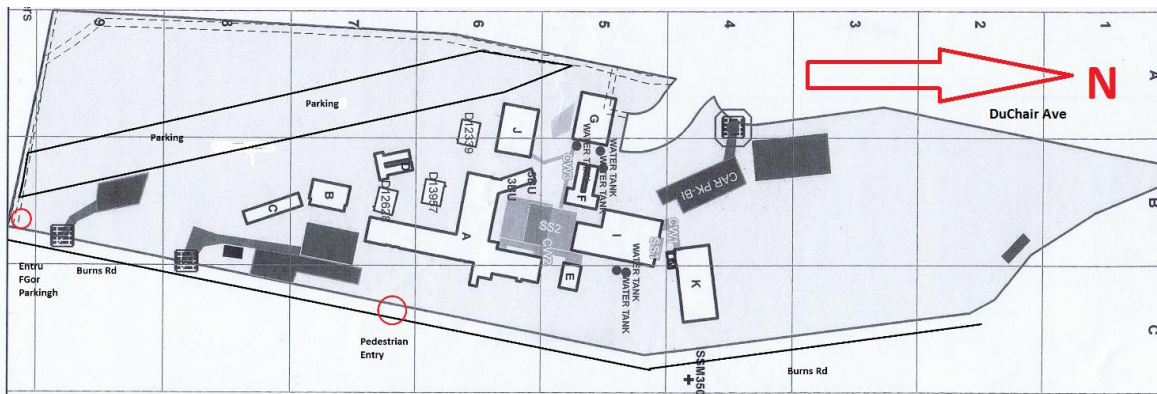
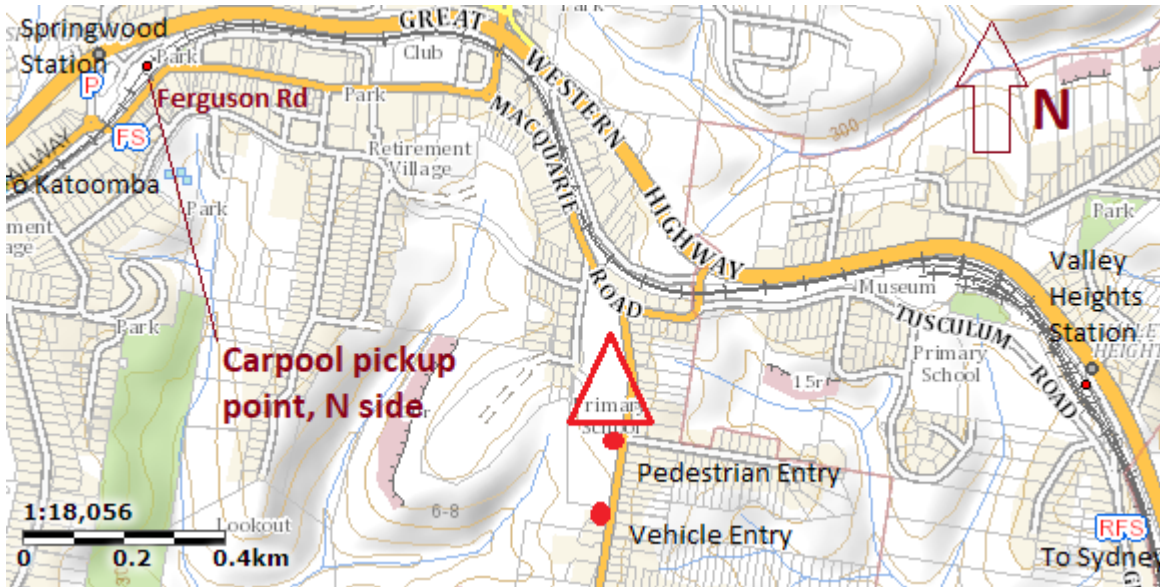
- **Tristan White** (Course Setter) & **Michael Watts** (Event Coordinator)

## **Event Schedule**

07:45	Hash House opens (if you arrive before please help us set up!)
08:00	Registration opens & maps available
09:00-09:15	Novice Briefing (allows time for participants to then plan route)
09:50-10:00	Final Briefing for all competitors
<b>10:00</b>	<b>Mass start for all teams</b>
15:30-16:30	Food available at HH
<b>16:00</b>	<b>Mass finish</b>
16:35 (approx)	Presentations
17:30	Hash House closes (if you are still there we will ask you to help pack up! And you are welcome to help!)

