

Lake Macquarie Rogaine

Final instructions to competitors

Welcome

Thank you for entering the Lake Macquarie Rogaine 2019

If you are a team leader, make sure this information is available to all of your team members.

Note that the indemnity form at the end of these instructions must be signed by all team members and presented at the registration desk when you arrive.

Competition Rules

The rules of Rogaining are available on the [Australian Rogaining Association](#) website.

How to get to the event

The Hash House is located in a large paddock behind 14 Maitland Rd Mulbring

From Sydney:

Take the Kurri / Cessnock exit from the M1 Motorway and proceed north along Freemans Dr (changes to Leggetts Dr after Freemans Waterhole) for 12.5km then turn right into Palmer St at Mulbring, after 600m turn right into Child St, then after 400m left into Maitland Rd. Hash House entrance is 100m on right, opposite Mulbring Sports Ground

From Newcastle:

From Wallsend travel west along the Link Rd and then continue on the Hunter Expressway for 10.2km, exit (East Maitland, Buchanan) and then left into George Booth Dr. After 3km turn right onto Richmond Vale Rd and proceed for 5km, turn left onto Maitland Rd, the hash house is 2.7km opposite Mulbring Sports Ground.

Facilities

There is water and toilets at the hash house and in numerous places on the course. There is free camping at the hash house . All competitors are encouraged to camp overnight.

WARNING !!!! – there is an unfenced dam at the site, please supervise any children. You will have to drive over the dam wall to the parking area.

The course and its environment

The course area is the Main Sugarloaf Range ridge and west to Freemans Drive. North / South from Mount Sugarloaf to the Brunkerville Trail. The area has numerous deep gullies cut into the side of the Sugarloaf Range with broken cliff lines interspersed at various elevations. The high cliff lines extend on the western flank of Mt Sugarloaf, The Summit and Mt Vincent. These cliff lines are up to 50m high. The Hash House is in open farm land on the eastern side of Mulbring. Coordinates are 32 54 17.66 S 151 29 27.15 E.

The map

The map has a scale of 1:20000 with 10m contours. It is a composite of a standard topographic maps with additional trails added. It will be printed on A3 waterproof paper, which does not need to be covered

There is a good selection for novices and families and a good layout for runners

Safety

- Your team is required to stay together **at all times**
- Stay within voice contact of all your team members.
- Stay hydrated
- Care should be exercised at all times and particularly around cliffs, slippery creek beds, boulders or logs.
- Beware of vehicles and motor bikes on forest roads.
- Numerous cliffs can be found throughout the area. Any section of close contours will have rockfaces and broken cliffs along it. Care should be taken near all steep slopes and cliff lines.
- Rocks in the area are quite friable. Take care on steep rocky slopes particularly when team members or other teams are further down the slope.
- If an injury or sickness occurs stay together as a team. If able try for the nearest track or checkpoint to wait for other to arrive.

- Whistles should be carried by all team members. Six (6) whistle blasts at 10 second intervals is the distress signal. Any person hearing this signal should render assistance.

What to bring

For the hash-house:

- Food and water prior to the event and for the course.
- Pens, pencils, scissors etc for map work
- Change of clothes
- Something to sit on and a table too if you would like one.

For the course:

- Compass, watch, pencil and a whistle.
- Mobile phone for emergency calls
- First aid kit, including a snake bite bandage.
- Comfortable clothes and shoes for the event. Gaiters are discretionary as the course is very open.
- Hat and sunscreen. It can be very hot this time of year.
- 2+ litres of water per person is recommended if you plan to focus on the bush areas.
- Bring your own food as required.

Safety lights to attach to your teams backpack for the night walk.

Food

There will be a tea and damper on the course with water and light snack food.

The Cardiff Scouts will be catering at the Hash House.

Event Schedule

Registration opens:	8:30am
Novices briefing:	11.15 am
General briefing:	11.45 am
Event starts:	12.00 noon
Event finish time:	6.00 pm
	12.00 midnight
Results/presentations:	6.30 pm
	00.30am

Registration and map distribution will be open from 9:00am on Saturday morning.

Before you come to registration, please make sure:

- You know your team number. This is available on the web site or on a printout at the admin tent.
- You have your signed indemnity form – signed by all team members.
- You have any outstanding fees ready (e.g., if you have a new team member, or entered late and didn't pay online). Please bring either a cheque or the exact cash amount. There are no credit card facilities!

You will be issued with:

- One NavLight tag and wristband per team member.
- One set of Course Setters Notes for each team member.
- One map, including Control Descriptions, for each team member.
- One flight plan for the team - to be returned to the admin tent BEFORE THE START OF THE EVENT.

Pre-Start Briefings

Collective briefings will be held at 11:15 am for novices and 11:45 am for all competitors. We require everyone taking part in the event to attend the final briefing. If you or any of your team is unsure of any aspect of how the sport works, please do not hesitate to ask one of the event staff. We will be happy to give you some advice for a few minutes after the start of the event to get you on your way.

At the 11:45 am briefing, a check will be made that your NavLight tags are correctly fastened.

During the event

At each checkpoint remember to punch all your NavLight tags. If a NavLight punch fails then manually punch a printed square on your map. At the Finish, your NavLight tags will be punched with a "Stop" punch and read.

The Finish

About 30 minutes before the finish of the event, a marshalling area will be set up. When you return, officials will check that your whole team is present, punch your tag with a "Stop" punch and collect your tag. Your team should then leave the area. During this busy period there will be a delay of up to thirty minutes before individual 'Score Sheets' become available. They will be printed on demand. 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 will be ineligible for a placing.



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

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