

FINAL INSTRUCTIONS



Welcome to the 2023 Australian Rogaining Championships

Saturday 30th September & Sunday 1st October

Location Our Hash House will be established next to Lake Endeavour, at the northern end of Lake Endeavour Road, Parkes, NSW. (Latitude/Longitude: -33.10118/148.42275)

Lake Endeavour Road is 6km of all-weather dirt road that leaves Henry Parkes Way about 28km east of Parkes.

The nearest towns are: Parkes 34km, Manildra 33km, Orange 77km, and Cowra 115km.

Camping is available from Friday 28th until Monday 2nd on a (newly slashed) open field, without any services or mobile phone coverage*. Caravans and camping trailers are welcome. Water and portaloos

will be delivered on Friday.

There is no natural shade so, given warm-hot weather is forecast, you might consider extra shade for your camp. Bus passengers should have priority access to the marquee.

At right is a mudmap of our campground. (Let's see on Saturday how reality matches a plan!)

Caution: Take care driving on the campground. There is some rough ground due to wild pigs.

Etiquette: Try to arrive before 10pm, however if you arrive later please respect your fellow campers and choose a spot that will not disrupt sleep of others. Minimise noise and light - you can always relocate to your "perfect spot" the next morning.

All noise should cease by 10:30pm (tent construction, loud talking around campfire) to allow for a decent nights sleep for the 24-hour competitors.

(*) We have confirmed there is no signal along Lake Endeavour Rd, and a weak (1-bar, 3G Telstra) signal on Henry Parkes Way. Organisers have satellite phones for urgent communications. Pre-event contact is Trevor Gollan (Mobile 0408 230 593, Satellite 0416 218 861)



Program

Friday 29 September (AEST)

12:00	Camping at HH available
14:00	Bus departs Sydney airport. Bus travellers will be contacted separately about timetable and pick-up points.
15:00	Bus departs Canberra airport
18:00 – 21:00	Dinner for people who have booked & volunteers

Saturday 30 September (AEST)

08:00	Registration opens for 24hr competitors, maps issued
09:00	Registration opens for 8hr competitors, maps issued
10:40	24hr event briefing
11:00	24hr event starts
11:40	8hr event briefing
12:00	8hr event starts
17:00	All Night Café open for food (NB. water always available at ANC)
18:00	Hash House opens for food
20:00	8hr event finishes

Sunday 1 October (AEDT)

06:00	ANC closes for food
12:00	24hr event finishes
12:30	Presentations
13:30	Buses depart

Registration

Bring:

1. Your team number – available from the Team List link on the [event webpage](#).
2. Indemnity form found at the end of these instructions, completed and signed by all team members.
3. Compulsory safety equipment (1 set per team member): whistle, space blanket, at least 1 compression bandage. Compulsory equipment will be checked for each team member at registration.

Receive:

1. Map with control descriptions printed on the front and course-setter's notes on the back (1 per team member).
2. NavLight tag and wristband (1 per team member).
3. Lockable bag(s) for your GPS-enabled devices. Ask for more if you need them.

4. Flight plan (1 per team). Please indicate your planned route and return it before you start to help us locate you should the need arise. This is an intention only, 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 with anything to do with the event, our volunteers at the Hash House can help.

Start Procedure

The pre-start briefing will be held 15 minutes before your event start. Attendance is compulsory. A temporary corral will be created to ensure teams start from a common area.

Entry points to the corral will include methylated spirit bathmats, for you to **clean the soles of your shoes**. This is a requirement of the National Park and landowners, to reduce the risk of transferring unwelcome seeds or disease onto the course. We also request you clean your walking shoes, tents/pegs and other items that may carry soil before you leave home.

During the Event

At each checkpoint, each team member must register their NavLight tag. You may choose either of the **two NavLights at each checkpoint**. The second NavLight is there in case one fails.

No smoking or fires on the course. A communal fire will be provided at the Hash House and at the All Night Café (depending on bushfire conditions). Please bring all rubbish back to the HH. Bury all personal waste.

Finish Procedure

At the finish, all competitors must register their NavLight tag with a "Finish" punch located near Administration. Your finish time will be that of the last team member who registers.

Scoring

The point value of a checkpoint is 10x the first digit(s) of the checkpoint number, for example, numbers 40 to 49 are worth 40 points, numbers 100 to 109 are worth 100 points. 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

This event conforms to the [Rules of Rogaining and Technical Regulations \(2022\)](#). But note especially Rule 7 about Navigational Aids:

- (a) The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map.
- (b) The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited except when event organisers provide a means by which information on the devices cannot be accessed whilst on the course.
- (c) The possession, at the event site, of maps that provide additional information not shown on the competition map is prohibited.

GPS devices, including watches and smartphones are allowed on the course if they are sealed in a tamper proof bag supplied by Admin, this must be done prior to your start.

The Map

The map is sized A1, scale 1:25,000, printed on waterproof and tear-resistant Teslin.

What to Bring

- Indemnity form signed by all members (see last page)
- Pens, scissors, string (marked at 40mm), sticky tape for map work
- Your own cutlery, mug, bowl and plate
- Camping gear
- Change of clothes, towel
- Chairs, picnic table
- Food for Saturday morning
- Basic first aid kit
- Spare water (5-25 litres per car)
- Some cash; if you need to buy something there is no EFTPOS
- Your sense of adventure

What to take on the course

- Whistle (**compulsory per person**)
- At least 1 compression bandage (**compulsory per person**)
- Space blanket (**compulsory per person**)
- 2-3 litres filled drink container
- Backpack
- Compass
- Non-GPS watch
- Shoes with good grip and good foot protection
- Warm clothing and rain jacket adequate for the weather conditions
- 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)

Course and Terrain

Detailed notes on the course and terrain will be provided with the map, however to assist with gear selection and preparation please note the following:

- The vegetation is highly variable, ranging from open paddocks and woodland, through to pockets of scrub and regrowth. We recommend some form of leg protection such as long pants and/or gaiters. Eye protection is a good idea, moreso at night, as the scrub can be quite “sticky/pokey”.
- The higher parts of the course can be quite exposed with minimal tree cover. In hot weather you will need sun protection (brimmed hat, sunscreen, sunglasses, etc.) In bad weather you will need a waterproof / windproof layer.
- There is no clean drinking water on the course except for the HH, ANC and water drops. We recommend a carrying capacity of 2-3L per person.
- Some parts of the course are quite remote with limited vehicle access. We recommend each team carry one mobile phone (preferably Telstra, sealed in a tamper-proof bag provided by admin) and/or PLB if available, for use in emergencies.

Emergencies

If an injury or sickness occurs on course stay together as a team. If feasible, try for the nearest track, checkpoint or, better still, to a water drop and wait for other teams or a safety patrol to arrive. Help may be some hours away. Your team must be prepared to give an initial response to an injured competitor – which is why you carry a first aid kit.

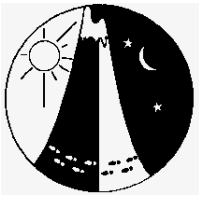
There is no mobile phone coverage at the Hash House. The event organizers will have satellite phones, with their numbers printed on the map. Some areas on the course (mainly high spots) may have limited mobile phone coverage, but this cannot be guaranteed. SMS may be more successful than a voice call.

Have you installed the [Emergency Plus](#) app on your smartphone? It's free from any App Store and could be useful in an emergency situation. The app uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services.



Finally

Please drive and be safe, and enjoy your journey.



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event : 2023 Aus Champs

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