



6 and 12 hour
Autumngaine 2021
8th May 8

FINAL INSTRUCTIONS

Hash House	'Three Trees HH', Belanglo State Forest
Google maps	https://www.google.com/maps/place/34%C2%B030'25.9%22S+150%C2%B013'40.3%22E/@-34.5071756,150.2256713,17z/data=!3m1!4b1!4m5!3m4!1s0x0:0x0!8m2!3d-34.50718!4d150.22786
Lat/Lon	Lat/Long S-34.50718, E150.22786
Contacts	Admin: admin@nswrogaining.org Coordinator: 0458 532 408

Welcome to the **Spoilt for Choice** Rogaine.

Team leaders should ensure all team members read these instructions.

Program

Friday 7 May

16:00 Camping at HH opens

Saturday 8 May

08:30 Registration opens

10:50 Final briefing for 12-hour

11:00 Start for 12-hour event

11:50 Final briefing for 6-hour

12:00 Start for 6-hour event

18:00 Finish of 6-hour event

18:30 Presentation for the 6-hour event

23:00 Finish of 12-hour event

23:30 Course closes; presentations for the 12-hour event

Sunday 9 May

09:00 All welcome to help with packing up and collecting flags.

Getting there

Directions from Sydney (~150 km, ~2h):

1. From Sydney take the M31 Hume Motorway south.
2. After continuing past turnoffs to Mittagong, Mossvale and Berrima, signs indicate the motorway ending. The highway is still a separated, double lane road.
3. From the right hand lane, turn right to access Belanglo Rd. Be careful of traffic coming from the south (your left) – you may need to stop between the north- and south-bound lanes before crossing the north-bound lane onto Belanglo Rd.
4. The Gordon VC Rest Area, which has toilets, is immediately on the right. Soon after this point the road becomes dirt.
5. Travel 5.4 km along Belanglo Rd and turn right onto Western Plantation Rd.
6. After 2.8 km, turn left on Gum Tree Rd.
7. Travel for 350 m and turn right on Belanglo Firebreak Trail and the HH will be visible on the left (100 m).
8. Camping is to the left (south) and day parking to the right (north) of 'Three Trees HH'.

Directions from Canberra (~150 km, ~2h)

1. From Canberra, take the M23 and M31 Hume Motorway north.
2. After passing signs to Moss Vale, turn left onto Belanglo Rd. (same turn-off as for Gordon VC Rest Area)
3. Follow instructions from point 4, above.

Google map directions from the Hume Motorway: <https://www.google.com/maps/dir/-34.5368806,150.281117/-34.50718,150.22786/@-34.535307,150.2795994,17.75z/data=!4m9!4m8!1m5!3m4!1m2!1d150.231926!2d-34.5086979!3s0x6b1394befff89f7d:0x130609b472bb6dc1!1m0!3e0>

The Three Trees Hash House is accessible by 2WD vehicles and is only 8.7 km from the Hume Motorway. The dirt road is in reasonable condition. Drive more carefully after turning off Belanglo Rd onto Western Plantation Rd. Driving along Belanglo Firebreak Trail between Belanglo Rd and Three Trees HH is not recommended for 2WD or low clearance vehicles as there is a rough section in the middle. Other roads in the plantation can also be used to drive to and from Three Trees HH, such as via Daly's Clearing Camping Area, but the directions suggested offer the best driving conditions. A maximum speed of 40 km/h is recommended once you enter the State Forest.

Parking and camping

Camping is available at the Three Trees Hash House on the Friday and Saturday nights. Please follow the instructions of volunteers in hi-viz on your arrival.

Portaloos will be available on site. Please bring your own water for all your needs at the hash house. There will be 3 water drops on the course.

The Hash House will have a limited service, providing hot and cold snacks at the finish of each event.

The Course Setters and Organizer will be happy to discuss any aspect of the event with you – look for them around the hash house and admin area.

Covid safety

• If you are feeling unwell do not come. Send an email to admin@nswrogaining.org and we will provide a refund.

- Only volunteers are permitted in the admin and hash house marquees.
- Maintain physical distancing at all times, in particular around the hash house site.

- Only one person from each team should attend the Admin area to collect maps & NavLight tags, and to hand-in your flight plan (unless accompanying children).
- Volunteer Covid marshals will be on site, please follow their directions and be polite.
- Hand sanitiser will be available at admin area and at the portals.
- Please avoid touching the Navlight punches - they are mounted in such a way that you do not need to.
- There will be snacks provided at the finish on paper plates; please pick up your plate and move away from the service area.
- There will be brief post event presentations. Take care to maintain distancing during the presentations -- there is plenty of space.
- Do not share any food/drink outside your family/team group.
- Check the event page for updates and follow advice on the NSW Health latest COVID-19 case locations and alerts page up to the day of the event.

