

# 3hr Minigaine - Contouring Killara

## Sunday 28th February 2021

### WELCOME

Thank you for entering the 2021 Mingaine.

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

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: [admin@nswrogaining.org](mailto:admin@nswrogaining.org) prior to Friday 26/02/2021 midnight **or** presented at the registration desk on the day.

### COMPETITION RULES

The rules of rogaining are available on the [Australian Rogaining Association](http://www.australianrogaining.com.au) website.  
GPS devices are not permitted. (If you want to record your route, place your gps watch in your bag).

### THE HASH HOUSE

The Hash House is at [Killara High School, Koola Ave, East Killara, NSW 2071](http://www.killarahighschool.nsw.edu.au).

**Enter only via Gate 3** near the pedestrian crossing on Koola Ave and follow the signs to Admin check-in.

**Parking:** free all day Sunday on Koola Ave and surrounding streets. Check for No Stopping signs & bus zones. Please do not park at East Killara shops car park for the entire event. Keep noise to a minimum if parking around residential areas. No parking inside the school grounds.

**Public Transport:** The school is a 1.5km walk from Killara train station.



There is seating around Admin and the main quad area to sit and plan your route. Sheltered space is limited so if it is raining, returning to your car to plan your route will be advised. Keep out of school buildings/grounds marked out of bounds (purple shaded) on the event map.

Toilets are located at Admin, A Block and Koola Oval opposite the school. First Aid is located at Admin.

## CHECK-IN & START WINDOWS

	Check-in & Maps available	Start Windows
<b>Individuals</b>	From 7:15am to 9:15am	8:00am to 9:30am
<b>Teams</b>	From 7:45am to 9:45am	8:30am to 10:00am

**Please do not enter the school grounds before your scheduled check-in time.**

**Ensure that your Individual/Team number ([listed here](#)) is written on your signed waiver form before proceeding to check-in at Admin.**

## THE MAP & COURSE

The map has a scale of 1:15:000 with 10m contours. It is a composite of a standard topographic map with additional trails. It is printed on A3 waterproof paper, which does not need to be covered.

The course layout includes a selection of routes for novices and families as well as more adventurous options. The entire course is approximately 60% bush tracks and 40% suburban streets and parks.

All participants must keep to tracks in bushland areas - a requirement of National Parks and Ku-Ring-Gai council. Please check the back of your main map for course notes (& also the back of your flight plan map for potential updates on the day in the case of flooded creeks/tracks & updated out of bounds).

Some small creek crossings may be ankle deep after heavy rain (updated course notes will be provided if course conditions change significantly from the notes printed on the back of map).

There are 45 controls with a maximum score of 2100 points.

## GENERAL SAFETY

- Be careful crossing roads, especially when fatigued. Only cross busy roads at marked pedestrian lights.
- Team members must stay together at all times.
- Stay hydrated.
- Care should be exercised at all times and 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 then call 0405 804 741 or 0435 030 201. The Hash House has first aid on site.
- 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.
- Collect a flight plan map, mark your intended route and return it to Admin before you start.

## COVID SAFETY

- If you are feeling unwell do not come. We will provide a refund in cases of team members being unwell.
- 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 deposit the flight plan (unless accompanying children).
- After collecting your gear from Admin, proceed to the open quad area or return back to your car to plan your route.
- Avoid 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 paths 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. You are encouraged to leave the site after you have finished and returned your NavLight tag to admin.
- Wash/sanitise your hands after using the bathrooms.
- Do not share any food/drink outside your family 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.

## 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.
- 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.

No pets are allowed at the Hash House or in Garigal National Park.

## EVENT START

- There will be no pre-event mass briefing. Novice teams and individuals can notify the admin desk if they would like tips or coaching.
- Submit your flight plan at Admin before you start.
- Please avoid gathering near the start area until you are ready to go.
- All team members must punch their Nav Light wrist tags at the start. The 3-hour timing starts from the last team member to punch.

## DURING THE EVENT

At each checkpoint remember all team members must punch their NavLight wrist tags. If a NavLight punch fails then take a photo of the flag or manually record the number on the flag.

Please keep noise to a minimum around residential areas, especially early morning.

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 with the last team member's finish punch.

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

The course closes at 1:00pm and the Hash House closes at 1:30pm.

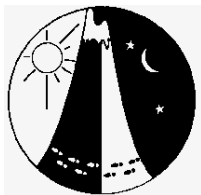
There will be no event presentations and you will be encouraged to leave the site promptly after you finish (unless attending the NSWRA AGM).

Results will be posted on the web shortly after the event concludes and prizes will be awarded post event.

**If you have any questions before the event, please email [admin@nswrogaining.org](mailto:admin@nswrogaining.org)**

*Enjoy Contouring Killara!*

*Steve Ryan & Gill Fowler - Event Organisers*



# New South Wales Rogaining Association Inc.

ABN 15 314 080 648

## DISCLAIMER / WAIVER

Event : 2021 Minigaine	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
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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 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
_____	_____	_____