



## **“A Spring in the Woods” 3 & 5 Hour Night Rogaine, Springwood Saturday 26<sup>th</sup> July, 2025**

### **Hash House**

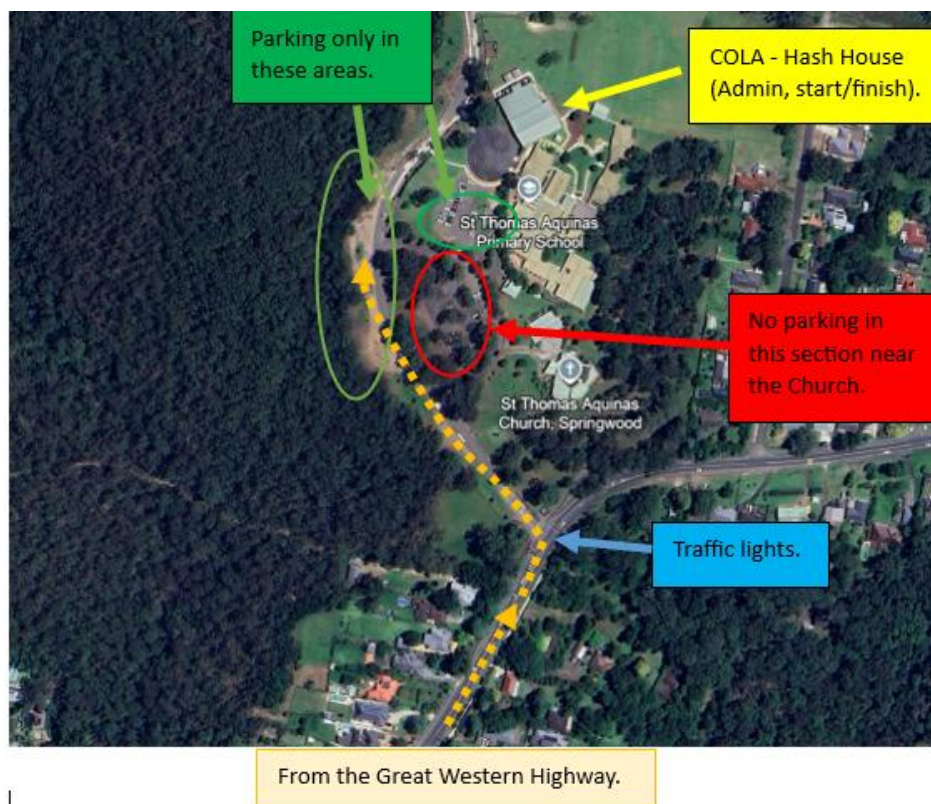
The Hash House is at the **St Thomas Aquinas Primary School, 168 Hawkesbury Road, Springwood.**

From Sydney, take the Springwood exit left from the Great Western Highway (GWH) and then follow the signs towards Winmalee (Hawkesbury Road). From the west on the GWH, take the Winmalee exit onto Hawkesbury Road. The entrance to the school is via a major driveway (road) at a set of traffic lights on Hawkesbury Road, approximately 3 km from the Great Western Highway.

Be aware that St Thomas Aquinas Catholic Church is adjacent to the school and there will be a mass on that night. Please follow the “Rogaine” signs to park in our designated area. There is plenty of parking near the Hash House – preferably do not park on Hawkesbury Road.

There are toilet facilities at the Hash House.

The Hash House is under cover but please bring a table and chairs for planning as there limited seating options there.



### **Map and Course**

The map scale is 1:20,000. Contours are at 10m intervals.

Much of the course is bush areas (St Columba’s property, parks and reserves) linked by urban paths and roads. The bush paths and tracks are well defined but can be uneven and slippery in sections with some crossings of minor creeks. You should only get wet feet if we have had significant rain prior to the event. There are some unmarked mountain bike tracks and minor paths on the course.

## Schedule

3:00 pm	Registration & maps available
4:00 pm	Novice Briefing*
4:50 pm	Final Briefing for the 5-hour event
5:00 pm	5-hour event start
5:14 pm	<i>Sunset</i>
5:20 pm	Final Briefing for the 3-hour event
5:30 pm	3-hour event start
8:00 pm	Catering available – sausage sizzle, fruit, muffins, cup a soup, tea, coffee
8:30 pm	3-hour event finish
9:00 pm	3-hour event presentation
10:00 pm	5-hour event finish
10:30 pm	5-hour event presentation
10:45 pm	Catering finishes
11:00 pm	Hash House closes – pack up (helpers welcome)

\*Novice Briefing: Lots of extra information and tips to help you plan your first Rogaine. All welcome, novice or otherwise.

