



6 hour Paddy Pallin Rogaine 2024

Sunday 16 June

FINAL INSTRUCTIONS

Thank you for entering the 61st Paddy Pallin rogaine. Team leaders, make sure that everyone on your team reads this whole document carefully.

Hash House	Rydal Showground, Rydal
UTM Coordinates	Zone 56H / Easting 02 2459 / Northing 62 9127
Lat/Lon	Latitude -33.482673/ Longitude 150.036101
Phone	0419 626 077 (Michael, coordinator), 0435 030 201 (Vivien, course setter)

Getting there

Directions from Sydney (~150 km, 2h30')

From Sydney cross the Blue Mountains via Great Western Highway or Bells Line of Road toward Lithgow.

If coming from Great Western Highway, at South Bowenfels (before Lithgow proper) turn left into Magpie Hollow road toward Lake Lyell. After 11km, turn right onto Hampton rd that becomes Sydney rd and then Bathurst st into Rydal. Take first right after the pub onto Market st (showground is signposted).

If coming from Bells Line of Road, follow direction to Bathurst (Mort st and then Main st). At end of Main st, turn right onto Great Western Highway toward Bathurst. After 15.4km, turn left onto Pikes Ln. After 900m turn left onto Old Western Rd that will become Bathurst st as you enter Rydal. Just before the pub, turn left onto Market st (showground is signposted)

The Hash House is accessible for all vehicles and has plenty of room but out of concerns for the environment and personal safety following a fatigue inducing event please consider car-pooling from home or any location on the way.

Parking and camping

Camping is available at the Hash House on Friday, Saturday and Sunday night. Park as directed by marshals and take care of other rogainers.

Program

Saturday 18:30 Dinner if booked.

07:00 Breakfast available

07:30 Registration opens, maps available

08:15 Briefing for novices

08:45 Final briefing

15:00 Finish of event

09:00 Mass start

15:30 Presentations

14:30 Hash House opens for food by 1st

North Sydney Scouts

Registration

Bring:

- 1. Your team number – available on the event website.**
- 2. Indemnity form completed and signed by all team members (found on last page).**

Receive:

1. Map with control descriptions and course setters' notes printed on the back (1 per team member).
2. NavLight tag and wristband (1 per team member).
3. Flight plan (1 per team). Please mark your intended planned route and return it before starting to help us locate and assist you should the need arise.

Information for novices

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 [here](#). On the day, if you are unsure or unfamiliar with anything to do with the event, our volunteers at the Hash House will be happy to help. Please attend the novice briefing: it is earlier than usually to help you finish planning before the start. If you are still unsure or have further questions, talk to one of the organisers immediately after the event has started.

Start procedure

A novices' briefing will be held at 08:15. The pre-start briefing will be held at 08:45 for all competitors. Attendance is compulsory. All NavLight tags will be pre-punched with a start punch, so no pre-start punching will be necessary by competitors. The mass start will be at 09:00 am.

During the event

At each checkpoint, each team member must register their NavLight tag with the NavLight punch at the control. If the NavLight punch doesn't work (i.e. its red light doesn't flash) then record the three letter code inside the clear end.

Please observe the Leave No Trace principle by carrying out everything you brought into the bush. If you need to go to the toilet in the bush, move away from track and watercourses, dig a hole (using a trowel, tent peg, stick...) and bury your waste. Ideally toilet paper should be carried out in ziplock bags.

No smoking, pets or fires on the course.

Finish procedure

At the finish, all competitors must register their NavLight tag at Admin with the "finish" punch. Your finish time will be calculated when the last team member's tag is punched.

Scoring

Each checkpoint is worth its number rounded down to the nearest 10, for example checkpoint 67 is worth 60 points, 37 is worth 30 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

There's a bunch of rules for the sport of rogaining, which you can read [here](#). 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.*

However, for this event, we will allow GPS enabled devices to be carried for emergencies, tracking or photography. They are not allowed to be used for any form of navigation, including pacing.

Course and Terrain

The area is very suitable for rogaining with mostly open bush and topography ranging from steep to gently undulating. Native forests dominate most of the course with pine plantations in the northern part. Patches of blackberry bushes can be found in the pine forest but breaks can be found in the clumps of blackberry. Full body protection can still be useful in there.

There are many trails and motorbike tracks.

The map

The map is A3, scale 1:20,000 with 10m contours and magnetic north lines, printed on waterproof and tear-resistant Teslin. If you plan your course with string, you will need one with 50mm markings for each km. The map has been created by Hamish Mackie using the latest LiDAR survey data by NSW DFSI Spatial Services.

What to bring to the event

- Indemnity form signed by all members
- Pens, scissors, string (marked at 50mm) for map work
- Your own cutlery, mug, bowl and plate
- Camping gear
- Change of clothes, towel
- Chairs, picnic table
- Basic first aid kit
- Spare water (5-25 litres per car)

What to take on the course

Compulsory

- First aid kit with at least 2 compression bandages (per team)
- Whistle (per person)
- Emergency blanket (per person)

Recommended

- 2-3 litre filled drink container. There is one water drop on the course
- Small backpack
- Headlamp/torch (per person)
- Compass
- Watch
- PLB if you have one
- Mobile phone (for photography and emergency use only - not for navigation)
- Gaiters or other leg coverings (gaiters also increase protection from snake bite).
- Warm clothing and rain jacket adequate for the weather conditions
- Food for the course (muesli bars, dried fruit, chocolate, pizza, power drinks, etc.)

Medical advice

All competitors should consider advising their partner of any pre-existing medical conditions (such as diabetes, asthma, epilepsy, susceptibility to anaphylaxis) that may require first-aid action on the course. This should include a description of the symptoms, the required first-aid action, and the location in their bag of any medication (such as sugar, ventolin, epi-pen, anti-histamines).

COVID-19 Measures: If you are feeling unwell, have flu-like symptoms, or have been a close contact, please stay home. You won't enjoy rogaining while sick and others won't appreciate you spreading the virus.

Safety

- Care for your team – stay together at all times, within voice contact – and look out for other rogainers who may require help.
- Stay hydrated – you should carry 2-3 litres with you.
- If an injury or sickness occurs, stay together as a team. If able, try for the nearest track or checkpoint to wait for others to arrive. There is mobile coverage at most parts of the course. Try to send a message or call the number on the map. Help may be some time away. Your team must be prepared to give an initial response to an injured competitor.
- A whistle must be carried by each team member. Three whistle blasts is the distress signal, and any person hearing this signal must render assistance. Team scores which are affected by giving assistance will be adjusted at the finish.

Emergencies

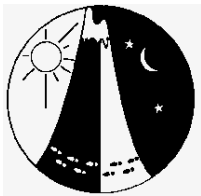
The Hash House phone number is printed on the map. There is good mobile phone reception on most of the course except for deeper watercourses and gullies. Have you installed the Emergency + app on your smartphone? It's free from any App Store and could be useful in an emergency situation. More info [here](#).

Helpers

We have a great team of helpers but always appreciate more. If you need help or can provide help, please let us know. We'll see you there.

Michael Watts (Co-ordinator)
0419 626 077
michaeljwatts@optusnet.com.au

Anita Bickle (Administrator)
0434 369 493
admin@nswrogaining.org



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
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

 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.