

Kamay-kaze Mission!

Final instructions to competitors

Welcome and thank you for entering the first Rogaine of 2025 - the Kamay-kaze Mission Minigaine at Kurnell.

Competition Rules

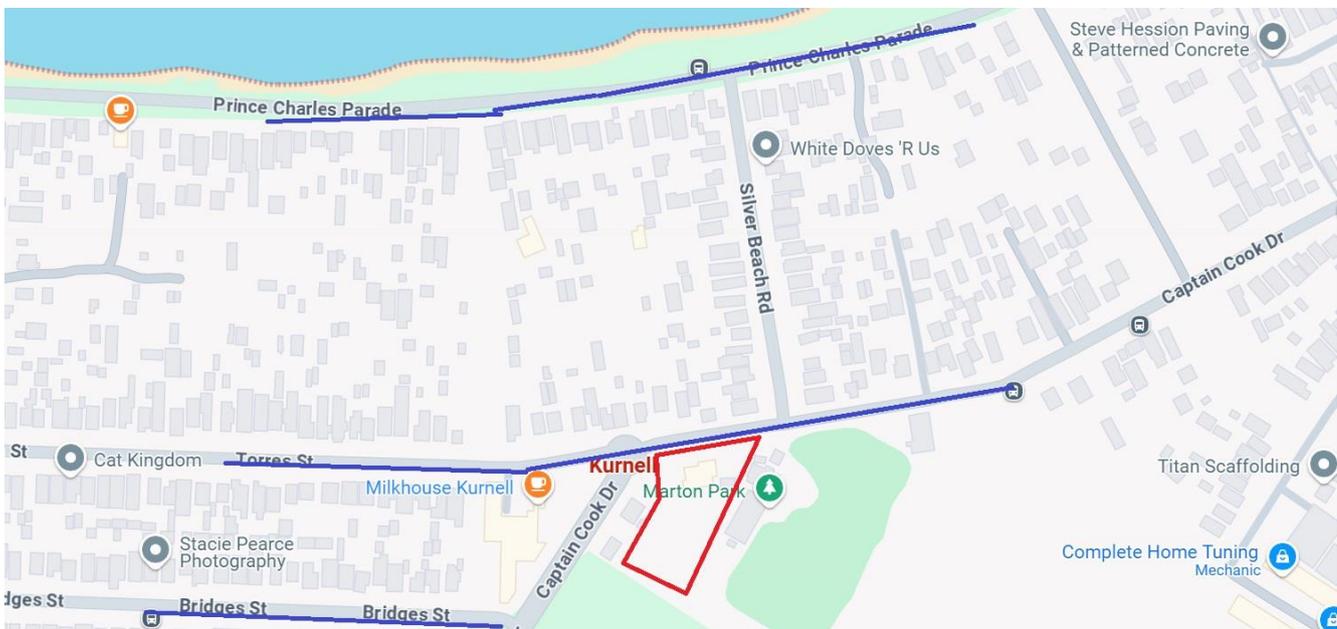
The rules of Rogaining are available on the NSW Rogaining Association website (<https://nswrogaining.org/rules-and-regs/>). Use of GPS for navigation is prohibited!

How to get to the event

The Hash House is Marton Community Hall at Marton Park in Kurnell. There's plenty of on street parking on Prince Charles Parade, Bridges St, Torres St and Captain Cook Drive (East of the roundabout).

Watch out for traffic before, during and after the event. The normal road rules apply. The area is also used by a lot of cyclists.

Please don't bring dogs – they aren't allowed in the National Park. Trained service animals are very welcome.



Please avoid parking on Silver Beach Rd or in the carparks of the shops west of the Hash House (Milkhouse Kurnell or the BWS). We don't want to be impacting local residents. Red = Hash House. Blue = Lots of on street parking

On Arrival

The Hash House is Marton Community Hall. Registration commences at 7:30. Please register in the community hall and get your map when you arrive. There are plenty of toilets at the Hash House. There are some water taps there, but with 400 competitors, please fill your water bottles and bladders at home and arrive prepared to start.

