



Participant Info

NSWRA Navigation and Rogaine skills workshop 15-16 June 2024

We look forward to seeing you at the NSW Navigation and Rogaine Skills workshop.

The Schedule for the workshop is:

Saturday – Day 1	
9:30	Arrival
10:00	Gather and review coach assignments
10:10	Compass basics - 20 mins
10:30	Reading a Map - 20 mins
11:50	Practical Sessions Prep- 20 mins
11:10	Practical Session 1 with Coaches (Falnash or Rydal) -120mins
1:10	Return to Hash House - 20 mins
1:30	Lunch and Free time - 1 hour
2:30	Route Planning - 30 mins
3:00	What to wear on a rogaine (incl foot wear). - 30mins
3:30	Afternoon Tea - 15 mins
3:45	What to take on a rogaine - 30 mins
4:15	What to eat on a rogaine - 30 mins
4:45	Night Navigation basics - 30 mins
5:15	Pace counting - 15 mins
5:30	Dinner and free time
6:45	Practical Session 1 with Coaches (Falnash or Rydal) -120mins
9:45	Sleep time

Sunday – Day 2	
7:00	Breakfast and get maps
7:20	Route planning with coaches - 40 mins
8:00	Free time - prep
8:30	Listen to briefings
9:00	Rogaine start
1:30	Lunch Commences
3:00	Rogaine finishes
3:45	Presentations
4:00	Pack up
5:00	Home Time

Workshop location

The workshop will be based at the Rydal showground, Rydal (our 'Hash House').

By car

From Sydney, via Blue Mountains. Drive through the Blue Mountains, At Mount Victoria, continue 34km on the Great Western Hwy towards Lithgow (passing Hartley and the Jenolan Caves Road intersection), at South Bowenfels, turn left onto Magpie Hollow Road. In 11 km turn right onto Hampton Rd, follow this for 4 km onto Sydney Road, then 1 km onto Bathurst St, at Market St (in town), turn right and drive 300 metres to the Rydal Showground.

From Sydney, via Bells Lines of Road. Drive to Lithgow. Continue on the Great Western Highway through the traffic light intersection on the western edge of Lithgow (at the junction of the highway and Main Street). Continue west towards Bathurst, you will pass the Mudgee turnoff, then cross the Cocks River near Lake Wallace. 16 km from the Lithgow lights, turn left into Pikes Lane (turning lane plus sign) towards Rydal. After one kilometre is a T junction. Turn left and continue 3.8 km to the level crossing over the western railway line on the edge of the small village of Rydal. Just after the crossing, turn left into Market St and drive 300 metres to the Rydal Showground.

If travelling from the west, the Rydal turnoff from the Great Western Highway is about 43 km from Bathurst.

By train

There is a train station at Rydal unfortunately connections from Sydney will not get you to the workshop in time for a start on Saturday You would have to take the train Friday evening.

Location of the exercises and Rogaine

There will be two navigation exercises one at Falnash State Forest and the other at Rydal close to the Hash House. Some teams will do their first coaching exercise at Falnash while others will do their first coaching exercise at Rydal. Which session you do first will depend on your coach assignment. Your coach assignment will be sent to you closer to the event.

Falnash State Forest is 20 mins drive from the hash house. Please carpool for the navigation exercises. We will arrange this just before we leave.

The Rydal navigation exercise and the Rogaine will start and finish at the Hash House.

What to bring

For the navigation exercises and Rogaine:

- emergency whistle
- compass
- safety blanket
- crepe bandage (1 m in length or longer and 10cm width)
- warm clothing and a waterproof jacket for wind and rain
- hat and sunscreen
- any required medication e.g. epipen or inhaler
- water – 1 to 3 litres per person
- snacks
- torch (head torch is preferred) for the night navigation exercise.
- backpack to carry the above

We also recommend that you bring:

- mobile phone
- watch
- camera

- gaiters
- map case
- writing utensils
- small first aid kit
- change of clothes/towel

For the Hash House:

- cutlery, mug, bowl and dinner plate
- camping gear
- pens, highlighters, string, contact etc for marking up maps
- warm clothes
- folding chairs

During the workshop

For the practical navigation exercises, you will be split into groups of about 7 depending on level of experience (novice, intermediate and advanced). You should be clothed as you would for any Rogaine or off track bushwalk. Ideally you will do most of the navigation and the instructor will facilitate this.

