

6hr Metrogaine - Wollongong

Sunday 28th March 2021

WELCOME

Thanks for entering the 2021 Metrogaine, a course that almost has the works.

If you are a team leader, please ensure this information is available to all of your team members.

If you are new to Rogaining, we have good [info on our website](#). Feel free to ask for help and advice, and after check-in at the Hash House make sure you read all the notes on the back of your map.

The waiver form at the end of these instructions must be signed by all team members and submitted to admin **either:**

- before the event via email to: admin@nswrogaining.org prior to Friday 26/03/2021 midnight, or
- presented at the registration desk on the day.

Ensure that your Individual/Team number ([listed here](#)) is written on your signed waiver form.

COMPETITION RULES are available on the [Australian Rogaining Association](#) website.

GPS devices are not permitted. If you want to record your route, keep your GPS tracker in your bag.

THE HASH HOUSE is at Mt St Thomas Primary School, Taronga Ave, Mangerton.

Parking: free all day in suburban streets surrounding the school. Please consider local residents – minimise your noise, and be polite with your parking.



Public Transport: The school is about 2km from Coniston railway station.

There's a couple of coffee shops nearby which should be open:

- Brown Sugar 7am-1pm
- Mangerton Corner Store 7am-2pm

Entry Gate

There's limited seating at the HH. You should bring your own table & chairs if you want space and comfort to plan your walk.

CHECK-IN & START WINDOWS.

Check-in & Maps available	Start Windows
From 7:30am	9:00am to 10:00am
From 8:00am	9:30am to 10:30am
From 8:30am	10:00am to 11:00am

Stay clear of the school grounds until your check-in time.

THE MAP & COURSE.

The map has is scaled at 1:25:000 with 10m contours, printed on A3 waterproof paper which does not need to be covered.

Due to the recent, heavy rain there may be a need to exclude some of the lower watercourses. Check at the Hash House for any late changes to the map and course.

The course has great variety, from the coastal beaches and harbour, through city high-rise, suburbs and parklands, up to the famous Illawarra Escarpment with views, waterfalls, and temperate rainforest. There is 530m difference in altitude between the lowest and highest controls.

All participants must keep to tracks in bushland areas - a requirement of National Parks and the Botanic Gardens.

GENERAL SAFETY.

Your greatest risk is traffic. Wollongong's transport links are squeezed between Mountains and Sea, and you won't avoid busy roads. Be careful crossing roads, especially when you are fatigued.

Team members must stay together at all times. Care for your teammates.

Stay hydrated.

Care should be exercised at all times, particularly around steep tracks and slippery rocks.

If a serious injury occurs then phone 000 or 112. If it is a minor injury that requires Hash House assistance call or SMS the numbers on your map. The Hash House provides basic first aid.

Whistles should be carried by all team members. Three short blasts repeated every minute is the distress signal. Any person hearing this signal must render assistance.

All participants must carry a first aid kit including a snake-bite bandage.

Use your "flight plan" map to mark your team's intended route, then hand it to Admin before you start.

COVID SAFETY.

- **If you are feeling unwell do not come.** Send an email to admin@nswrogaining.org and we will provide a refund.
- Only pre-registered participants and volunteers are permitted at the Hash House. No spectators or others are allowed inside the school grounds.
- Do not arrive at the Hash House before your designated time.
- Only one person from each team permitted in the Admin area to collect maps & NavLights, and to hand-in your flight plan (unless accompanying children).
- After collecting your gear from Admin, proceed to the large open quad area (COLA) or back to your car to plan your route.
- Avoid prolonged gathering near the start/finish flag until you are ready to go.
- Volunteer Covid marshals will be on site, please follow their directions and be polite.
- Hand sanitiser will be available at admin and the start/finish area. If your hands are dirty, please wash with soap in bathrooms before sanitising.
- Follow social distancing rules. 1.5m separation from other teams at all times. (Or as much as physically possible on bush tracks narrower than 1.5m.)
- Please avoid touching the controls - they are mounted in such a way that you do not need to.
- There will be no post event presentations or food provided. After you have finished and returned your NavLight tag to admin, you are encouraged to leave the site.
- Wash/sanitise your hands after using the bathrooms.

- 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.

FOOD.

Due to COVID-19 restrictions, we are not providing any food for this event however you are welcome to bring your own. There are numerous eateries nearby which would be suitable for small group reviews.

WHAT TO BRING.

For the Hash House:

- **Waiver form signed by all team members** (or emailed to admin@nswrogaining.org by Friday).
- Pens, highlighters for route planning.
- Folding table and chair (there is limited undercover seating at the HH).
- Water and snacks.

For the course: **(mandatory items in bold)**

- Compass, watch, pencil and **whistle**.
- **Mobile phone for emergency calls**.
- **First aid kit, including a snake bite bandage (mandatory at all events)**.
- Comfortable shoes and clothes. Expect your shoes to get wet if you head up the mountain.
- Gaiters or long pants are not necessary.
- Hat and sunscreen. It can be very hot this time of year.
- At least 1.5L of water per person is recommended.
- Bring your own snacks as required.

EVENT START.

- There will be no pre-event mass briefing. Novice teams can notify the admin desk if they would like tips or coaching.
- Submit your flight plan (intended route) to Admin before you start.
- Please avoid gathering near the start area until you are ready to go.
- All team members must register their wrist tags at the Start NavLight. The team's 6-hours begin when the last team member registers at Start.

DURING THE EVENT.

At each checkpoint all team members must punch their NavLight wrist tags. If a NavLight punch fails to flash (unlike the pic at right) then take a photo of the flag or manually record the number on the flag.

If you decide to abandon the course, you must report directly back to Hash House and return your wrist tag.

EVENT FINISH.

Your event finishes when the last team member registers at the Finish Navlight, and note there is a 10-point penalty for every minute late after your 6-hour time limit.

Please follow directions from marshals at the finish to remove your NavLight wrist tag.



Navlight punch flashes when you register at a control flag

The course closes at 5:00pm and the Hash House (Admin) will hopefully close at 5:30pm.

There will be no event presentations and you will be encouraged to leave the site promptly after you finish. There are plenty of options nearby for you to purchase refreshment, including Figtree Bowling Club, Collegians Figtree, Figtree Grove shopping centre, greater Wollongong.

Results will be posted on the web shortly after the event concludes.

Enjoy the Beauty and Challenges of Wollongong!

- *Trevor Gollan - Event Organiser & Course-setter*
- *Ian Almond – Map & Course & Flags*
- *Paul & Bronwyn Batten, Kerrie Hammond, Stephen & Eva Thompson, Jo Daly – Course & Flags*
- *Bob & Pam Montgomery – Trailer towing*
- *Ted Booth - Helper*



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event : 2021 Metrogaine, Wollongong	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 rogain 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 above named 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.