## What to bring to the registration desk

- Completed indemnity form **signed by all team members**.
- Your team number.
- Any outstanding payments.

## On the day you will receive

- A map – SRA3 size, 1:20,000, 10m contours, waterproof paper. North-South grid lines are 1 km apart and set to magnetic north.
- **Control descriptions** and **Course setters' notes** – on the map.
- A route intention sheet for you to draw your proposed route on – you must **hand this in at the registration desk before the start**.
- A Navlight wrist tag (sensor) to record visits at each control visited – see below.
- A light meal after the event - see schedule above.

## Gear

Compulsory gear on course (for each participant):

- Headlamp – spare batteries recommended.
- **On the road after dark you *must* utilise your head lamp and either wear a light coloured top with reflective material back and front *or* a high vis vest - Blue Mountains City Council requirement.**
- Whistle and a space blanket.
- First Aid Kit (1 per team) including snake bandages.
- Compass.

Strongly recommended gear on course:

- At least 1 L of water (there will be many taps on course).
- High energy snacks.
- Suitable footwear - some paths are uneven and may be slippery.
- Long pants and warm gear. Check the weather forecast for the necessity of a rain jacket.

To leave at HH:

- Plate, bowl, mug and cutlery for catering.
- Change of warm clothes and a small towel, especially if rain forecast.
- Route planning kit, incl. pens, highlighters, calculator, string etc.
- Folding table and chairs.

### Navlight Electronic Recorder

- Your NavLight Tag is to be attached to your wrist.
- Controls (checkpoints) are indicated by orange/white flags and have an electronic Navlight Control Punch attached.
- ALL Team members must “punch” their Tag at every control visited with the electronic punch, to register the Team’s visit.
- The Punch flashes red when placed on your wrist tag for 2 seconds:
  - the flashing red light may be hard to see
  - there is no beep sound
- If the Punch is missing or light not flashing, record your presence with a photo and/or note the surroundings. When you finish, report the problem to officials to have your score adjusted.
- You must ensure that you punch your tag at the finish which will then be cut off your wrist and processed to record your score.

### Rules

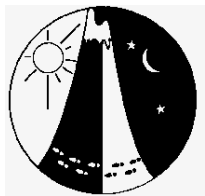
- The Rules of Rogaining are at <http://nswrogaining.org/AboutRogaining/RulesRegs/RulesRegs.htm>.
- Only travel on foot - no cars, bikes, boats, planes, taxis, buses, trains, trams, etc.
- No use of mobile phones, GPS watches or other GPS devices to aid navigation. Note: Mobile phones should be carried for emergency use.
- No dogs or other pets.
- Do not enter out of bounds areas, private property or other restricted areas.
- Late finishing teams will have 10 points deducted from their total for every minute (or part thereof) that they return late. If your team is 30 minutes or more late you will be marked as late and lose all your points.

### Safety

- Take extreme care when crossing roads – use the marked road crossings when possible. **Also note the compulsory use of head lamps and reflective clothing when on roads at night.**
- Take care on bush tracks, stream crossings and rocky areas, especially if it rains. (Under normal weather conditions your feet will not get wet walking along tracks adjacent to, or crossing, creeks.)
- There are no safety patrols.
- If you need assistance call one of the Event Emergency Phone Numbers that are written on the map that you will receive on the day. (In the case of an urgent, life-threatening emergency, call 000 or 112 from a mobile phone.)
- If you withdraw, you must return to the Hash House and check in with the Event Admin. If you cannot make it back, please call one of the Event Emergency Phone Numbers. Otherwise, a search party may be sent out needlessly.

### Additional queries

If you have a question, please contact the team via [admin@nswrogaining.org](mailto:admin@nswrogaining.org). The event details are available at <https://nswrogaining.org/event/2025-nightgaine/>



# New South Wales Rogaining Association Inc.

ABN 15 314 080 648

## DISCLAIMER / WAIVER

Event : **2025 Nightgaine 3h or 5h** (circle one)

Team No.:

Car Rego.:

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 \_\_\_\_\_

**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