We will be providing the following meals:

- Breakfast on Saturday (if pre-paid)
- Lunch on Saturday
- Dinner on Saturday night
- Breakfast on Sunday
- Lunch on Sunday from 1:30pm

Camping

You can camp at the Hash House (Showground) on Friday and Saturday nights. On Friday night, you will need to bring your own dinner, or head to the Alexander Hotel for a pub meal (02 6355 63888) which is a short walk from the Rydal Showground.

There are toilets and showers.

If you don't like camping then you may find accommodation at the Alexander Hotel in Rydal, which is less than 1 km from the showground, or a nearby hotel or B&B. This is your own responsibility to book if preferred.

The area

The course is mostly open eucalypt forest on public land (Forests NSW). There are also some areas of radiata pine plantation and patches of cleared country. Visibility in the bush is good and the travel is generally fast, but there is some blackberry so leg covering (long pants, or shorts and gaiters) is recommended. Most of the terrain is hilly, with the exception of practical session 3, which is fairly flat.

The Hash House is quite exposed. Conditions are likely to be cold with night time temperatures around 0C, so come prepared.

There is an abundance of wildlife, including eastern grey kangaroos, wallaroos, red necked wallabies, swamp wallabies, wombats greater gliders, black cockatoos, lyre-birds, crimson rosellas, white-winged choughs and wedge-tailed eagles.

Sunday – Paddy Pallin 6hr

When you registered you were given two options:

1. Do the Paddy Pallin with your coach – Non competitive.
2. Do the Paddy Pallin as a normal event with a team that you have pre-arranged

Do the Paddy Pallin with your coach

If you elected to do the Paddy Pallin with your coach, then after breakfast on Sunday you will need to find your coach and sit with them to do some collaborative route planning. We anticipate that some of you may wish not to compete for the full 6 hours. If this is the case, then please advise your coach at the start of the route planning exercise, so they can adjust the course to include getting you back to the Hash House.

This will be non-competitive; you will not have navlight tags, and you will not be given a score for the event.

Do the Paddy Pallin as a normal event with a team

If you are doing the Paddy Pallin as a normal event with a team that you have pre-arranged then after breakfast your time is your own like on the day of any event. Your team may ask your coach for route planning advice before the event starts.

If you have elected to do the Paddy Pallin as a normal event you do not have to pay. The cost of entry into the Paddy Pallin is included in your entry fees. There is a free entry code

[NavWork1](#) for you to use to add your name to your team without additional payment.

Your coaches

Our coaches are all volunteers who are experienced Rogainers and navigators and they are keen to pass on their knowledge. Most of them have won or set Rogaines, but many have not formally taught navigation. They will facilitate learning but you will also learn a lot by sharing experiences within your groups. The focus of the workshop is to learn by doing.

Insurance

NSWRA is covered by public liability insurance that has been taken out by the Australian Rogaining Association. Individual participants are however not covered for personal injury and such things.

Registration

Complete the indemnity form attached and bring it to the registration desk. Participants under the age of 18 years of age will require a parent or guardian to sign their indemnity form.

Some Pre-Reading that may help!

NSW Rogaining – Information for Novices

<https://nswrogaining.org/novices/>

WARA - Novice Guide – an excellent introduction for novices:

<https://wa.rogaine.asn.au/index.php/information/218-wara-novice-guide>

VRA - Which way is North?

https://www.nswrogaining.org/AboutRogaining/Books/VRA_Novice_Pack.pdf

If you have any questions, please contact:

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New South Wales Rogaining Association Inc.

ABN 15 314 080 648



DISCLAIMER / WAIVER

Event : 2024 Navigation Workshop	Name:	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

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