

Welcome and thanks for your entry in the Nangar Autumn Rogaine. If you are a team leader, please make sure this information is available to all your team members.

There are two important attachments ...

- **Indemnity Form** - This must be signed by all team members and presented at the administration tent when you register.
- **Rogaining Rules** - Please ensure all your team members are familiar with the rules prior to the event.

### How to Get To the Event:

Nangar National Park is located to the south of "The Escort Way" which runs between Orange and Forbes. Cudal to the east and Eugowra to the west are the nearest towns. From Cudal it is 30km and from Eugowra 11km to "Dripping Rock Road" where you turn south. The Hash House is located 5km from the turn off.

### When you reach the Hash House Site:

There is an ample flat grassy area for camping close to the Hash House. Portaloos will be available from midday Friday. If you want to get there earlier or stay after the event, the National Parks camp site which has a single Windyloo is a further 2km past the Hash House. There is no drinking water there.

### Novice Instruction:

If you or any of your team is unsure of any aspect of how the sport works, there will be a group Instruction Session half an hour before the start. We will also be happy to give you some individual advice after the start of the event to help you on your way.

### Timetable:

#### Saturday 2 May

- 08:00 Registration opens.
- 09:00 Maps available.
- 11:30 Novice instruction session.
- 11:50 Pre-start briefing
- 12:00 Both events start
- 17:00 Hash House opens
- 18:00 6 hour event finishes

#### Sunday 3 May

- 00:00 12 hour event finishes
- 01:00 Hash House closes
- 07:00 Breakfast available

### Registration:

Before you present at Registration, please make sure:

1. You know your team number. Entrant lists will be available for you to look this up. A team list is on the NSWRA web site.
2. You have your Indemnity Form, signed by each member of your team.
3. If you have any outstanding fees to pay, have cash, a cheque or money order ready. We do not have credit card facilities.

You will be issued with:

1. A NavLight tag and wrist band for each team member.
2. One waterproof punch card.
3. One set of Course Setters Notes
4. Control Descriptions for each team member.

The maps will be available after 9:00 am at the map handout desk.

Before the pre-start briefing, attach a NavLight tag to your wrist with the strap supplied. Each person must have one tag attached.

### Pre-Start Briefing:

We require everyone taking part in the event to attend the pre-start briefing. Here, a check will be made that your NavLight tag is correctly fastened. It will then be punched with a "Brief" punch. Every team member must have a tag correctly attached and punched.

If you are not ready to have your NavLight tag inspected and punched during the briefing session, then you will need to do so at the administration desk after the Rogaine start. You must have your tag punched with a Brief Punch before you go out on the course.

Note that "Test" punches are NOT Brief punches!

### During the event:

At each checkpoint each team member must punch their NavLight tag. The NavLight punches will be close to the flag. At the controls closest to the Hash House, there will be two or more punches. Each person can use whichever punch is available.

You are only required to punch your control card if the NavLight punch fails to function or is missing.

When ever you return to the Hash House, your whole team must present themselves at Administration. Each of your NavLight tags will be punched with a "Stop"

punch. If you don't intend to go back out on the course, you should hand in your tags and card. Your "Score Sheet" will be printed. Check this and report any disagreements. Otherwise, when you are ready to go back out on the course, you must return to the administration area and have each of your tags punched with a "Depart" punch. If you don't do this, any extra controls you visit will be disallowed.

### **The Finish:**

During the last 20 minutes before the finish of each event, a marshalling area will be set up in front of Administration. When you return, for each person, an official will check that your NavLight tag is still attached then punch it with a "Stop" punch. You can then cut off your tag and deposit it in the collection box together with your team's card. Your team should then leave the area. During this busy period there could be a delay of up to ten minutes before individual "Score Sheets" become available. They will be printed on demand.

Your team's finish time will be the time of the last tag to be punched. Teams will be deducted 10 points per minute that they are late. Any team more than 30 minutes late will be recorded as Late and have all points taken.

### **The Map:**

The map has a scale of 1:50000 with 20m contours. It has pre-marked controls and is printed on one A3 sheet. The paper is waterproof and tearproof so there is no need to cover it with "contact".

### **The Course and its Hazards:**

The course presents the usual range of hazards one should expect at a 12 hour rogaine. At this time of year the temperature should range from cool at night to hot during the day. There has been some recent rain so there are pools in the creeks but we recommend you don't drink from them. It can be a long way between water drops so carry plenty of water.

Ticks, itch mites and leeches have not been a problem for the course setters. However they are a regular feature of the Australian bush and should be assumed to be waiting for you. We suggest that you come armed with an insect repellent such as Aerogard which contains diethyltoluamide (DEET) as the major ingredient.

