

# Lake Macquarie Rogaine

## Final instructions to competitors

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### Welcome

Thank you for entering the 2024 Lake Macquarie Rogaine

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

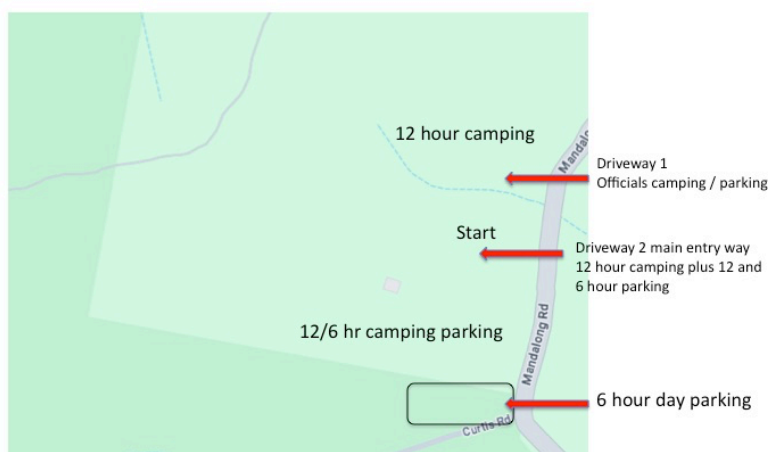
Note that the indemnity form at the end of these instructions must be signed by all team members and submitted at the registration desk on the day.

### Competition Rules

The rules of Rogaining are available on the [Australian Rogaining Association](#) website.

### How to get to the event

The Hash House is located at 876 Mandalong Rd, Mandalong. **Please car pool where possible as this is private property and we have had a lot of wet weather.**



### From Sydney:

From M1 Freeway, take the Morisset exit and turn left onto Mandalong Rd and travel west for about 7.6km. The property has 3 driveways, 6 hour day parking please use corner of Curtis Rd entry. 12 hour parking and camping please use driveway 2.

### From Newcastle:

Exit the M1 Motorway at the Morisset exit and turn right onto Mandalong Rd and travel west for about 7.6km. The property has 3 driveways, 6 hour day parking please use corner of Curtis Rd entry. 12 hour parking and camping please use driveway 2.

### Facilities:

**Water and Toilets at Hash House with sanitisation station**

**3 communal firepits will be available for use**

**We recommend bringing your own tables and chairs if possible.**

## **WARNING !!!! –**

*This is a busy area with a network of vehicle tracks. Please obey all road safety rules especially when using tracks. Please tread lightly there are areas of endangered flora and fauna.*

### **The course and its environment:**

**We have tried to make the course interesting, while still catering for novices, young families, those with moderate experience as well as the seasoned rogainers. Take a camera, have fun – there are lots of wildflowers, birds, several kangaroos, bandicoots and echidnas out there.**

### **The map**

The map has a scale of 1:25000 with 10m contours. It has been created using LIDAR imagery by Hamish Mackie. It will be printed on A3 waterproof paper, which does not need to be covered  
There is a good selection for novices and families and a good layout for runners

### **Safety**

- Your team is required to stay together **at all times**
- Stay within voice contact of all your team members.
- Stay hydrated - there is a tea and damper plus water drops to fill up water bottles.
- Care should be exercised at all times when crossing or using tracks to watch for mountain bikes, trailer bikes and vehicles.
- If an injury or sickness occurs stay together as a team. Mobile phone coverage is available on the map. Ring 000 for an emergency. Wyong Hospital is 26 minutes from the Hash House.
- Whistles should be carried by all team members. Six (6) whistle blasts at 10 second intervals is the distress signal. Any person hearing this signal should render assistance.

### **What to bring**

#### **For the hash-house:**

- Food and water as needed prior and during the event. Tea and Damper will be open from 10am plus catering at the start will commence from 4pm and will have food available until final presentation at 1030pm.
- Pens, pencils, scissors highlighters etc for map planning
- Change of clothes
- Something to sit on and a table too if you would like one.

#### **For the course:**

- Compass, watch, pencil and a whistle.
- Mobile phone for emergency calls
- First aid kit, including a snake bite bandage.
- Comfortable clothes and shoes for the event. Gaiters or long pants, and long sleeved shirts are advisable.
- Hat and sunscreen. It can be very hot this time of year.
- 2+ litres of water per person is recommended
- Bring your own snacks for walking
- For night competitors, safety lights or reflective tape attached to backpacks to keep track of team mates.
- Headlamp or small torch for night competitors plus campers

## Event Schedule

Registration and map distribution will be open from 730am for all teams.

Before you come to registration, please make sure:

- You know your team number. This is available on the web site or on a printout at the admin tent.
- You have your signed indemnity form – signed by all team members.
- Compulsory Equipment – whistle, space blanket and bandage per person in team.

You will be issued with:

- One NavLight tag and wristband per team member.
- One set of Course Setters Notes for each team member.
- One map, including Control Descriptions, for each team member.
- One flight plan for the team - to be returned to the admin tent BEFORE THE START OF THE EVENT.
- Flight Plans will have a lucky door prize drawn.

Registration opens:	730 am for map planning
General briefing:	15 minutes before start
Event starts:	10am for 12 hour 11am for 6 hour
Event finish time:	5pm for 6 hour 1000pm for 12 hour
Results/presentations:	5.30pm for 6 hour medal winners 10.30pm for 12 hour medal winners
Tea and Damper:	10am to 10pm

## Tea and Damper

The Tea and Damper will be set up from 10am and will be available until 10pm.

## Hash House

The Hash House has toilets and drinking water. Food will commence from 4pm and be available until 1030pm.

## Safety Sweeps

Drivers will conduct several safety sweeps along the main arterial road, if you have any issues please make your way to there to be collected.

## Pre-Start Briefings

Novice briefings will be individually conducted with teams at the novice or event guidance table. General briefings will be held 15 minutes before respective start times.

## During the event

At each checkpoint remember to punch all your NavLight tags. If a NavLight punch fails then manually take a photo of the flag and text to admin or record the number on the flag or navlight serial number. At the Finish, your NavLight tags will be punched with a "Stop" punch and read.

## The Finish

About 30 minutes before the finish of the event, a marshalling area will be set up. When you return, officials will check that your whole team is present, punch your tag with a "Stop" punch and collect your tag. Your team should then leave the area. Teams will be deducted 10 points per minute that they are late. Any team more than 30 minutes late will be recorded as Late and will be ineligible for a placing.



# 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
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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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 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 \_\_\_\_\_

<b>Name</b> (Please print clearly)	<b>Signature</b>	<b>Date</b>
_____	_____	_____

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**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