

"Kariong Up the Coast"

FINAL INSTRUCTIONS

EVENT TIMETABLE:

9:00 Maps available	17:00 Hot food available
10:45 12 hr event briefing	18:00 6hr event finish
11:00 12 hr event start	18:30 6hr presentations
11:10 Novice briefing	23:00 12hr event finish
11:45 6hr event briefing	23:30 12 hr presentations
12:00 6hr event start	SUN 12/5
	7:30-9:00 Breakfast available

DRIVING DIRECTIONS:

Kariong Scout Camp is 50km north of the Wahroonga entry to the M1.

- 1 From the M1 at Wahroonga (Pacific Hwy entry) drive 43km to the Central Coast Hwy exit. Take the Gosford/Woy Woy exit
- 2 After approx. 1.5km, turn R onto Woy Woy Rd
- 3 After approx. 3km, turn R onto Scout Camp Trail (Rd) and follow for 2.5km. This is a gravel all-weather road suitable for 2WD vehicles.

PARKING:

Parking is available at the site and it has been requested that we DO NOT park along the entry/exit road. When you arrive please be guided by the parking volunteers. As part of the bushfire evacuation safety plan, the venue requires that all cars to be reversed into the space so that exiting in an emergency is much faster.

CAMPING:

Lots of camping sites are near the Hash House area, but you cannot drive into the camp ground. There are trolleys available to take your supplies to your site and it's only a short distance from the carpark (~150m).

If you have a campervan, you can park it in the overflow carpark amongst the bush camping sites. It is a short walk to the Hash House (~250m).

There are fireplaces at the camping areas and firewood is supplied. There are a number of taps and all the water is potable. It is tank water and has been UV treated but please be mindful in using this limited supply.

There are toilets available at the Hash House.

CATERING:

There will be hot food, tea, coffee, and hot water available from 5pm on Saturday, supplied by North Sydney Scouts.

There will be real coffee made by barista trained scouts on both Saturday and Sunday morning. You need to pay for this, so maybe bring some cash in case of technology difficulties!

A cooked Sunday morning breakfast will be supplied for all campers.

You will need to bring any food you want to eat during or before the rogaine but there are shops about 5km away at Kariong.

WHAT TO BRING:

REGO DESK

- Completed indemnity form signed by all team members (see end of document)
- Team number

PRE-EVENT

- Highlighters, pens etc to mark your map during planning
- There are some tables and chairs available indoors at the venue but you may wish to bring your own to sit near your campsite or other outdoor space

DURING EVENT

- Water bottle and pack - at least 1.5 litres per person be carried
- A compass, watch, pencil and whistle
- First aid kit, including an emergency blanket and 2 crepe bandages/snake bandages (minimum 1 kit per team).
- Mobile phone for emergency calls
- Snacks
- Suitable clothing for forecast weather, including a hat and sunscreen and rainwear.
- Comfortable footwear for a mix of fire trail, walking tracks and some off-track.
- Gaiters or long pants/socks. These are recommended for any of the 'off-track' controls
- Electrolyte (e.g. Gatorade).
- **Reminder: mobile phones & GPS watches or devices cannot be used to assist with navigation during the event.**

POST-EVENT

- Plate, cup and cutlery for a light meal at the Hash House from 5:00 pm onwards – thanks to 1st North Sydney Scout Group.
- Rug and/or table/chairs.
- A towel and a change of clothes.
- Camping gear if you are staying the night.

EVENT DETAILS:

On the day you will receive

- An overview of course conditions
- A map –A3 size, 1:25,000, 10m contours, waterproof paper. North-South grid lines are 1 km apart and set to magnetic north.
- Control descriptions – on the map.
- Course setters' notes – on the map. **Please read these!**
- A route intention sheet for you to draw your proposed route on – you must hand this in before the start.
- A Navlight wrist tag (sensor) to record visits at each control visited.
- A meal after the event.

NAVLIGHT ELECTRONIC RECORDER

- Your NavLight tag is to be attached to your wrist (one per teammate).
- Controls (checkpoints) are indicated by orange/white flags and have an electronic Navlight Control Punch attached.
- ALL Team members must 'punch' their tag at every control visited with the electronic punch, to collect those points.
- The punch flashes red when placed on your wrist tag for 2 seconds:
- The flashing red light may be hard to see , there is no beep sound. If the punch is missing or the light is not flashing, record your presence with a photo and/or note the surroundings or markings on the punch. When you finish, report the problem to officials to have your score adjusted.
- You must ensure that you punch your tag at the finish, which will then be cut off your wrist and processed to record your score.

SAFETY:

- Take care on and off bush tracks, stream crossings and rocky areas, especially if it rains.
- Due to recent rain many of the tracks are wet and slippery - especially on some areas of boardwalk.
- If you need assistance, call one of the Event Emergency Phone Numbers that are written on the map that you will receive on the day. **(In the case of an urgent, life-threatening emergency, call 000 or 112 from a GSM mobile phone.)**

- If you withdraw, return to the Hash House. If you cannot make it back, please call one of the Event Emergency Phone Numbers. Otherwise, a search party may be sent out needlessly.

RULES

- Read the Rules of Rogaining <https://nswrogaining.org/rules-and-regs/>
- Only travel on foot - no cars, bikes, boats, planes, taxis, buses, trains, trams, etc.
- No use of GPS devices to aid navigation.
- Teams finishing after 6:00pm (6hr event) or after 11:00pm (12 hr event) will have 10 points deducted from their total for every minute (or part thereof) they return late.
- Teams finishing after 6:30pm (6hr event) or after 11:30pm (12 hr event) will be marked as late and lose all your points!

New South Wales Rogaining Association Inc.

ABN 15 314 080 648



DISCLAIMER / WAIVER

Event : **Kariong Up the Coast**

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