### **Further Information**

For general information call Graeme & Vicki Cooper on 02 6772 3584 or email to [graeme\\_cooper@northnet.com.au](mailto:graeme_cooper@northnet.com.au)

### **What you should bring:**

#### **At the Hash-House:**

- Pens and pencils etc for course planning work
- Cutlery, mug, dessert & dinner plates
- Camping gear, a chair
- Change of clothes
- Your own additional food for Friday evening & Saturday breakfast
- Your own food for out on the course, during the event
- Water - please be self-sufficient by bringing 10 litres per person.

#### **On the Course:**

- Compass, watch, pencil and a whistle.
- Torch and spare batteries/globe.
- Thermal underwear, full body cover thermal clothing, full body cover outer waterproof shell wear, warm hat and gloves.
- Sensible shoes or boots.
- Gaiters and eye protection.
- Water bottle - 3 litres per person is recommended.
- First-aid kit containing as a minimum - tape for blisters, snakebite bandage (1m. crepe bandage), and a space blanket (1 per person).
- Food, to keep you going while out there.

### **What We Provide:**

- A continuous hot food service will be available from 5 pm Saturday until 1 am Sunday at the Hash House. Fruit, bread, cake, biscuits and hot /cold drinks will also be available.
- For those who choose to stay Saturday night, we are providing breakfast on Sunday morning.
- First Aid kits containing the minimum requirements as noted previously are available for \$6 at the Administration Tent.
- Whistles are also available for \$2.50 each.
- And if you're in need of a compass we have a limited number for hire for the weekend for \$2.

## Using NavLight

### Scoring

This event will use NavLight electronic punching. NavLight has two main components, the punches and the tags. A tag is strapped to the wrist of each person in your team. A punch hangs from a cord at each control near the flag.



A Punch.....



A punch and a tag.....

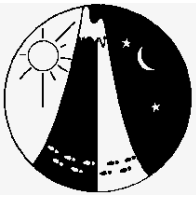
When you visit a control you record your visit by inserting the punch into the tag. You must hold the punch in the tag until the red light flashes to indicate that your visit was recorded.

A “Test” punch will be hanging beside a flag near Admin. You can use this to try your tag and see how the system works. It has no effect on your score.

### Fitting the wristbands & testing.

The wristbands are made from a rugged vinyl material and cannot be removed from the wrist without breaking them. Wear them quite loosely. You should be able to fit two fingers comfortably between the band and your wrist. Over a long period, a tight strap will cause irritation. Thread the band through your Tag, wrap it around your wrist, then close the clasp through one of the holes in the strap. There is a loose end which you can pull off carefully.





# 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
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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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): \_\_\_\_\_

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

# Australian Rogaining Association Technical Regulations

## Competition Rules:

Rogaining is the sport of long distance cross-country navigation for teams travelling on foot. The object is to score points by finding checkpoints located on the course within a specified time. Checkpoints may be visited in any order.

## Definitions

"The course" means anywhere a team travels during the time of the rogaine but specifically excludes the access road and areas in the proximity of an administration area designated by the organisers for non-competition use, for example for parking or camping. "Event site" includes the course and any administration, access and non-competition areas.

## Entries

- R1. A team shall consist of two, three, four or five members.
- R2. A team that has a member under fourteen years of age shall also have a member eighteen years of age or over.
- R3. Competition placings are awarded in several sections based on the age and gender composition of teams. Each team shall be deemed to be entered for all sections of the competition for which it is eligible.
- R4. No member of a team shall have been involved with the organisation of the rogaine so as to have a prior familiarity with the rogaine course or the fieldwork of the rogaine map.

## Respect for Land and Property

- R5. Competitors shall respect public and private property.
  - (a) Competitors shall not cross newly sown ground or growing crops, except if specifically permitted by the organisers, or any area deemed out-of-bounds by the organisers and shall keep a reasonable distance from dwellings and stock with young.
  - (b) Competitors shall take due care when crossing fences, crossing at corner posts, solid posts or between wires wherever possible. Each team shall leave gates in the same state as they were found.
  - (c) Competitors shall not discard litter or light fires at the event site nor smoke on the course.
  - (d) Competitors shall not unduly damage or disturb native flora or fauna.
  - (e) Dogs and weapons of any kind, including firearms, are prohibited at the event site.

