

Welcome to
"LaneCoveRivergaine IV"
Sunday, 3 April 2022
Final Instructions for Entrants

A. WELCOME

- Thank you for entering the 2022 Metrogaine, the "LaneCoveRivergaine IV" - we know you are in for a great event.
- This is the fourth and final episode of the Lane Cove Rivergaines, following the river from its source (in Pennant Hills) to Sydney Harbour Bridge.

B. GETTING THERE

- The Hash House (Start/Finish Assembly Area) is at the North Sydney Community Centre, 220 Miller Street, North Sydney.
- The Centre is easily accessible by bus (stops just outside) or from North Sydney Station (900m).
- Ridge Street Car Park, just west of Miller Street has 200 spaces and is free on Sundays. It is just a 50m walk to the HH.

C. PRIOR TO SETTING OFF FROM HOME

What to bring

NSWRA Disclaimer/Waiver Form:

- The Disclaimer/Waiver Form at the end of these Instructions must be signed by all Team members and presented at Registration.

For the Hash-House:

- Pens, pencils, scissors, sticky tape for map work.
- Map Case or plastic to protect your A3 map, though it is printed on waterproof paper.
- Cutlery, mug and plate/bowl.
- Table and chairs, if you wish.

For the course:

- Water
- Food/snacks (though shops are located throughout the course)
- Hat (wide-brimmed)
- Sunscreen
- Mobile phone (though GPS is not to be used)
- Compass, watch, pencil, whistle
- First-aid kit (one per Team)

Recommended:

- Long sleeved, light-weight top
- Comfortable runners, shoes or boots
- Wet weather gear if rain is possible
- A towel and clean set of clothes to freshen up after you finish.
- No need for gaiters or long pants for leg protection. Only tracks are to be used in the bush - there is no bush-bashing.

D. ON THE DAY (3 April)

From 8:00am - Registration

- Registration opens at 8:00am.
- Please make sure you know your Team number (this is available online and also on a printout near the Registration Desk).
- Bring a Disclaimer/Waiver Form, signed by all Team members.
- Each Team member will be issued with a:
 - A3 Map - Notes & Control Descriptions on back
 - Separate Control Description Sheet, if required
 - Navlight Tag and wrist band

9:05am - Novice Briefing

- A briefing for Novices will be held at 9:05am.
- Please feel free to ask any question, no matter how basic you may think it is - no doubt others will have the same query.

9:45am - Full Briefing

- All entrants are required to attend the full briefing at 9:45am.

10:00am - Mass Start

- There is a mass start at 10am.
- If your Team leaves after 10am it will still be recorded as starting at 10am.

3:00pm - Catering opens

- The 1st North Sydney Scouts will be catering for us, with free BBQ eats and drinks (except drink cans \$1.50) from 3pm to 5pm.

4:00pm (or just before) - Finish

- The finish time is 4:00pm.
- When you return make sure all Team members have their Tags punched immediately and removed by an Official.
- If your Team returns after 4pm (i.e. longer than 6 hours) a Time Penalty will be incurred of 10 points for each minute, or part thereof, that you are late.
- If your Team returns after 4:30pm unfortunately the Team will be recorded as LATE, with a score of zero.

After Finishing

- Please stick around and enjoy the company of fellow rogainers.
- Enjoy the free BBQ eats and drinks (and lucky door prizes supplied by Paddy Pallin).

E. OTHER MATTERS

The Map

- Thanks to Hamish Mackie for the base map.
- The map extends from Longueville to Greenwich, where the Lane Cove River enters Sydney Harbour, to Sydney Harbour Bridge, and as far north as Naremburn/Northbridge/St Leonards.
- The map is on an A3 sheet with a 1:15,000 scale and 10m contours.
- The map is printed on Teslin waterproof paper.
- The map is reasonably accurate, but no map is perfect:
 - Tracks (especially minor tracks) are not always shown.
 - Some minor tracks may be overgrown.
 - Not every twist and turn is indicated.
- Locations for toilets are indicated.
- Most toilets have water taps.
- There are no water drops.

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 etc.
- No use of GPS devices to aid navigation.
- Do not enter private property or restricted areas.
- **Within bush areas (dark green on map) you MUST stay on established tracks.**

Bonus Points

- Control 120 is only available for punching during two one-hour periods, from 12 pm to 1 pm and from 2pm to 3pm.
- All controls punched between 1 pm and 2 pm score double.
- If you punch all seven 100-point controls (i.e. 100 to 106) you will be awarded an extra 100 points.

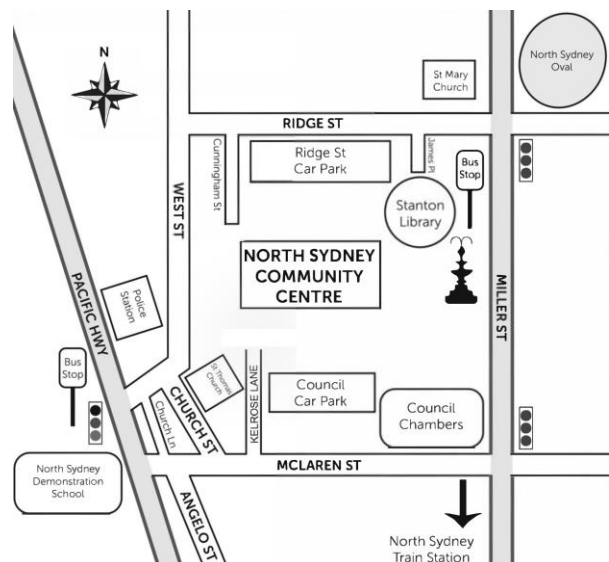
Safety issues

- Take extreme care when crossing roads - some are very busy. Use footpaths, traffic lights and pedestrian crossings wherever possible.
- Only cross the Pacific Highway at pedestrian crossings (marked with a walker symbol).
- Take care on bush tracks, stream crossings and rocky areas, especially if it rains. (Under normal weather conditions your feet need not get wet when walking along tracks adjacent to, or crossing, creeks.)
- There are no safety patrols.
- **Call the Event Emergency Phone if you need assistance (0434 369 493 or 0419 663 539).** In the case of an urgent, life-threatening emergency, call 000 or 112 from a GSM mobile phone.
- If you withdraw, try to return to the Hash House.

If you cannot make it back, please call the Event Emergency Phone - we don't want to be worrying about what happened and sending out search parties needlessly!

Navlight Electronic Recorder

- Your NavLight Tag is to be attached to your wrist.
- ALL Team members must "punch" their Tag at every Control with the Navlight Control 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 &/or note the surroundings. When you Finish, report the problem to have your score adjusted.



We hope you enjoy "LaneCoverRivergaine IV"

Co-ordinator:	Ted Woodley
Administrator:	Vivien de Remy de Courcelles
Setters:	Ted Woodley, Hamish Mackie
Vetters:	Etienne Gautier, Nicole Mealing, Andrew Brown, John Havranek, Gareth Denyer
Mapper:	Hamish Mackie
Helpers:	Katherine Cameron, Gill Fowler, Lindsay Young, Judy Young, Coleen Mock, Colin Mock, Sharon Lambert, Peter Hopper, Amanda Mackie, Nikolay Nikolaev, Su Li Sin, Brent Roylance, Steve Young, Julian Ledger
Catering:	1st North Sydney Scouts

New South Wales Rogaining Association Inc.

ABN 15 314 080 648



DISCLAIMER / WAIVER

Event : 2022 LaneCoveRivergaine IV	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 rogaîne 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