There will be experienced Rogainers available to help first timers and to answer any questions. Let the team at the registration desk know if you are a novice and they will be happy to point you in the right direction.

Before you arrive, please:

- Know your team number. This is available on the web site.
- Have your indemnity form signed by all team members.

At registration, you will be issued with:

- One NavLight tag and wristband per team member.
- One map per team member.
- One flight plan for the team - to be returned to the registration desk BEFORE THE START OF THE EVENT.

The Start

An optional novice briefing will be held at 8:15am to go through the basics of Rogaining at the netball court. All competitors need to assemble on the netball court at 8:45am. There will be a final briefing that will go over any last minute changes. The event will start at 9:00am.

During the event

At each checkpoint remember to 'punch' every team member's NavLight tag. If a NavLight punch fails then take a selfie with the flag and tell the registration desk when you return.

Using a GPS device to navigate is strictly prohibited.

The Finish

The finish is located on the western side of the community hall. You will need to finish here and 'punch off' to record your finish time. Your wrist band will then be collected and processed. Teams will be deducted 10 points per minute that they are late. Any competitor more than 30 minutes late will be disqualified. Please text the organisers if you are going to be more than 30 minutes late so we don't start searching for you.

Please then make your way to the recovery area on the netball court. There will be some snacks and drinks available (from 11:30am). This will be simple items like cut fruit, soft drink, chips, etc. If its raining, the snacks and drinks will move inside the community hall.

The course

The map has a scale of 1:15000 with 5m contours, printed on A3 waterproof paper.

There will be suggested routes for novices and families.

There are no aid stations on course. There are some toilets, taps and shops in suburban Kurnell.

Weather and Climate

Its summer and its going to be hot and humid. Bring a hat, sunscreen and plenty of water! The event is on tracks, so you wont need gaiters, long pants or long sleeves. The following data is from the other side of Botany Bay at Sydney Airport.

Feb highest temp	42.9°C
Feb mean high	26.5°C
Feb mean low	19.2°C
Feb lowest temp	11.2°C
Feb mean rainfall	118.3mm

Safety

- If you are in a team, you are required to stay together at all times
- Beware of vehicles, including in the National Park! The road rules apply there too
- Stay on tracks – it's a condition of our consent from National Parks. There are a couple of sandy areas and rock platforms where the tracks disappear – its fine to cross these, but do not go through bush or vegetation to navigate to any control.
- If you or a team member get injured, stay together and call for help
- Whistles should be carried by all team members. Three whistle blasts at 10 second intervals is the distress signal. Any person hearing this signal must render assistance

Camping

There is no camping associated with the event.

What to bring

For the hash house:

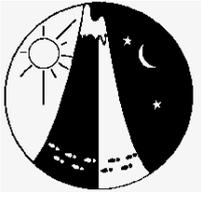
- Pens or highlighters to mark your map
- Sunscreen
- Change of clothes & towel. Swimmers if you plan to hit the beach afterwards!
- Fold up table and chairs if you want to sit in the park and plan your course
- Extra Water. There is water available, but 400 people will be finishing at the same time so it will get busy

For the event:

- Whistle, mobile phone, snake bite bandage and space blanket are mandatory!
- Compass and watch
- Hat, sunglasses and comfortable clothes and shoes for the event
- Food, water, electrolytes for the entire 3hr event
- Water bottles or bladders. There are no cups at the Hash House
- Waterproof bag for your mobile phone

Event Schedule

Activity	Time	Location
Registration commences. Maps are available	7:30am	Community Hall
Novice Briefing	8:15am	Netball Court
General briefing	8:45am	Netball Court
Event Starts	9:00am	Netball Court
Event Finishes	12:00pm	West of the Community Hall
Course Closes. Outstanding competitors are disqualified. Searches commence.	12:30pm.	
Presentation commences	12:30pm – 12:45pm	Netball Court
NSW Rogaining Association Annual General Meeting – please stay and be a part of your Associations future.	1:00pm – 1:30pm	Netball Court or Community Hall
Event finishes. Pack up and clean up	1:00pm	



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. Version: Sep. 2008