## Conduct of Competitors

- R6. Competitors shall not enter the course until the official start is signalled.
- R7. 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.
- R8. The use of computers for course planning is prohibited.
- R9. Competitors shall travel only on foot.
- R10. Members of a team shall remain within unaided verbal contact of one another at all times whilst on the course. A team shall demonstrate compliance with this requirement to any event official or other team on request.
- R11. Organisers shall issue checkpoint recording devices, which shall be a scorecard &/or an electronic recorder to one or more members of each team. Electronic recording devices shall be attached to the competitors by a tamper-proof device, such as a wrist band, before the commencement of the event. Tamper-proof devices shall only be cut or removed by event officials.
- R12. A team shall surrender its recording device(s) to any event official, and shall advise their team number to any event official or other team, on request.
- R13. A team shall not accept assistance from, nor collaborate with, other people, nor deliberately follow another team.
- R14. No food nor equipment shall be left on the course before the event for a team's use, and no food or equipment shall be discarded on the course unless retrieved by the team during the event and brought by the team with them to the finish.
- R15. Competitors shall carry a whistle at all times whilst on the course. In an emergency a competitor shall give a series of short blasts on their whistle.

## Checkpoints

- R16. All team members shall simultaneously approach to within 5 metres of each checkpoint for which points are claimed.
- R17. In order to gain points for a checkpoint teams must record their visit to that checkpoint using the recording device provided by the organisers in the correct square, where a scorecard is used. If a team punches an incorrect square, they must notify the organisers of the details of this immediately upon returning to the administration to be eligible to be credited with that checkpoint.
- R18. Where more than one electronic recording device is provided to a team, all devices must record a visit to a checkpoint to gain points for that checkpoint.
- R19. Teams shall fill in any intention sheet at the checkpoint with the time of arrival, the team number and the number of the checkpoint that they intend to next visit.
- R20. If a recording device is lost, a team may present in its place a record of punch marks or a record of the electronic "punch" human readable back-up codes on any single sheet. The organisers will accept this single sheet from the team provided that the punch/record marks are discernible, and the team can identify to the organisers the checkpoint number for each of the marks.
- R21. Competitors shall not deliberately rest within one hundred metres of a checkpoint unless the checkpoint is also a water drop.
- R22. Competitors shall not adversely interfere with a checkpoint, water drop, any other facility placed upon the course by the organisers, or the equipment of any other team.

## Administration Areas

- R23. Whenever a team visits an administration area, all team members are required to report together to the organisers and surrender their team's scorecard and/or "check-in" their electronic recording device(s). The team shall only collect its scorecard and/or "check-out" their electronic recording device(s) immediately prior to leaving that administration area.
- R24. A team shall finish by all of the members reporting together to the designated finish administration area and surrendering their recording device.
- R25. If a competitor wishes to withdraw from a team for any reason the entire team shall return to an administration area and notify the organisers. The original team shall be deemed to have finished the event. If a new team is formed it may be admitted to the competition at the discretion of the organisers but no points shall be credited for checkpoints already visited.

## Penalties and Protests

- R26. The penalty for breaching these rules is disqualification except for rules R16, R17, R18 and R19 for which the penalty is the loss of points for the checkpoint under consideration. Any team disqualified under this rule shall be recorded as **DSQ**.
- R27. A team may voluntarily withdraw, by advising the organisers immediately upon their finish, if they have breached any rule for any reason and shall be recorded as **W/D**.
- R28. Within forty-five minutes of the nominated finish time, a team may report in writing to the organisers about any team thought to have breached these rules, or may protest in writing to the organisers about any actions of the organisers that they consider made the competition unfair.

## Scoring

- R29. The event shall end at precisely the set number of hours after the actual starting time, both times as defined by the organisers' clock. Where multiple timing devices are in use, the organisers shall ensure all clocks used to record finishing times are synchronized. Teams finishing late will be penalised at the rate per minute or part thereof specified in advance by the organisers. Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result shall be recorded as **LATE**.
- R30. A team's score shall be the value of the checkpoints visited and correctly verified in accordance with these rules, less any penalties. The team with the greatest score, or in the event of a tie the team that finished earlier, shall be awarded the higher placing.

## Australian Rogaining Association Technical Regulations

R31. In the event of a checkpoint being damaged or deemed misplaced or missing by the organisers, teams shall be awarded the checkpoint score:

- a) If the punch is missing or damaged but the team has a correct record on the intention sheet.
- b) If the punch is missing and there is no intention sheet, but the team can satisfy the organisers that they visited the correct site.
- c) If a checkpoint is missing or misplaced but the team can satisfy the organisers that they visited the correct site.
- d) For a correctly recorded visit to a misplaced checkpoint.
- e) If an electronic "punch" fails but the team has either (where applicable) a punch on a backup control card or record of the human readable back-up code for that checkpoint.

### General

R32. Any team hearing a distress signal must abandon their course and help in any way needed. No team shall be penalised for any rule breached in the course of giving such help.