

6 hour
Paddy Pallin 2025
15th June

FINAL INSTRUCTIONS

Hash House	Belanglo State Forest
Google maps location	https://www.google.com/maps/place/34%C2%B030'25.9%22S+150%C2%B013'40.3%22E/@-34.5071756,150.2256713,17z/data=!3m1!4b1!4m5!3m4!1s0x0:0x0!8m2!3d-34.50718!4d150.22786
Lat/Lon	Lat/Long S-34.50718, E150.22786
Contacts	Admin: admin@nswrogaining.org Organizer: 0400 470 497

Welcome to the **Belangolooopy** Rogaine.
Team leaders should ensure all team members read these instructions.

Program

Saturday 14 June

16:00 Camping at the HH opens

Sunday 15 June

7:00 Registration & maps opens
7:45 Novice briefing
8:45 Final briefing
9:00 Start
14:00 Food commences
15:00 Finish
15:30 Course closes & presentations commence
17:00 Event closes

Getting there

Directions from Sydney (~150 km, ~2h):

1. From Sydney take the M31 Hume Motorway south.
2. After continuing past turnoffs to Mittagong, Moss Vale and Berrima, signs indicate the motorway ending. The highway is still a separated, double lane road.
3. From the right-hand lane, turn right to access Belanglo Rd. Be careful of traffic coming from the south (your left) – you may need to stop between the north- and south-bound lanes before crossing the north-bound lane onto Belanglo Rd.

4. The Gordon VC Rest Area, which has toilets, is immediately on the right. The road from the Hume Motorway is bitumen for 2km and then becomes dirt.
5. Travel 5.4 km from the Motorway along Belanglo Rd and turn right onto Western Plantation Rd.
6. After 2.8 km, turn left on Gum Tree Rd.
7. Travel for 350 m, turn right on Belanglo Firebreak Trail and the HH will be visible on the left (100 m).

Directions from Canberra (~150 km, ~2h)

1. From Canberra, take the M23 and M31 Hume Motorway north.
2. After passing signs to Moss Vale, turn left onto Belanglo Rd. (same turn-off as for Gordon VC Rest Area)
3. Follow instructions from point 4, above.

Google maps directions from the Hume Motorway:

<https://www.google.com/maps/dir/-34.5368806,150.281117/-34.50718,150.22786/@-34.535307,150.2795994,17.75z/data=!4m9!4m8!1m5!3m4!1m2!1d150.231926!2d-34.5086979!3s0x6b1394befff89f7d:0x130609b472bb6dc1!1m0!3e0>

<https://maps.app.goo.gl/Ht8Qny4xWBrp1skC9>

The Hash House is accessible by 2WD vehicles and is only 8.7 km from the Hume Motorway. The dirt road is in reasonable condition. Drive more carefully after turning off Belanglo Rd onto Western Plantation Rd. A maximum speed of 40 km/h is recommended once you enter the State Forest.

Parking and camping

Camping is available at the Hash House on Saturday night before the event. Please follow the instructions of volunteers in Hi-Viz on your arrival.

Portaloos will be available on site. Please bring your own water for all your needs at the hash house. There will be 2 water drops on the course.

The Hash House will have a limited service, providing food and drinks at the finish of the event.

The course setter and event volunteers will be happy to discuss any aspect of the event with you – look for them around the hash house and admin area.

Personal health

- If you are feeling unwell, please do not attend the event.
- Only one person from each team should attend the admin area to collect maps & Navlight tags, and to hand-in your flight plan (unless accompanying children).
- Hand sanitiser will be available at admin area and at the portaloos.

Registration

Bring to registration:

1. Your team number – available on the [event webpage](#).
2. Indemnity form found at the end of these instructions, completed and signed by all team members.

Receive at registration:

1. Map with course setters' notes on the back and control descriptions printed on the front (1 per team member). The map is sized A3, scale 1:15,000, 5m contour interval, printed on waterproof and tear-resistant Teslin.
2. Navlight tag and wristband (1 per team member).
3. Flight plan (1 per team). Please indicate your planned route and return it to admin before the start. This could 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.

What to bring to the event

Mandatory Gear: Each **participant** must carry an emergency whistle and space blanket. In addition, each **team** must carry a first aid kit incorporating two compression (snake) bandages, and a mobile phone (for emergency use only).

Note that snakes have not been prevalent during setting but they are around, and the course is set in native bush that includes spikey plants and fallen logs and branches.

We also recommend bringing to the event:

1. *For before the event for map work:* pens, pencils, scissors, sticky tape.
2. *For during the event:* Backpack, food, sunscreen, compass and water (capacity for 2-3 litres) (the course will have two water drops).
3. *For during the event:* Full clothing cover (strongly recommended), gaiters, hat, comfortable runners or shoes or boots and wet and cold weather gear (check the BOM forecast for Belanglo closer to the event).
4. *For after the event:* A towel and clean set of clothes to freshen up.
5. *For after the event:* Plate/bowl, cutlery and mug for food and drink.
6. *For before/after the event:* Table, chairs and enough water to be self-sufficient.

