

HEAD to HEAD Minigaine 2020 - 3 Hour

Sunday 23th February 2020

Pre-Event Information Pack

Location:

The Hash House (the start & the finish) is at **1395A Pittwater Rd, Narrabeen** in the Berry Hall next to Narrabeen Lake. A public parking area (limited spaces) is to the North of the Hash House and there is unrestricted parking on Pittwater Rd on Sundays. Toilets are located at the North side of the parking area.



Event Timetable:

Registration opens: 7.30 am

Novices briefing: 8.00am

General briefing: 8.50 am

Event starts: 9.00 am

Event finish time: 12.00 pm

Please Bring the Following Items and Equipment:

- Registration
 - ❖ Completed indemnity form signed by the whole team – to be handed in at registration to receive map and intention sheet.
 - ❖ Any outstanding payments.
- Event equipment
 - ❖ Water bottle/pack. We recommend at least 1.5 litres per person be carried.
 - ❖ An electrolyte such as Gatorade is recommended.
 - ❖ Snacks to keep you energised
 - ❖ Highlighters and pens to mark your map
 - ❖ Mobile phone for emergency calls
 - ❖ Suitable clothing for forecast weather, but you should bring hat and sunscreen
 - ❖ A compass
 - ❖ *Remember that mobile phones and GPS devices cannot be used to assist with navigation during the event.*
- Post-event
 - ❖ Plate and cup for a light lunch at the Hash House from 11.45am onwards
 - ❖ Rug and/or table/chairs – unless you like sitting on the ground – (also for pre-event)
 - ❖ Change of clothes (?!).

Emergencies:

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>

On the day you will receive:

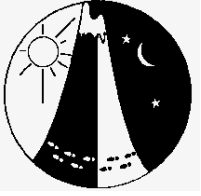
- ❖ A map – A3 size, **1:20,000**, 10m contours, waterproof paper
- ❖ Control descriptions are on the map
- ❖ Course setters notes
- ❖ An intention sheet for you to draw your proposed route on and **hand in to the registration desk before the start.**
- ❖ A Navlight wrist sensor to record visits at each control visited
- ❖ A light lunch after event

Course Conditions:

The course is mostly paved paths, as well as some bush tracks, beaches, steps, and grass. Public toilets are marked on the map and these usually have fresh water
Care must be taken crossing roads. Use pedestrian crossings where possible.

Additional queries:

If you have a question please contact the organiser Graham Field or admin Vivien, contact details are on the Minigaine webpage <http://www.nswrogaining.org>



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event :

Team No.:

Car Rego.:

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