## **Getting There**

The Hash House (event headquarters) is at **Springwood Public School**, at the corner of Burns Rd and Macquarie Road. Springwood PS is pretty tightly fenced. Entry is via Burns Road. A map from the station, and the layout of the school, is shown below.



### By Car

From Sydney, follow the M4 Motorway towards Penrith and turn on the M1 motorway towards Penrith, shortly after it will turn into the Great Western Hwy (A32). Turn off the GWH to the left onto Macquarie Road, several hundred metres after Valley Heights Station. The HH will be shortly after on the left and will be well signposted. In addition to appropriate areas on the street, there is a dirt carpark off Burns Rd on the south side of the school.

### By Train

We encourage participants to take advantage of the close proximity of the train station and cheap Sunday fares to get to the Hash House. Springwood station is about a 10 minute walk to the Hash House, and served by hourly trains from Central via Parramatta. We recommend participants get in the second last carriage of the train **departing Central at 06:24** which is due to arrive in Springwood at **07:48** (though you can get the one an hour later. The recommended return trains leave Springwood at **16:58** and **17:18**.

If you would like to be picked up from Springwood (on Ferguson Rd adjacent the station) we will have some volunteers to do so; please enter this intention in the form so we know how many cars to send here:

<https://www.surveymonkey.com/r/NJ8YXFS>

## **Gear List**

### ***To Take to Registration***

- Remember your team number
- Space blanket, whistle, snake bandage
- Signed indemnity form (included at the end of this document)

### ***To Carry***

- Backpack that can fit the below
- Capacity for 2L of water, more if hot weather predicted.
- High energy snacks (there will shops available in several locations).
- First aid kit including snake bandage, space blanket & whistle
- Compass
- Sunscreen
- At least one phone per team – you may want one with a camera for the photo competition
- Pen
- (Optional) Wet weather gear if you don't want to risk getting soaked
- **Opal Card**

### ***To Wear***

The required clothing will largely depend on where your route will be, but we suggest you take the following equipment and decide what to wear once your route is worked out:

- Light fitting short or long sleeve shirt
- Shorts or light fitting pants, or gaiters
- Hat
- Sunglasses
- Joggers, trail running shoes or hiking boots
- Comfortable socks
- (Optional) Hiking poles

### **To Leave at Hash House**

- Change of clothes
- Towel
- Highlighters, scissors, pens, paper, calculator for route planning

- A string with markings at 4cm (1km) intervals for distance measurement
- Additional food for before/after event

## **Map**

One map will be issued per participant. It will have a scale of 1:25,000, and contour intervals of 10m. It will be A3, and a waterproof material called teslin. Contact paper is therefore unnecessary to waterproof the map, but may be useful to protect any pen markups.

## **Accommodation**

Being an urban event, there is no camping at the Hash House, however those traveling a long distance can camp at Euroka Clearing, south of Glenbrook. A NPWS entry fee applies to enter the park.

## **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 **Thursday, 28<sup>th</sup> March at 7:00pm** (changed day to avoid conflicting with the Summer Series event). Bring your map. Please email me ([publicity@nswrogaining.org](mailto: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 and at the event.

## **Thank You**

*Coordinator:* Michael Watts

*Course Setter:* Tristan White

*Vetters & Hangers:* Andy Macqueen, Greg King, Tova Gallagher, David Williams, Christine Vibet

*Administrator:* Anita Bickle

*Helpers:* Rachel Merton, Damon Vandermaat, Bob & Pam Montgomery

*Food:* Springwood Salvation Army

*NPWS Park Access permission:* Gill Fowler

*Map:* Graham Field, Tristan White

# New South Wales Rogaining Association Inc.

ABN 15 314 080 648



## DISCLAIMER / WAIVER

Event : 2019 Metrogaine - The Spring Balance	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 rogaie 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**

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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):**

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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**

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**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