

Final Instructions

WELCOME

Thank you for entering the 57th Paddy Pallin 6 hour 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 anitabickle@gmail.com or text to 0434 369 493 prior to 5pm Friday 20/11/20 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

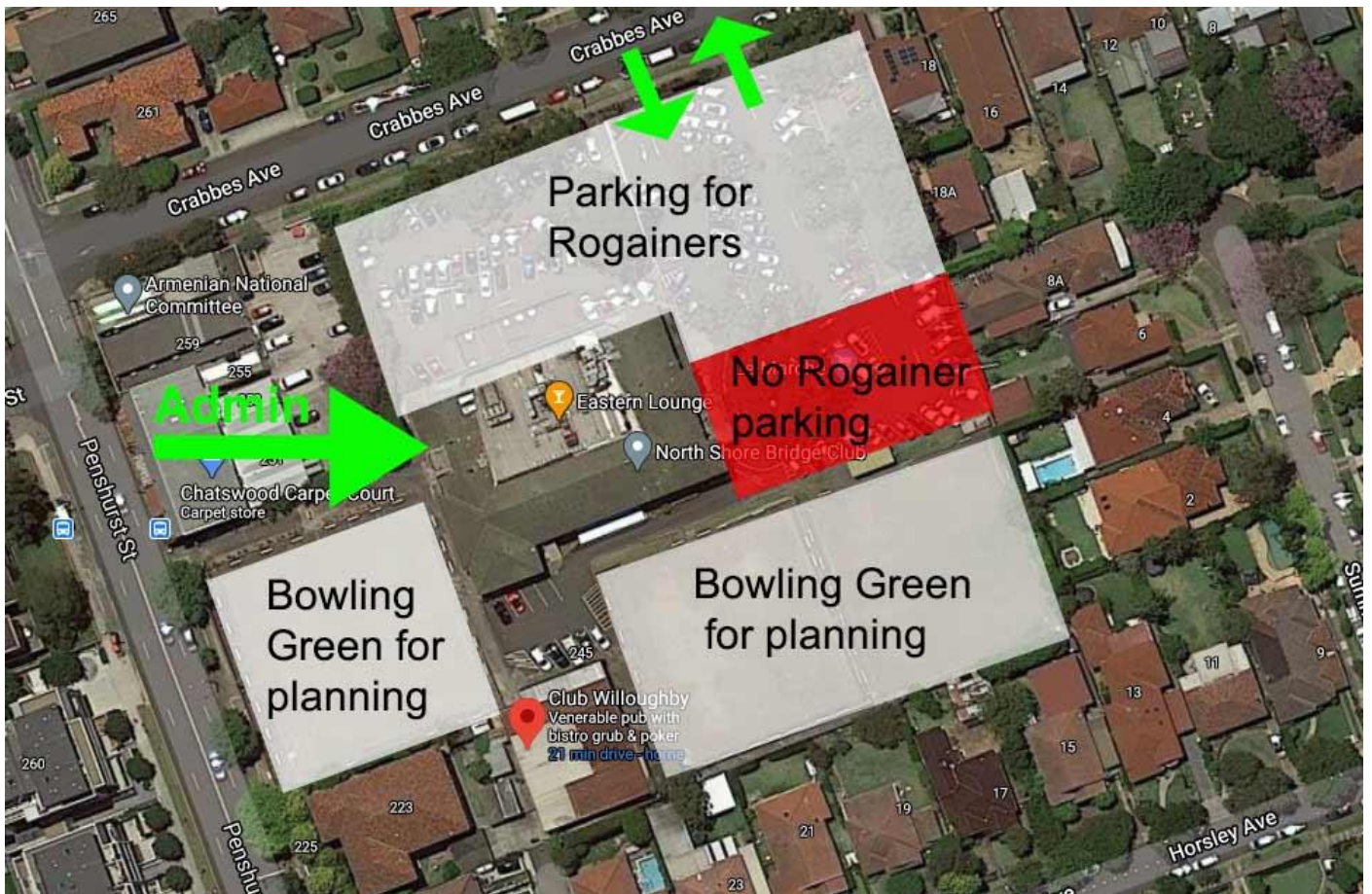
The rules of Rogaining are available on the [Australian Rogaining Association](#) website.

LOCATION

The Hash House is located at [Club Willoughby](#) 26 Crabbes Ave, Willoughby NSW 2068. Admin is in a room at the western end of the Club. There is a flight of stairs at the western end of the car park that will lead you the Hash House. There is no need to register as a Club patron on entry.

