

## Final Instructions

### Garigal Gasper 6hr Socialgaine

Sunday 24<sup>th</sup> November 2019

#### Start time

The event starts at 10:00am. Maps available from 8am.

#### Event location

The Hash House (rogaining term for event Headquarters) is at Belrose Public School, Ralston Avenue, Belrose.

The Hash House has lots of undercover outdoor space and beautiful shady grounds for planning but it might be good to bring your own tables/chairs unless you are happy to sit on the ground or school benches.

#### Weather

The current forecast is for a warm, but not hot cloudy day with a maximum of 24 degrees.

#### Getting There

##### By Car

From the north, heading south on the Pacific Hwy, turn east onto Mona Vale, then south on Forest Way for approx 3km, then turn right onto Ralston Avenue.

From the south, head north on the Pacific Hwy, turning right onto Warringah Rd just after Chatswood. After 6.5km, turn left onto Forest Way and Ralstone Avenue is on your left after another 3km

##### By Public Transport

There are buses that run on Sunday morning that stop right at the school. Possible options are:

From the city, buses 270 and 271 depart every 15 mins and take approx. 50 mins to arrive via Willoughby and Roseville.

From Manly wharf, bus 141 departs at 0725 or 0825 and is scheduled to take about 30 mins to arrive at the school via Seaforth.

#### Parking

Parking around the school is limited and in a residential area so it will be important to try and carpool and to be considerate of the neighbours.

Entry gates are in Ralston Av and Cotentin Rd.

#### Timetable

0800	Registration opens, maps available
0940	Novice briefing
0950	General briefing (compulsory)
1000	Event start
1500	Hash house open for food

1600	Event finish
1630	Results/Presentation

## Registration

Before coming to registration, please make sure

- You know your team number (available on web site)
- You and everyone on your team have signed your indemnity form

Upon registering you will receive

- A NavLight tag and wristband (2 per team)
- A map with control descriptions and setters notes
- One flight plan (intention sheet) which must be filled in and returned to the registration desk

## Start procedure

There will be a mass start for all competitors at 10:00am.

## Finish procedure

There will be volunteers holding the Navlight "STOP" units to greet you. They will punch your navlight tag and remove it.

## Late finishers

Competitors will have ten points deducted from their total for every minute (or part thereof) that they return late. If you are 30 minutes or more late you will be disqualified and fail to record any points.

## The Map

The map will be an A3 sheet printed on waterproof paper. The scale is 1:25 000 and contours are 10m. Water points, toilets, some shops and crossing points are marked on the map.

**IMPORTANT: YOU MUST STAY ON MARKED TRAILS ONLY!**

## Checkpoints

Competitors Checkpoints are indicated by orange/white flags. You need to register your visit to the control by holding the Navlight unit to your personal punch. It should flash when punched. All punches for your team must be punched at each control. If the light does not flash at a control, you should use the manual punch on the edge of your map to record your visit.

## Gear List

### To Carry

- Capacity for 2L of water, more if hot weather predicted.
- High energy snacks (there will shops available in several locations)
- **First aid kit including snake bandage, space blanket & whistle (compulsory)**
- Compass
- Sunscreen
- Raincoat if wet weather forecast
- A small towel. In hot weather this can work miracles by soaking in water and wrapping around your head.

- At least one phone per team. You may want one with a camera.

### **To Wear**

The required clothing will largely depend on where your route will be, but we suggest you take the following equipment and decide what to wear once your route is decided

- Light fitting short or long sleeve shirt
- Shorts or light fitting pants, or gaiters
- Hat
- Sunglasses
- Joggers or hiking boots
- Comfortable socks

### **To Leave at HH**

- Change of clothes
- Highlighters, string, scissors, pens, paper, calculator for route planning
- Additional food for before/after event

### **Post Event**

A free BBQ will take place after the event. It will include sausage sandwiches, (and a veg option), cakes and fruit. Please bring a plate and cup or mug. Please stick around and socialise with your fellow Socialgaine participants. Presentations will take place at approx 4:30 pm.



# New South Wales Rogaining Association Inc.

ABN 15 314 080 648

## DISCLAIMER / WAIVER

Event: 2019 Socialgaine 6Hr – “Garigal Gasper”	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 \_\_\_\_\_

**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