

Lake Macquarie Rogaine

Final instructions to competitors

Welcome

Thank you for entering the 2020 Lake Macquarie Rogaine

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 either submitted to admin before the event via email anitabickle@gmail.com or text to 0434 369 493 prior to 5pm Friday 16/10/20 or presented at the registration desk on the day. Please nominate ONE team member to collect the gear on the day from admin.

Competition Rules

The rules of Rogaining are available on the [Australian Rogaining Association](http://www.australianrogaining.com.au) website.

How to get to the event

The Hash House is located at The Pines Picnic Ground, Watagan Forest Rd, The Watagan Mountains

From Sydney:

From M1 Freeway, take the Morisset exit. Turn Right, follow to second roundabout, turn Left onto Freemans Drive. Follow to Intersection of Freemans Drive and Martinsville Road. (There is a Rural Fire Station here). Turn Left. Follow to intersection of Martinsville Rd and Watagan Road. There is a Sign here also for The Pines . Turn Left. Follow uphill on tarred road; this later becomes a dirt road, ok for 2wd vehicles. Follow this road until a T intersection. Turn Right, and follow through to a Right turn to The Pines Picnic Area.

From Newcastle:

You can exit off M1 at Morisset, turn Left toward Morisset, follow to the 2nd roundabout, turn Left onto Freemans Drive, and follow as for the Sydney instructions. OR from Freemans Waterholes, Follow Freemans Drive towards Cooranbong/Morisset, to the intersection of Freemans Drive and Martinsville Rd, turn Right, and follow to Watagan Road, turn Left and follow as per the above directions.

Facilities:

Water at Hash House with sanitisation station

Toilets are available at the Hash House with sanitisation station

There are some picnic tables and seats, but not many. We recommend bringing your own tables and chairs if possible. Camping (free) at The Pines campground, and Turpentine campground. These are close to the Picnic Area.

WARNING !!!! –

This is a busy area at times, especially on weekends, now that COVID restrictions are relaxing. There can be motorbikes and 4WD's using the roads/tracks, so take care when using them. The roads are narrow and winding in places, and just to add to the "fun", State Forests have started logging nearby, so watch for logging trucks on the major road.

The course and its environment:

As usual, the Watagan Mountains have a varied terrain, some flatter areas, lots of spur and gully, some steep sections; deep rocky watercourses; waterfalls, cliffs, some more open areas among the prickly vines and taller cutty grass, and fallen timber. The thicker vegetation is mainly along the track edges. Hopefully I haven't discouraged you from coming to a lovely area. There are heaps of tracks, too many to map, mainly bike tracks, and plenty of off-track options for the daring. Long sleeves and leg coverings are highly recommended. Plenty of wildlife, but not a great many flowers this year.

The map

The map has a scale of 1:25000 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.
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What to bring

For the hash-house:

- Food and water prior to the event and for the course.
- Pens, pencils, scissors highlighters 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. And headlamp or torch
- Mobile phone for emergency calls
- First aid kit, including a snake bite bandage.
- Comfortable clothes and shoes for the event. Gaiters or long pants, and long sleeved shirts are advisable.
- 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 Due to COVID restrictions, there will be limited catering available. There will be water available, canned drinks and individually prepackaged cakes

Please ONLY have ONE team representative come up to the admin area. Please follow social distancing rules and respect volunteers requests if required to social distance or return when reduced numbers.

Event Schedule

Registration opens:	7am for 12 hour
	8am for 6 hour
Novices briefing:	30 minutes before start
General briefing:	15 minutes before start
Event starts:	9am for 12 hour
	10am for 6 hour
Event finish time:	4pm for 6 hour
	9pm for 12 hour
Results/presentations:	Available Online after the event

Registration and map distribution will be open from 7am for the 12 hour teams and 8am for the 6 hour teams.

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 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

Novice briefings will be ½ an hour before respective start times. General briefings will be held 15 minutes before respective start times.

During the event

At each checkpoint remember to punch all your NavLight tags. If a NavLight punch fails then manually take a photo of the flag and text to admin or record the number on the flag or navlight serial number. 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. 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