

Woronora River, Valleys, & Heights

"Didn't we have a lovely time the day we went to Bangor"

6-hour Socialgaine - Sunday 2 November 2025

Final Instructions

If you are a team leader, please ensure this information is seen by all your team members.

Start Getting Excited

The 2025 Socialgaine is fast approaching. With over 500 participants in nearly 200 teams we're getting very excited, so we hope you are as well. And despite such variation in weather lately the forecast for Sunday is a pleasant, partly cloudy, 27 degrees. Thank you for entering!

Statistically, nearly half the total entries are women, and 77% of teams have women members. There are 72 novices, and 73 family members make up 27 family teams.

First Rogaine?

If you are a novice (new to rogaining) check out the information on the NSW Rogaining website at:

<https://nswrogaining.org/what-is-rogaining>

On the day, try to get there at 8am for maximum course planning time of 2 hours before the 10am Start.

If you still have questions there'll be many helpful people to ask. There will also be Course Setters' Notes on the back of your map - including suggested routes for novices - so please make sure you read and understand them thoroughly. And there will be both Novice & General briefings before the start.

Schedule For The Day

What	When
Registration / Maps Available	from 8:00am
Novice Briefing	8:45am
General Briefing (All Teams)	9:45am
Mass Start	10:00am
Food Available	from 3:15pm
Finish	4:00pm
Latest Finish (Disqualification Thereafter)	4:30pm
Presentation (All Categories & Photo Competition)	around 4:30pm

Getting There

The Hash House (event HQ, start, & finish) is at:

ANZAC Oval Youth & Recreation Centre
111R ANZAC Ave, Engadine

There's plenty of parking at ANZAC Oval, and in surrounding streets. Public transport will be a viable travel option, with the Hash House only a 25 minute walk from Engadine Railway Station.

On Arrival

Go to the registration desk knowing your team number (find it in the teams list on the website).

Submit the Disclaimer/Waiver Form you'll find at the end of these instructions. It must be signed by all team members.

You will then be issued with:

- A3 Map (waterproof), with Course Setters' Notes on the back.
- One Navlight tag and wristband per team member.
- One flight plan for the team - to be returned to the registration desk BEFORE THE START.

Shoe Cleaning

Have you heard of Phytophthora (pronounced Fy-TOTH-ra)? It's a fungal disease that causes plants and trees to rot and die - one of the top 100 invasive species impacting biodiversity in Australia.

NSW National Parks and Wildlife Service has instructions to prevent phytophthora from spreading. It includes, "Start your trip with clean, dirt-free, dry shoes".

You can find the information, including a video on how to clean your shoes etc with metho, here:

<https://www.nationalparks.nsw.gov.au/conservation-programs/fighting-invasive-phytophthora>

We therefore encourage all participants in the Socialgaine to clean their shoes before coming to the event by following the NP&WS instructions.

We'll also have shoe cleaning facilities at the event for you to do so before the start and after you finish. Please do your bit to help protect our native bushland plants from being destroyed by Phytophthora.

Wants & Needs

Before:

- Folding table & chairs if you want to sit around outside with pens, pencils, highlighters etc to plan your course. Some tables & chairs will be available in the hall.

During:

- Long-sleeved shirt & wide-brimmed hat for sun protection
- Sunscreen, zinc etc.
- Long pants / gaiters for leg protection - especially if going off-track
- Comfortable sturdy trail-running shoes, or boots, for 6 hours
- Water, electrolytes, food/snacks etc - some shops may be on-course, depending on your route
- Mobile phone - but GPS is not to be used for navigation
- Compass, watch, & whistle (mandatory)
- First-aid kit - one per team
- Snake bandage - one per team member (mandatory)

After:

- Plate/bowl, cup/mug, cutlery etc for food & beverages.
- Folding table & chairs if you want to sit around outside eating, drinking, and being merry.

Swim or Shower?

Engadine Pool (adjacent to the HH) will be open on Sunday 7am-7pm if you want a swim or shower. Identify yourself as a "Rogainer" for adult entry at the negotiated concession price of \$7. Don't forget your swimmers, towel, & change of clothes.

Rules

Some of the simple rules are:

- Only travel on foot, and no swimming as part of your route choice.
- Using a GPS device to navigate is strictly prohibited.
- Do not enter private property or other out of bounds areas.

If you haven't already done so, you should also familiarise yourself with the the basics at:

<https://nswrogaining.org/rules-and-regs>

and detailed competition rules at: <https://rogaine.asn.au/documents/rules-and-standards>

Safety

Rogaining can be dangerous. It is a thinking sport, so think before you act. Don't take risks that could result in your serious injury or death. There are many high cliffs on the course - only some appear on the map. Be careful of loose rocks, including on tracks. In the bush you may encounter snakes, ticks, leaches etc. There might be mountain bikes on some tracks. And be extra careful crossing roads.

Teams are required to stay together at all times. If anyone gets injured call for help (including 3 whistle blasts every 10s - anyone hearing this signal must render assistance). If you withdraw the team should return to the Hash House. If you cannot make it back, call the phone number(s) on the map - or 000 in an Emergency - so we know what's happening and don't organise a search needlessly.

Checkpoints & Navlights

At each checkpoint every team member needs to register the Navlight on their wrist-tag. The Navlight will flash red when placed on your wrist-tag for 2 seconds. Note: the red flashing light is sometimes hard to see and makes no sound.

If a Navlight fails or has been taken, take a selfie at the location and tell registration when you finish.

Picture Yourself Here Competition

There will be both a 'fast' and a 'fun' competition. Get in the mood with [this swinging little ditty](#). Two prizes will be awarded for photos received (text to 0481 341 853 along with team name/number) during the event. "1st" and "Best" photos - taken at the Bangor sign (noted on the map) - will both receive a team prize. And all photos will qualify for inclusion on the NSW Rogaining website.

Finish & Results

When you finish make sure all team members have their Navlight tags punched immediately and removed by an official for results processing.

If your team returns after 4pm (ie. more than 6 hours) a 10 pts/min (or part thereof) penalty is incurred.

If your team returns after 4:30pm (ie. 30 minutes or more late) you will be recorded as LATE and score zero.

Food & Drink & Presentations

After you finish there will be revitalising food & drink to enjoy while you swap stories with fellow rogainers. We'll then try to keep the presentations as short & entertaining as possible.

Afterwards (or before)

Engadine pool (7am-7pm) is right next door. And Engadine CBD has cafes, restaurants, clubs, supermarkets, and a variety of other shops etc..

Otherwise any offers to help collect controls will be seriously considered.



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 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
_____	_____	_____

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