



N.S.W. ROGAINING ASSOCIATION

(24 HOUR CROSS COUNTRY NAVIGATION)

N.S.W.R.A. NEWSLETTER

Volume 2, Number 1.

March 1984.

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PRESIDENT'S MESSAGE

With the support shown last year, rogaining is now firmly established in N.S.W. Several events are planned for this year, the highlight being the 1984 Australian and N.S.W. Championships to be held south of Sydney over the weekend of August 11/12. We are honoured to have the opportunity to organise such a major event and are excited at the boost that it will give to rogaining in N.S.W.

One problem we have had with the organisation of rogaining this year has been the difficulty of preventing clashes with major orienteering events. Unfortunately the date for the Australian Champs. clashes with the date for the N.S.W. Schools Orienteering Champs., however it is the date deemed most acceptable by the Australian Rogaining Association, especially for travelling interstate competitors. In spite of this clash we hope you are able to support the event by being there.

Previous Australian Rogaining Championships have been held in Victoria (three times) and Western Australia (once). The Intervarsity Rogaining Championships are being staged this year in Western Australia, and rogaining is beginning in the A.C.T.

What we want most now are your views and ideas on the future direction for rogaining in N.S.W. We urge you to contact committee members with any suggestions, attend the special general meeting on March 17 and the annual general meeting later in the year, and in particular to participate and offer help at rogaines in the future.

Jeremy Challacombe.

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SPECIAL GENERAL MEETING

date: March 17 (Saturday)
venue: Frank Anderson's residence
84 Main Rd., Toukley. (043)963845
time: 3.00 pm.
agenda: - where do we go now?
- finalise calendar for remainder of year
- decide on date and venue for A.G.M.
- determine fees for 1984

This meeting is open to all rogainers in N.S.W. Come along and be a part of it.

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TEAM CHOICE IN ROGAINING

"The choice of people in your team is the most important single factor in enjoying an event. If team members are compatible and can enjoy shared experiences, you will have a great time under any conditions. Conversely, even the best rogaine can be no fun if team members cannot tolerate one another. How do you know in advance which will be the case?"

Always make sure that members of your team have the same aspirations. It is less important if some are fit and others not, or if there is only one great navigator and the rest have not seen a

compass before, so long as all have the same aims, e.g. to compete for the full twenty-four hours, to sleep during the dark hours or to take time to photograph birds and trees. If one member wants to go slowly and learn to use a compass and to navigate at night, then it is important that the other members are happy with this. Most disappointment for teams on events is caused by one or two members wanting to move more rapidly and others in their team wanting to go slowly and enjoy the countryside. Both groups are welcome on rogaines but they are better off in different teams."

reproduced from: "Rogaining - Cross Country Navigation", by Neil and Rod Phillips. Available from most major booksellers for around \$7 or at our May 12-hour rogaine (contact Ian Dempsey, 049 22700, to ensure that a copy is reserved for you).

The 100 page book is well presented with diagrams and photos, and it covers the history, participation, organisation and rules of the sport. It is recommended for both novices and experienced campaigners.

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COMING EVENTS

- March 17: Special General Meeting at Frank Anderson's.
- March 25: 6-hour rogaine. Cotter, A.C.T. Starts 8.00 am.
Phil Creaser (062) 414604
- May 19: 12-hour rogaine. Newcastle area. Starts 12 noon.
Bert and Dianne VanNetten (049) 595935
Entry form with this issue.
- August 11/12: 24-hour rogaine.
1984 Australian and N.S.W. Rogaining Championships.
2-3 hours drive south of Sydney, train transport also.
Robyn and Peter Tuft (02) 441325
More details and entry form with the next issue.

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CHANGES IN RECOMMENDED SNAKE BITE TREATMENT

Back in 1962 when I learnt to read maps and navigate through the bush at an Outward Bound School, pharmacists sold a red plastic container they called a "Snake Bite Kit". Inside was a sharp blade (to cut the bite area), a length of leather (to use as a tourniquet) and some Condy's Crystals (antiseptic). I wasn't certain whether the antiseptic action was required to treat the bite from the snake or the wound from the blade ... but the instructors at the school said not to use it anyway ... just cut carefully and release the tourniquet regularly.

