

Western Sydney Parklands Minigaine 2019

Sunday 24th February

Getting There

The Hash House (HH, Start and finish) is located at the Grevillea Shelter via the Lizard Log entrance to Western Sydney Parklands. Entrance to the park is off the intersection (roundabout) between Cowpasture Road and Horsley Drive, Bossley Park. Google Maps Link to HH - <https://goo.gl/maps/5KuTALUCckp>

Need a Lift? Can offer a lift? - Be sure to put your name down on the car pooling page

<https://nswrogaining.org/AboutEvents/Events/19MI/carpool/event.php>



By public transport

Unfortunately there is no train station near the parklands however there is a T-way bus service that runs (approx. every 15min) from Parramatta or Liverpool station. The T-way bus stops at Horsley Drive, from there it is a 2km walk to Hash House. It's approx. a 30min bus ride from Parramatta or Liverpool station. Add your name to the "car pooling page" if you wish to be picked up from the Horsley Drive bus stop.

Event Schedule

- 07:00 - Gates open (no access before 7am)
- 07:15 - Registration opens
- 08:00 - Novice briefing
- 08:30 - General briefing
- 09:00 - Mass start
- 11:30 ~ 13:00 Refreshments served
- 12:00 - Course Finishes
- 12:30 - Results & Presentations
- 14:00 - Pack up/event closed. Competitors are welcome to stay in the park as long as they like. Gates close at 8pm. Volunteers for flag collecting are always welcome

The Map

Maps are printed on waterproof paper so no map protectors are needed.

Scale is 1:15000 with 10m contours

The Terrain

Western Sydney Parklands is predominantly reclaimed farm land (livestock). It is generally flat with a few hills. Throughout the parklands there is a network of cycle trails, walking paths and mowed grass trails that navigate to some great views, amazing playgrounds and the remains of dams and equestrian jumps from the 2000 Olympics. The condition of the mowed grass trails are dependent on the weather and the period between mowing. Therefore you could experience both long overgrown trails as well as neat racecourse mowed trails on the course. The parklands is also home to wildlife including kangaroos, wallabies, rabbits, kookaburras and of course snakes.

What to Bring on the Day

To take to registration

- Signed Indemnity Form with your team number on it (included at the end of this document)
- Snake compression bandage (2 per team)

To carry during the event

- Compass
- First Aid kit (recommend it includes “Stop-Itch Plus” for Bull Ant/meat ants bites)
- Whistle
- Snake compression bandage (2 per team)
- Water - minimum 2L per person
- Mobile phone for emergency contact only – no GPS navigation allowed (1 per team)
- Camera (required if you wish to participate in the “Scavenger Hunt”)
- **Those with dogs** – portable water bowl, poo bags, Reliable dog lead and collar
- Gaiters (recommended for long grass, grass seeds, pitchfork seeds etc. Snakes also live in the parklands)
Note there is plenty of trail that doesn't require gaiters

Dogs

Yes that's right, your dog is welcome to come and help sniff out those checkpoints. If you are bringing your 4 legged child please bring the following

- portable water bowl + extra water
- Poo bags (note, it may be a while between bins so be prepared to carry it. There is a strict 'no digging' in the parkland so you must bin it not bury it)
- Sturdy collar and dog lead (there is NO Off Leash area in the parklands. There is wildlife that you need to be able to refrain your dog from chasing ie –snakes)

Strollers/Prams

- Those with kids in Strollers will have more route options if they have an “All Terrain Stroller” suitable for grass fields and gravel road. However this is not essential as there is plenty of cycle trail and urban paths suitable for normal strollers

Pre/Post Event

- Chair
- Highlighters, scissors, pens, paper, calculator for route planning
- A string with markings at 6.67cm (1km) intervals for distance measurement
- Change of clothes (a towel is also a good idea)
- Lunch/Snacks.

Only light refreshments (eg fruit, cheese & bacon rolls tea/coffee) will be provided at the event.

There is a food truck near the hash house that sells burgers and coffee etc. So eco warriors bring your own cup and cutlery to help reduce waste.

New South Wales Rogaining Association Inc.

ABN 15 314 080 648



DISCLAIMER / WAIVER

Event : 2019 Minigaine	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