

WORONORA PIPE DREAMS ROGAINE

SATURDAY 1ST AUGUST

3 & 5 HOUR NIGHT ROGAINE



FINAL INSTRUCTIONS

Welcome to our first rogaîne for nearly six months. If you are new to rogaing please read these notes carefully. You can find further supporting docs online in our [Novices Info Pack](#).

The course setters will be at the Hash House and will be happy to answer any questions and give advice to help with planning your course.

Experienced rogainers tend to skip these instructions but we have many changes due to Covid-19 social restrictions, so do please read on.

In particular, please check out all the items that have a Covid icon, like this:-



COVID-19 – Stay Away!

If the event is cancelled due to Covid restrictions you will receive a full refund of your entry fee. Watch the [event website](#) for any updates.

1. If you have Covid symptoms, **STAY AWAY**. We will provide you a full refund, and your household members should stay away too. But **DO** let us know you won't be attending, with an email to admin@nswrogaining.org or SMS to the event coordinator (Trevor Gollan) on 0408 230 593.
2. Download and run the COVIDSafe App, if you haven't done it already.
3. "No singing, no mingling, no dancing." (Gladys Berejiklian, 17-Jul-2020)
4. Spectators, **STAY AWAY**. Let's face it, rogaing isn't the most riveting of spectator sports, and for the moment we need non-participants to stay clear of the area. We are obliged to limit the number of people in and around the Hash House.
5. Unfortunately, there won't be scope for participants to relax at the Hash House and there won't be food - please take your post race discussions online to our Facebook Group.



Event Location

Our Hash House (Event HQ, start & finish area) is at the Loftus Community Hall, 129R Loftus Ave, Loftus, just 200 metres south of Loftus Railway station. The small car park next to the hall will be reserved for volunteer helpers, however there should be plentiful parking available on a Saturday afternoon in the surrounding streets and the nearby station car park.

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Schedule

This schedule is a little complicated because of the need to spread the number of people starting and finishing at any one time, please read carefully for the registration and start times for your event.

| | |
|---------|--|
| 2:00pm | Registration opens for 3-hr day, non-competitive event |
| 3:00pm | Registration opens for 5-hr night event |
| 3:30pm | Start 3-hr day event |
| 4:00pm | Registration opens for 3-hr night event |
| 5:00pm | Start of 5-hr night event |
| 5:30pm | Start of 3-hr night event |
| 6:30pm | Finish of 3-hr day event |
| 8:30pm | Finish of 3-hr night event |
| 10:00pm | Finish of 5-hr night event |
| 10:30pm | Course closed |

Results won't be posted at the Hash House and there won't be any prize giving... sorry, you'll have to wait for the results on the website to find out how you've done. Please instead make use of the [Rogaining NSW Facebook group](#) to discuss the course, results and your routes in the days after the event!

Registration



Use the sanitiser provided at entry to the Hash House.

To minimise the people in the building, please have only one person enter the hall to register your team.

We'd prefer that you avoid late changes and cash transactions, but we don't have EFT and will reluctantly accept cash.

Please bring to Registration:

- **Your team number**, available on the [Team List website](#).
- **Completed indemnity form** – found at the end of these instructions - signed by the whole team.
If you'd like to expedite registration, please print, sign, scan and send your indemnity form, signed by ALL team members, to us in advance by 5pm on Friday 31st July to admin@nswrogaining.org

You will receive:

- **An A3, 1:20,000 map with control descriptions** (1 per team member). This is printed on waterproof polymer (Teslin) so it won't require protective covering, and has course-setter notes on the reverse.
- **Navlight tag & wristband** (1 per team member). Please attach to your wrist prior to the Start.
- **Control descriptions** (1 per team).
- **Course-setter notes** (1 per team).
- **Flight Plan** (1 per team). Please draw your planned route and return it before starting to help us locate and assist you should the need arise. This indicates intentions only and not your final route, but you must submit it prior to going on-course.
- **An interesting course with plenty of challenges and options for exploration!**

The Course & Map

With sunset at 17:15, and astronomical twilight until 18:41, everyone participating in this rogaine will experience the opportunity for night navigation and the thrill of exploring the bush and trails in darkness! With the moonrise at 14:46, and just three days out from a Full Moon, there should also be good moonlight to aid your headtorches if the weather cooperates.

The course offers a mix of the streets and parks, but is largely made up of trails and creeks through the bush with some decent sized hills. It's classic Sydney sandstone terrain, with sections of predominantly open bush and some