In the late '60s, as a keen bushwalker, I went to several search and rescue practices and demonstrations organised by the Federation of Bushwalking Clubs. On the subject of snake bite treatment, the message was clear: don't use the sharp blade either! You are likely to create more problems than you solve. Two down, one to go ...

Yes, the use of tourniquets is now officially out. The surprising thing is that the currently recommended treatment was first devised in Oxford in 1941! The treatment stems from the discovery that snake venom molecules are relatively large, and so tend to travel in the lymph vessels rather than in the bloodstream. The treatment is to bandage the bitten limb so that it is compressed over a wide area to stop the tissue fluid and lymph flow. The limb is immobilised by a splint.

During the last few years, the Commonwealth Serum Laboratories tested the treatment on monkeys injected with venom. The treatment was successful. However, it was only in 1981 that the treatment was first used on human patients. The first was a Brisbane herpetologist who was accidentally bitten by one of his own snakes. He had kept rubber roller bandages on hand in case this situation occurred; so

when the brown snake bit, he immediately applied a constrictive bandage and was taken to hospital. Two hours after the bite there were no symptoms of envenomation and there was no venom in the victim's blood.

The constrictive bandage was removed under controlled hospital conditions, and within ten minutes the victim showed worrying signs of poisoning. Fifteen minutes after the bandage was removed, tests indicated venom in the blood, and within 30 minutes there was a significant amount of venom.

He was treated with anti-venene and discharged from hospital 36 hours later.

The Treatment:

1. If bitten, apply a tight constrictive bandage over the whole limb. This should be as tight as possible, at least as tight as for a sprained ankle, but it should not cover the actual bite itself.
2. Splint the limb to immobilise it.
3. Keep the patient at rest.
4. Keep any cloth, such as a handkerchief that may have venom on it, as this may help with the identification of the snake. For the same reason DO NOT wash venom off the skin.
5. Transport the patient, with as little movement as possible, to further medical help.
6. WRITE DOWN (even ON the patient) the time of the bite and any other information that seems relevant (e.g. details about the snake).
7. Ensure that someone stays with the patient.
8. If this procedure is followed, current indications are that breathing, heart action and consciousness should not be affected. However, the usual first aid drills of attention to airway and expired air resuscitation must be used if paralysis occurs.
9. The constrictive bandage can be left on indefinitely.

And ... view with suspicion the next bit of junk mail you get advertising a special discount price on red plastic snake bite kits.

Allan Wright.

References:

*Dr. J. Pearn, University of Queensland, quoted in "Scientific Australian", Jan. 1982.

*Mr. L. Crowe, St. John's Ambulance Instructor.

CHANGE OF ADDRESS

Have you changed your address? Then let us know, we'd like to keep in touch.

Name

New Address

Return to Ian Dempsey, 3/8 Mosbri Cres., Newcastle. 2300.

AUTUMN 12 HOUR ROGAINE

NEWCASTLE AREA

MAY 19(SATURDAY),12 noon to 12 midnight.

A 12 hour autumn rogaine is being held approximately 45 minutes drive south-west of Newcastle by the N.S.W.R.A. on May 19.

Vegetation is mainly open eucalypt forest with some open areas, and ample tracks. Terrain varies from steep to gently undulating. The event will cater for the less experienced as well as providing a challenge for seasoned campaigners.

Camping is possible at the hash house, or alternatively, at a caravan park 4km. away with shower facilities. Tea and light breakfast will be provided, however, competitors should provide their own eating utensils and sleeping gear.

Cost: \$10 per person (teams of 2 to 5 only)

\$12 for non-members of N.S.W.R.A. (the \$2 surcharge will cover your membership fees for the remainder of the year)

Map: 1:25 000

Sections: Mens Womens Mixed Juniors Veterans (av. age over 40)

Entries Close: Monday, April 30

Late Entries: \$5 extra per person

Organisers: Bert and Dianne VanNetten

Send Entries to: 42 Charles St., Edgeworth. 2285.

For Final Instructions: Enclose a stamped, self-addressed envelope

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Entry Form 12 hour Autumn Rogaine May 19, 1984

Team Contact: _____ Phone: _____

Section: Men Women Mixed Juniors Veterans

<u>Name</u>	<u>Address</u>	<u>Fee</u>
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Make cheques payable to N.S.W.R.A. Total - - - - -