



8 and 24 hour
Spring and NSW Rogaining Championships 2019
Weekend 21-22 September

FINAL INSTRUCTIONS

Hash House	Big Yango Homestead, Yengo National Park
Google maps	https://goo.gl/maps/EE6CmoJqdr5p5wM78
UTM Coordinates	Zone 56H / Easting 0390 / Northing 5040
Lat/Lon	Lat/Long S-32.96728996, E150.90197302
Phone	Admin:0434 369 493 (prior to Friday) Safety Landline: 6579 4567 / Satphone (event hours only): 0147145842

Welcome to the **Step-up** Rogaine. We have a treat for you!

Program

Friday 20 September

16:00 Camping at HH opens
18:00 - 20:00 Registration

Saturday 21 September

08:30 Registration re-opens
09:00 maps available, course setter available for any questions
11:45 Final briefing
12:00 Start for both 8 and 24 hours
18:00 Hash House opens
20:00 Finish of 8-hour event
20:30 Presentations for the 6-hour event

Sunday 22 September

09:00 Start of Kiddy-gaine
12:00 Finish of 24-hour NSW Championship event
12:30 NSW Championship presentation
13:00 Hash House closes
13:00 All welcome to help with packing up and collecting flags.

Getting there

Directions from Sydney (~150 km, 2h35')

1. From Sydney take the M1 Freeway and exit at the Peats Ridge Rd exit signposted Calga/Peats Ridge.
2. After about 13.5km, veer left onto George Downes Drive, and drive first to Central Mangrove, Kulnura and then Bucketty.
3. From Bucketty continue to drive north on the Great North Road, and on towards Laguna.
4. 14km from Bucketty and 1.5 km before Laguna turn left onto Yango Creek Road (signposted).
5. Follow Yango Creek Road for 2.2km to the intersection with Upper Yango Creek Road.
6. Turn left onto Upper Yango Creek Road for 2.6km to the intersection with the Finchley Track.
7. Turn right uphill and follow for 9.2km to the Yango Track intersection, just past Finchley lookout.
8. Veer right onto the Yango Track and follow for 13km, then turn left onto the Big Yango Entrance Road, where you will find a gate (PIN code required).
9. From the gate travel a further 5km towards Big Yango House.

Directions from Newcastle (~120 km, 2h30', Google recommendations)

1. Take A15, M15 and B68 to Cessnock.
2. Take Wollombi Road to Wollombi and then.
3. Continue on Yango Creek Road until it joins Upper Yango Creek Road, 1.5 km south of Laguna.
4. Follow instruction from point 6, above.

The gate will be attended between the hours of 19:00 and 21:30 on Friday and then 7:30 to 11:30 on Saturday. Outside this time, you will need to open gate, using the code 7798 for the combination lock.

The Hash House is accessible by 2WD vehicles, the final 32kms is on dirt road. Yango Creek Road, Upper Yango Creek Road and Yango Track are all in good condition but remain narrow and sometimes winding dirt roads. Recent gradings has brought water draining bars and ditches: look out for those. We recommend a maximum of 40km/h on Yango Track.

On each of visit, it has taken less than 2.5 hours for the course setters to drive from their home near Sydney Harbour Bridge to the Big Yango locked gate (early morning on weekends).

Although the gate to Big Yango is also available from Putty Road, we do not recommend coming this way as the dirt road is very rough and a 4WD is necessary.

Parking and camping

Camping is available at the Hash House on the Friday and Saturday nights. Please follow the instructions of volunteers in hi-viz on your arrival.

Portaloos, marquees and limited water supply will be available on site. Please bring some water if you can, 5-25 litres per car will greatly reduce the load on our catering supply.

Dogs are not allowed at the Hash House site or on the course. There will be one designated fire pit, subject to weather conditions. No other fires are permitted.

The Hash House will serve hot, healthy, hearty food during the event from 18:00 Saturday until 13.00 Sunday. The menu will have vegetarian and gluten free options.

Registration

Bring:

1. Your team number – available on the [event webpage](#).
2. Indemnity form found at the end of these instruction, completed and signed by all team members.
3. Compulsory safety equipment (1 set per team member): whistle, space blanket, at least 1 compression bandage. Compulsory equipment will be checked at registration.

Receive:

1. Map with course setters' notes and control descriptions printed on the front (1 per team member). It is printed on waterproof polymer (Teslin). See notes below about marking on your map.
2. Course setters' notes (1 per team).
3. NavLight tag and wristband (1 per team member).
4. Flight plan (1 per team). Please indicate your planned route and return it before starting to 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.

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>

If you are unsure or unfamiliar with anything to do with the event, our volunteers at the Hash House can help.

Rather than a novice briefing, the course setter will be at the registration desk and will be happy to answer any question and give any relevant advice that help with planning your course.

Start procedure

The pre-start briefing will be held at 11:45 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. The mass start for the 8 & 24 hour events will be Saturday at 12:00.

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 punch your map using the physical, orange punch tied to the checkpoint flag.