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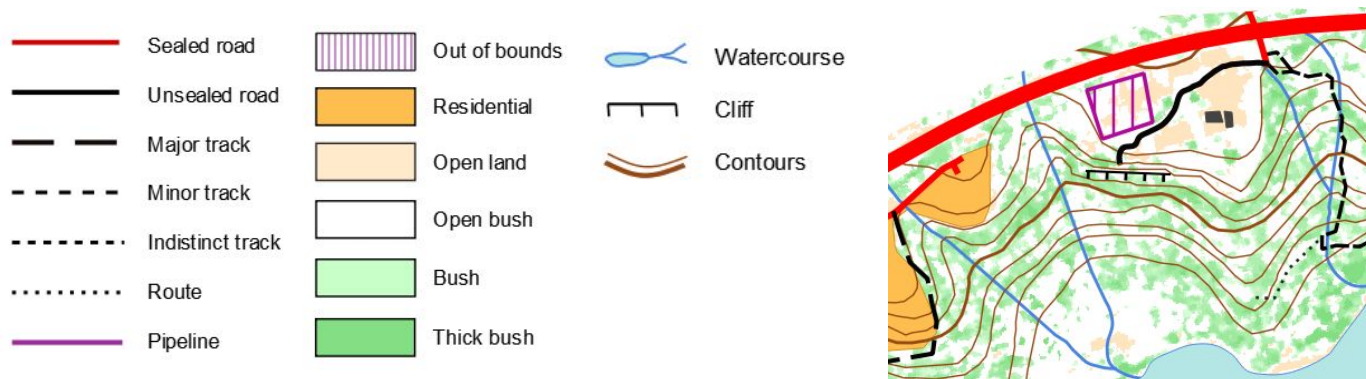
areas of lower visibility vegetation. While generally without thick scrub, a rarity so near to Sydney, we've tried to keep controls to the more open areas of bush, but do still recommend full leg covering.

No matter which event you're doing, you should find opportunities for off-track navigation, but participants will always be near good catching features for relocation, and there's no requirement to stick to tracks.

For those new to rogaining or even night navigation, we've created a suggested course where navigation slowly increases in difficulty allowing for progression and options for a few trickier bush controls towards the end.

We have negotiated access to some private property for the day of the event only. Take note of the details in the course-setter notes and be mindful not to enter this area if you return to the Woronora Pipe Dreams Course in future.

The A3 map has a scale of 1:20,000 with standard 10m contours. It is a composite of a standard topographic map, with the addition of extra trail detail, along with a rough indication of vegetation passability based on Lidar data.



While we've endeavoured to add as much of the additional trail detail as possible, the area is popular with mountain bikers so these are prone to change with new trails regularly appearing while others go out of use.

There are plenty of water points available around the course area which are marked on the map, as are toilets and shops, though we can't guarantee either will be open when you reach them!

Start Procedure



A group briefing will be held five minutes before each start, to allow introductions and to notify any really-late changes. All Navlight tags will be pre-punched with your Start time.

Please maintain 1.5 metre separation from others during the event, with special attention to this during the Start Briefing, when starting, and at the first few controls where teams may have to queue to register their visit.

During The Event

Checkpoints are marked with orange/white flags, typically large flags (30x30cm) for off track controls and smaller ones where on or visible from streets or tracks. At each checkpoint, each team member must register their wrist-tag against the Navlight. If it doesn't work (i.e. the red light doesn't flash on the Navlight) then write down the 2-character code written on the checkpoint flag. The old orange staple-punch that we have used for 40 years has been retired.



Navlights will not be hanging from control flags as has been done in the past. Instead they will be clipped to a nearby branch or pole (as pictured) so that you can register your visit without touching anything.



No pets, smoking or fires on the course, and please bring all rubbish back to the HH. Bury all personal waste, or better, use one of the public toilets on the course.

Be mindful of motorbikers, mountain bikers, and other park users in the bush, plus cars and pedestrians in the streets.

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The Finish

Try to be back within your time limit. There's a 10-point penalty for every minute (or part thereof) that your team is late, and after 30 minutes you will be disqualified and fail to record any points. Please still be mindful of maintaining 1.5 metre separation from others in your rush to the finish.



At the Finish we want you to remove your own wrist-band, using sanitised scissors provided by the organisers, and drop your navlight-tag into a sanitiser solution. (Yet another method to avoid transmission of any virus between you, sweaty equipment and our volunteer helpers.)

Equipment

What to Bring – Preparation

- Signed Indemnity Form, or preferably emailed to Admin beforehand
- Pens & highlighters if you want to mark-up your map
- Chairs, picnic table or bench
- Spare water (we probably can't provide a water supply)

What to Take – on the Course

- **Mandatory safety equipment:** Basic first aid kit, whistle, space blanket & compression bandage, and at least one phone per team.
- **Mandatory lighting equipment:** Headtorch and spare batteries (maybe even a spare torch)
- Small backpack
- Suitable clothing for the weather conditions. Full leg cover is recommended for the off-track sections.
- Shoes with good grip and protection for your feet
- Your map & compass
- Water: we won't have water drops though there are taps and toilets around the course area, so plan ahead and carry enough for your needs. That may be 1-3 litres depending on your level of exertion and the weather conditions, which should be dry and cool-mild (min of 7 degrees).
- Enough snacks and energy food to keep you going
- Camera
- Watch

Safety

- This is a night event in winter, so please make sure you have enough clothing so that you can be warm, particularly in case of having to stop due to injury or misadventure. Take careful note of the weather forecast on the day and pack accordingly.
- Call the phone number on the map if you need support, or if your team needs to withdraw without returning to the Hash House.
- Do not climb cliffs (this shouldn't be necessary) and be careful around cliff edges in the dark.

Rules

There's a bunch of rules for the sport of rogaining, which [you can read here](#).

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 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".



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

| | | |
|---|------------------------|-------------------------|
| Event: WORONORA - _____ HOUR _____ EVENT | Team No.: _____ | Car Rego.: _____ |
| (3 or 5?) (DAY or NIGHT?) | | |

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 |
|-----------------------------|-----------|-------|
| _____ | _____ | _____ |