

# Eastwood & Westward Night Rogaine - 3 and 5 hour

Saturday 27 July 2024

## PRE EVENT INFORMATION PACK

### Location - Hash House

[Epping Rotary Community Hall](#)

1-3 Brigg Rd, Epping NSW 2121



- **Street Parking** recommended along Brigg Rd.
- **Public transport:** 800m walk from Epping Station.
- **Toilet facilities are limited at the HH.** Extra toilets are located at Forest Park, 400m north of the HH.

### Timetable - on the day

2:30pm	Registration Opens (maps available)
3:30pm	Novice Briefing / Q&A
3:50pm	Main Briefing
<b>4:00pm</b>	<b>5-hour event starts</b>
<b>4:30pm</b>	<b>3-hour event starts</b>
7:00pm	Food and drinks available 7pm-9:30pm
<b>7:30pm</b>	<b>3-hour event finishes</b>
8:00pm	Presentation (3 hour)
<b>9:00pm</b>	<b>5-hour event finishes</b>
9:30pm	Presentation (5 hour)

### What to Bring

#### **Mandatory items:**

- Completed indemnity form (with team number) signed by all team members.
- Head torch (and spare batteries)
- Water (1-2L). (Refill taps on the course).
- Basic first aid kit including a snake bandage.
- Whistle & Space blanket.
- Mobile phone (1 per team) for emergencies.
- Suitable extra clothing layers. Check the weather forecast on the day and pack appropriately.

#### For Route Planning

- Highlighters/pens to mark your map.
- Portable outdoor table & chair (limited space in hall).

#### Recommended items for on the course:

- Compass (at least 1 per team)
- Day pack, snacks
- Cash/card if you want to stop at shops or [Eastwood Night Markets](#) along the way.
- Gaiters are not necessary (keep to tracks).

#### For After the Event

- Change of warm clothes and a towel if wet.
- Change of shoes & socks if muddy (The HH hall floorboards have recently been polished).
- Utensils, bowl & mug for hot food and drinks.

### On the day you will receive...

- A3 map: 1:15,000, 10m contours, waterproof paper, magnetic North lines drawn. Control descriptions & course notes on the back of map.
- A flight plan sheet to be submitted before the start.
- Navlight wrist sensor to record control visits.
- Food and drinks served from 7:00pm-9:30pm.

### Course Conditions & Safety

- Mix of bush tracks, suburban streets and parks.
- Many water refill taps on course at parks/fields.
- Use the marked pedestrian crossings to cross main roads and railways (under/overpasses).
- Take care on slippery paths, trails & creek crossings.
- Please keep noise to a minimum near residential areas, especially around the Hash House start & finish.
- Sunset 5:13pm.

## Novices

- Check out the novice section of the NSWRA website here: <https://nswrogaining.org/novices/>
- A Help Desk will be located at the HH registration from 2:30pm-4:00pm, including a Novice Q&A session at 3:30pm.

## Tips for Night Navigation

### GENERALLY

- Be meticulous and know where you are at all times.

### COURSE PLANNING

- Plan to move slower in the dark.
- Plan to move slower on bush tracks vs streets.
- A piece of string is an effective way to measure distance on the map.
- The magnetic North lines are 1km apart.
- Use a highlighter pen to mark your planned route.
- Plan for 'escape' routes back to the Hash House in case travel is slower than expected. Avoid being late.

### COMPASS AND MAP

- Orient the map so the track being followed is the same orientation as shown on the map.
- If the orientation is correct, the red compass needle placed on the map will point to magnetic north on the map.
- The orientation of major features such as creeks will be more reliable than bush tracks which tend to meander.

### STEP COUNTING DISTANCE

- Counting steps helps estimate distance covered. E.g. a distance of 100 metres might take 60 right foot steps on a paved surface, and 75 on a bush track.
- With a map scale of 1:15,000, a distance of 1cm on the map is equivalent to 150m on the ground.

## Scoring

- The aim is to achieve the highest score in the time available (3 or 5 hours) by visiting controls and using the Navlight punch to record each visit.
- Controls marked on the map have values based on the first digit of their number. E.g. control 55 is worth 50 points, and control 23 is worth 20 points.
- Penalties for being late are 10 points per minute, or part thereof. Teams or individuals more than 30 minutes late are disqualified.
- All members of a team must use the Navlight punch at each control for the team to score points.

## Rules of Rogaining

- Refer to "Rules and Regulations" on the NSWRA website here: <https://nswrogaining.org/rules-and-regs/>
- Take particular note of Rule 7: "The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map. The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited. The possession, at the event site, of maps that provide additional information not shown on the competition map is prohibited.
- For this event, we will allow GPS enabled devices to be carried for emergencies, route recording or photography. They are not to be used for any form of navigation, including pacing, average speed or distance.

## Emergencies

- Life threatening or serious injury – call 000 and then call the Hash House – 0405 804 741 or 0435 030 201.
- If late, lost or hurt, call the Hash House at let us know your location.

## Queries

- If you have any queries about your entry, please contact the event administrator via email: [admin@nswrogaining.org](mailto:admin@nswrogaining.org)



# New South Wale Rogaining Association Inc.

## DISCLAIMER / WAIVER

ABN 15 314 080 648

Event : 3hr Solo, 3hr Team or 5 hr Team	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 rogaie 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
_____	_____	_____

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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 not be able to participate.**