No smoking or fires on the course. Fire is only allowed at the designated common place at the Hash House. Please bring all rubbish back to the HH. 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 rogaining, which you can read at:

<http://www.nswrogaining.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"*

GPS devices, including watches and smartphones are allowed on the course if they are sealed in a tamper proof bag supplied by Admin, this must be done prior to the final event briefing.

The map

The map is sized A2, scale 1:25,000, printed on waterproof and tear-resistant Teslin.

It has been created using the latest LiDAR survey data by NSW DFSI Spatial Services that has an accuracy of 1 to 2m horizontal and 30cm vertical. This helps achieve a high resolution and extremely accurate contour and watercourse image with great level of detail.

What to bring to the event

- Indemnity form signed by all members (see last page)
- Pens, scissors, string (marked at 40mm), sticky tape for map work
- Your own cutlery, mug, bowl and plate
- Camping gear
- Change of clothes, towel
- Chairs, picnic table
- Food for Friday night and Saturday morning
- Basic first aid kit
- Spare water (5-25 litres per car)
- OPTIONAL: Map case, plastic bag or clear contact to protect map and control descriptions

What to take on the course

- Whistle (compulsory per person)
- At least 1 compression bandage (compulsory per person)
- Space blanket (compulsory per person)
- 3 litre filled drink container. There will be four water drops on the course but a large area of the course could not be serviced with a water drop, due to no vehicle access.
- Backpack
- Compass
- Watch
- Shoes with good grip and good foot protection
- Warm clothing and rain jacket adequate for the weather conditions
- Headlamp/small torch (with spare batteries)
- Food for on the course (muesli bars, dried fruit, chocolate, power drinks, etc.)
- Gaiters or other leg coverings (Gaiters also increase protection from snakebite)

Course and Terrain

The course is dissected with many spurs, ridges and valleys. Mt Yengo is the main reference point that can be seen from the top of most ridges. Most spurs have rocky outcrops or broken cliffs that can be contoured or through which a pass can be found. The vegetation is variable from open and grassy in the valleys to open bush on spurs and ridges with occasional scrubbier bush mostly on the outskirts of the course.

Sunset on Saturday is at 17:51 and sunrise on Sunday at 5:45 Sunday. The moon will be 50% visible and rise at 00:19 on Sunday.

It is spring –yay! So, it could be cold, hot, wet, dry, windy, calm, cloudy, sunny, or anything in between! As it is September, it is likely to at least be windy and cold to cool overnight. Be prepared for anything!

Safety

- There are many cliffs on the course ranging from a few metres to 40m high – it's fantastic Hawkesbury Sandstone country. Care should be exercised at all times, especially at night.
- The dry weather of recent months combined with steep terrain has rendered the leaf litter in many areas of the course very slippery.
- In the case of rain, rocks can become slippery.
- Care for your team – stay together at all times, within voice contact – and look out for other rogainers who may require help.
- Stay hydrated – you should carry 1-3 litres with you. There will be 4 water drops on the course. N.B. No watercourse has running water and only a few puddles of questionable quality were found – even after a weekend of rain.
- If an injury or sickness occurs stay together as a team. If able, try for the nearest track, checkpoint or water drop to wait for other teams or safety patrol to arrive. Try to send a message or call the number on the map. Help may be some hours away. Your team must be prepared to give an initial response to an injured competitor.
- A whistle must be carried by each team member. Three whistle blasts is the distress signal, and any person hearing this signal must render assistance. Team scores which are affected by giving assistance will be adjusted at the finish.

Emergencies

There is no mobile phone coverage at the Hash House. The event organizers will have a satellite phone, and an emergency National Parks landline for communications during the event. The numbers are listed at the top of this document and printed on the map. You can call them at standard costs for a mobile phone service.

Some areas on the course (mainly high spots) may have limited mobile phone coverage, but this cannot be guaranteed. SMS may be more successful than a voice call. Should you experience difficulties or need assistance then proceed to a road where a patrol will be doing a sweep after 4pm, 9pm and midnight on Saturday and again on Sunday at 9:00 and 12:00.

Have you installed the Emergency + app on your smartphone? It's free from any App Store and could be useful in an emergency situation. More info is at <http://www.triplezero.gov.au/Pages/EmergencySmartphoneApp.aspx>



Post Event Catch-Up

Join us at the Dove and Olive, Surry Hills, on Wednesday, 25th September at 7:00pm. Come along to meet other Rogainers, compare maps and find out what other teams did. Bring your map.

Please email Vivien (vivien.rc@exemail.com.au) or register your attendance on the Facebook event so we have an idea of numbers. Check for updates on our Facebook page.

Helpers

We have a great team of helpers but always appreciate more. If you need help or can provide help, please let us know.

Gill Fowler (Co-ordinator)

Vivien de Remy de Courcelles (Course setter)

0413 905 551, gillofowler@gmail.com

0435 030 201, vivien.rc@exemail.com.au



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