LOGISTICS

- There is some seating around the edge of the bowling greens, but bring your own tables and chairs if you want to be certain of a seat. The bowling greens are no-longer in use and you may setup tables and chairs on them.
- No camping is available.
- There are plenty of toilets available in the Club
- There is water available on site
- Parking is available on site for about 100 cars; overflow will be in the surrounding streets.
- Part of the car park will be reserved for Club patrons, do not park in this area.
- **Maps are available from 7:15am.**
- Enter from Crabbe St, note there is a separate entry and exit to the car park.
- Look for the start and finish. It will be just outside of the admin room.



THE MAP

The map has a scale of 1:15 000 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. Map grid lines are magnetic north.

Water locations are not marked on the map but there are plenty of parks, shops and front lawn taps available on the course.

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

GENERAL SAFETY

- Be careful crossing roads, especially when fatigued.
- 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 high points and slippery rocks
- If a serious injury occurs then ring 000 or 112. If it is a minor injury or your team requires hash house assistance then call 0450 748 681. The Hash House has a first aider on site.
- Whistles should be carried by all team members. Three short blasts repeated every minutes the distress signal. Any person hearing this signal must render assistance.

FOOD

We are not providing any food for this event however Club Willoughby is open for food and drinks and all are welcome.

Booking for lunch or dinner is strongly recommended on (02) 9411 5333, or emailing manager@clubwilloughby.com.au. The club bistro will be open all afternoon. If you are staying on as a Club patron you will need to register at the front desk. The Club menu is on our web site: <https://nswrogaining.org/2020-metrogaine/>. It will be fine to wear your rogaining gear into the Club for a drink, lunch or dinner.

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.
- Mobile phone for emergency calls
- First aid kit, including a snake bite bandage (mandatory at all events)
- Comfortable clothes and shoes for the event. Gaiters or long pants are not necessary for this event.
- Hat and sunscreen. It can be very hot this time of year.
- 2+ litres of water per person is recommended.
- Bring your own food as required.

COVID SAFETY

- Only one person from each team to collect maps, Navlights and deposit flight plan
- The admin room has separate entry and exit doors, please use them appropriately.
- We will have volunteer Covid marshals on site, please follow their directions and be polite.
- Follow social distancing rules. 1.5 m separation at all times.
- Do not come on site more than 2 hours before your nominated start
- Hand sanitiser will be available at the start and the finish. If your hands are dirty then please wash with soap in bathrooms before sanitising.
- If you are feeling unwell do not come. We will provide a refund in cases of a team member being unwell.
- Controls are mounted in such a way that you do not need to touch them, please avoid touching the controls.
- There will be no post event presentations and you are encouraged to leave the site once your event has finished.

- Car pool where possible
- Wash / sanitise your hands after using the bathrooms
- Do not share any food or drink outside of your family group
- You are encouraged to get the COVID safe app from [here](#) (if you have not done so already):

EVENT START

- During registration your team captain nominated a 1hr starting window and your team can start anytime during that window.
- Maps may be picked up 1:45 before the start of your team's 1 hour window. Do not come on site more than 2 hours before your nominated starting window.
- **There will be no pre-event briefings**
- **You must punch before you start. Your 6 hours starts from the last team member to punch**
- **Note that there are exits to the Club onto Penshurst Rd and Crabbe St**
- Novice teams should contact the admin team if they want pre-event advice or coaching.

DURING THE EVENT

At each checkpoint remember all team members must punch their 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.

EVENT FINISH

This is a 6 hour event and your six hours starts from the time of you last team member's start punch. Your event finishes at the last team member's finish punch. At the finish follow directions to remove your Navlight punch.

There will be no event presentations and you are encouraged to leave the site promptly after you finish, unless you plan to eat or drink at the Club. Results will be posted on the web shortly after the event finish and trophies will be awarded post event.

PADDY PALLIN

We are grateful to, once again, have the support of the Paddy Pallin organisation for this event. Paddy Pallin has provided a number of spot prizes for this event. This will be awarded prior to the start based on a random selection of team numbers. If your team has been drawn the admin staff at the desk will advise you when your team registers.



New South Wales Rogaining Association Inc.

DISCLAIMER / WAIVER

ABN 15 314 080 648

57 th Paddy Pallin 6Hr Rogaine 21 st Nov 2020	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):	
1.	2.
3.	4.

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