Registration

Bring:

1. Your team number – available on the [event webpage](#).
2. Indemnity form found at the end of these instruction, completed and signed by all team members.
3. Compulsory safety equipment (1 set per team member): whistle, space blanket, at least 1 compression bandage.

Receive:

1. Map with course setters' notes on the back and control descriptions printed on the front (1 per team member). It is printed on waterproof polymer (Teslin).
2. NavLight tag and wristband (1 per team member).
3. Flight plan (1 per team). Please indicate your planned route and return it to admin before the start. This could help us locate and assist you should the need arise. This is an intention only and not a final route choice for you, but you must submit it prior to going on-course.

Information for novices

If you are new to Rogaining and would like to know more about our sport before the event, you can find a lot of useful information on the NSW Rogaining Association website. Go to:

<http://nswrogaining.org/AboutRogaining/Novices/Novices.htm>

If you are unsure or unfamiliar with anything to do with the event, our volunteers at the Hash House can help.

Rather than a novice briefing, the course setter will be at the registration desk and will be happy to answer any question and give any relevant advice that help with planning your course.

Start procedure

The pre-start briefing will be held 10 minutes before the start of each event for all competitors. See program above for times. Attendance is compulsory. All NavLight tags will be pre-punched with a start punch so no pre-start punching will be necessary by competitors.

During the event

At each checkpoint, each team member must register their NavLight tag. The Navlight punch will be secured to a branch and you should not need to touch it – just hold your wrist up to it. If it doesn't work (i.e. its red light doesn't flash) then make a note of the code letters written on the checkpoint flag, and alert admin to the problem at the finish.



No smoking or fires on the course. Please bring all rubbish back and take it home with you. Bury all personal waste.

Finish procedure

At the finish, all competitors must register their NavLight tag at Admin with the “finish” punch. Your finish time will be calculated when the last team member's tag is punched.

Scoring

The point value of a checkpoint is the first digit of the checkpoint number, that is numbers 40 to 49 are worth 40 points, numbers 50 to 59 are worth 50 points and so on. The penalty for a late finish is 10 points per minute or part thereof. Zero score will occur if a team arrives more than 30 minutes late.

Rules of Rogaining

There's a bunch of rules for the sport of rogaining, which you can read at: <http://www.nswrogaining.org/Resources/Forms/index2.pdf>

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 (including GPS watches) 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”*

However, you are encouraged to carry your phone on the course, for use in an emergency only, or to report problems to the organisers (e.g. if returning late). Any use of your phone as a navigation aid will result in disqualification.

The map

The map is sized A3, scale 1:25,000, printed on waterproof and tear-resistant Teslin.

What to bring to the event

- Indemnity form signed by all members (see last page)
- Pens, scissors, string (marked at 40mm), sticky tape for map work
- Camping gear
- Change of clothes, towel
- Chairs, picnic table
- Food for Friday night, Saturday and Sunday morning
- Basic first aid kit
- Plenty water – please be self-sufficient at the hash house

What to take on the course

- Whistle (compulsory per person)
- At least 1 compression bandage (compulsory per person)
- Space blanket (compulsory per person)
- 2 litre filled drink container. There will be three water drops on the course.
- Backpack
- Compass
- Watch
- Shoes with good grip and good foot protection
- Warm clothing and rain jacket adequate for the weather conditions
- Hat and sunscreen
- Headlamp/small torch (with spare batteries)
- Food for on the course (muesli bars, dried fruit, chocolate, power drinks, etc.)
- Gaiters or other leg coverings (Gaiters also increase protection from snakebite)

The Course and Safety

The course is mainly set in native bushland with few checkpoints in the pine plantation. The terrain consists of rolling hills and plateaus, cliff lines with striking views, and descents/ascents ranging from undulating to steep. The underbrush allows for reasonably easy travel and the terrain generally has distinct features to aid navigation. There's a good track network linking various parts of the course.

The main hazards on the course are:

1. Vehicles on forest tracks – the area is popular with a variety of forest users
2. There's some rugged terrain and big cliffs – take care near those cliffs!

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>



Event brought to you by...

Course Setters: Rick Cavicchioli, Tassia Kolesnikow

Event coordinator: Mike Hotchkis

Administration: Vivien de Remy de Courcelles

Vetters: Ian Almond, Gareth Denyer, Andrew Duerden

On-the-day helpers: most of the above, Luke Neander

Safety: Wollongong VRA crew

Flag Hangers: Rick Cavicchioli, Tassia Kolesnikow, John and Mardi Barnes, Mike Hotchkis

Mentors (Course setting, mapping, website): Gill Fowler, Graham Field, Chris Stevenson





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