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>

In addition to attending the **novice briefing at 7:45 am**, the course setter and volunteers will be at the registration desk and will be happy to answer questions and give advice to help with navigating and planning your course. If you are unsure or unfamiliar with anything, just ask.

Course setter's hints for navigating

Navigating direction: Locate your current position and the control (checkpoint) on the map you wish to visit. Place the compass on the map, aligning the long edge of the compass between your location (e.g., track junction) and the centre of the checkpoint. Rotate the compass bezel until the orienting arrow aligns with black grid lines which are orientated on the map to magnetic north. Hold the compass level and rotate it until the compass needle (the red-tipped needle) aligns with the orienting arrow. The compass now points towards the desired location. Use the compass to follow the bearing, ensuring the compass needle remains aligned with the orienting arrow (north). Hint: Look ahead to identify a feature (e.g., a specific tree) you can walk to that is in the direction you need to travel. If you navigate accurately from point to point you can chart a surprisingly accurate course.

Knowing distance: Calculate the distance on the map between your location and the control. Most compasses have scales in cm and some have calibrated distances such as 1:15,000. Your map shows a calibration bar. Note that the distance between vertical N-S grid lines is 1 km. To estimate the distance you have travelled you can count paces (paces/100 m) and/or measure the time you have been walking (walking time/100 m). To estimate this before you head off, use the 100 m length marked out in the "*rogainers calibration zone*" near the HH (ask if you cannot find where it is located). Note that when walking through bush your pacing and speed will be somewhat less than what you have just calculated, but it will provide a useful guide. Needless to say, the more experience you gain by trying, the more reliable these methods will become.

Route progress: After deciding on your course and heading off, monitor how many controls you visited in the first half, assess the distance to go and the terrain for the remainder of your course plan, and adjust your circuit accordingly. Take into account that you will probably have less energy for the second half of the rogaïne.

Oops!: If you find yourself disorientated and just want to get out of the bush, don't panic, consider roughly where you are on the map and determine the direction you would need to travel to get to one of the more major tracks. Importantly, before you head off, set your compass to point you in the right direction and then head off until you reach the track. For those of you who know the Hitch Hikers Guide to the Galaxy, remember the sage words of Douglas Adams



Start procedure

The pre-start briefing will be held 15 minutes before the start of the event 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.

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 take a photo or note the 3-letter code on the punch (if it has one), and alert admin to the problem at the finish.

No smoking or fires on the course. Please bring all rubbish back and take it home with you. 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

The point value of a checkpoint is the first digit of the checkpoint number, that is numbers 40 to 49 are worth 40 points, numbers 50 to 59 are worth 50 points and so on. 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 rogaing, which you can read at:

<http://www.nswrogaing.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 (including GPS watches) 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"*

However, you are encouraged to carry your phone on the course, for use in an emergency only, or to report problems to the organisers (e.g., if returning late). Any use of your phone as a navigation aid will result in disqualification.

In NSW rogaing events, **dogs are prohibited** at the event site. This is a rule to ensure the safety and fair play of participants, and to protect the environment.

The Course and Safety

The course is situated in native forest sections of Belanglo State Forest. A variety of driveable and non-driveable roads, tracks and walking trails cover the course providing useful conduits for accessing checkpoints and going loopy.

The main hazards on the course are:

1. Vehicles on forest tracks – the area is popular with a variety of forest users
2. There's some rugged terrain and big cliffs – take care near those cliffs!

Emergencies

Have you installed the [Emergency Plus](https://www.emergencyplus.com.au/) app on your smartphone? It's free from any App Store and could be useful in an emergency situation. More info is at <https://www.emergencyplus.com.au/>



Event brought to you by...

Course Setters: Rick Cavicchioli, Tassia Kolesnikow

Event Coordinator: Jack Hawkes

Map: Hamish Mackie

Vetters: Vivien, Emmanuelle and Justine de Remy de Courcelles

Administration: Vivien de Remy de Courcelles

Forestry / NPWS Liaison: Gill Fowler

Flag Hangers: Rick Cavicchioli

First Aid and Safety: Charles Kuan

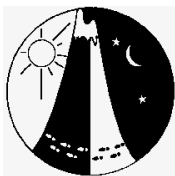
Volunteer Coordinator: Robin Cameron

Treasurer: Mike Hotchkis

General Event Management: Nicole Mealing and the Events Group

President and Jack of All Trades: Graham Field





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 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

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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

_____	_____	_____
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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