



# The Boogie-Woogie-Blitz

6 and 12 hour Autumnaine 2022

Saturday 7 May

## FINAL INSTRUCTIONS

Thank you for entering the 6 or 12 hour Autumnaine events. Team leaders, make sure that everyone on your team reads this whole document carefully.

Hash House	Chapman Valley Horse Riding, 7054 Putty Rd, Howes Valley
Google maps	<a href="#">📍 Chapman Valley Horse Riding</a>
UTM Coordinates	Zone 56H / Easting 0286968 / Northing 6356239
Lat/Lon	Latitude 32.911451°S / Longitude 150.721989°E
Phone	Satphone (event weekend only): 0405 896 528 (leave a message if unanswered)

### COVID-19 Measures

While most of our restrictions have eased, please be mindful of maintaining a safe 1.5m distance from other teams at all times - including while doing your route planning, at the briefings, at the start and finish, and when approaching controls.

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.

We have returned to using Navlight punches in the regular manner. If you are concerned, consider carrying some hand sanitiser with you.

### 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).

### Getting there

#### Directions from Sydney (~160 km, 2h20')

1. From Sydney drive to Windsor.
2. From Windsor cross the Hawkesbury River Bridge, and at the roundabout on the other side, take the 3rd exit onto Wilberforce Rd
3. After 6.6km continue onto Putty Rd
4. After 96km turn left onto the Chapman Valley Horse Riding property
5. Follow the signs and instructions from our volunteers to the car park or camp.

## Directions from Newcastle (~140 km, 2h)

1. Take Hunter Expressway and M15 to Putty Road
2. Turn Right onto the Chapman Valley Horse Riding property
3. Follow the signs and instructions from our volunteers to the car park or camp.

Putty Road has a number of road works along its length, some of which have alternating one way traffic flow. Allow extra time to get there.

## Parking and camping

Camping is available around the Hash House on the Friday and Saturday nights. 12 hour teams please consider staying the night after the event or have someone drive home who did not compete. We will be catering for a hot breakfast on Sunday!

We will have a bush camp on the property, with portaloos, marquees and limited water supply. Please bring some water if you can, 5-25 litres per car will greatly reduce the load on our catering supply.

The Hash House is accessible for 2WD vehicles.

The Hash House will serve hot soup from 17:30 and full dinner from 18:00 Saturday until 01:00 Sunday. Breakfast on Sunday morning starts at 07:30, with hot food from 08:00 until 09:00. The menu will have vegetarian and gluten free options.

There is no mobile phone coverage at the Hash House and marginal Telstra coverage on high points on the course. The event organisers will have a satellite phone for communications during the event. The number is listed at the top of this document. You can call them at standard costs for a mobile phone service.

## Program

### Saturday 7 May

- 09:00 Registration opens, maps available
- 11:40 Briefing for novices
- 11:50 Final briefing
- 12:00 Mass start for both 6 and 12 hours
- 17:30 Hash House opens
- 18:00 Finish of 6-hour event
- 18:30 Presentations for the 6-hour event

### Sunday 8 May

- 00:00 Finish for 12-hour event
- 00:30 Presentations for the 12-hour event
- 01:00 Hash House closes
- 07:30 Hash House serves breakfast
- 09:00 Hash House closes
- 09:00 Volunteers are welcome to help with packing up and collecting flags.

## Registration

To register, one person only per team to register and collect maps please.

*Bring:*

1. Your team number – available on the event website.
2. Indemnity form completed and signed by all team members.
3. The **team first aid kit** with at least 2 compression bandages **so that it can be checked.**

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 planned route and return it before starting to help us locate and assist you should the need arise. This is an intention only and not a final route choice for you, but you must submit it prior to going on-course.

## Information for novices

If you are 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. Go to:

<https://nswrogaining.org/AboutRogaining/Novices/Novices.htm>

If you haven't done a rogaine before, please read. If you are unsure or unfamiliar with anything to do with the event, our volunteers at the Hash House can help. Please attend the novice briefing. Experienced Rogainers will be on hand to assist you in having an enjoyable event. If you are still unsure, or have further questions, please talk to one of the organisers immediately after the event has started, for further assistance. We're here to help.

## Start procedure

A novices' briefing will be held at 11:40. The pre-start briefing will be held at 11:50 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 for the 6 & 12 hour events will be at 12:00 midday.

## 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.

No smoking or fires on the course. Fires are only allowed at the Hash House. Please bring all rubbish back to the HH. Bury all personal waste.

## 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. 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 at <http://www.nswrogaining.org/Resources/Forms/index2.pdf>

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.

## The map

The map is oversized A3 (310x440mm), scale 1:20,000 with 10m contours and magnetic north lines, printed on waterproof and tear-resistant Teslin paper. If you plan your course with string, you will need one with 50mm markings for each km.

The map has been created using the latest LiDAR survey data by NSW DFSI Spatial Services. The data has an accuracy of 2m horizontal and 30cm vertical. This has allowed us to produce high resolution and extremely accurate contour, cliff and watercourse information.

## Marking up your Teslin map

*The following notes are reproduced from the 2016 World Rogaining Championships held at Ross River, Alice Springs.*

For those who like to mark their map during course planning, the following guidelines may assist:

- soft pencils 4B to 6B are recommended to get reasonably visible markings. Harder pencils such as HB will barely make a mark on the paper
- highlighter pens of various brands have been tested. Faber-Castell has the best sticking power Stabilo Boss and Artline mark the paper well but may rub off a little easier in wet conditions paler colours such as yellow will fade quicker than orange or darker colours
- ballpoint pens and permanent markers such as Sharpie pens make very durable markings
- for those who wish to leave nothing to chance, applying contact to the printed side of the map will provide an extra level of security

## What to bring to the event

- Indemnity form signed by all members
- Pens, scissors, string (marked at 50mm), sticky tape for map work
- Your own cutlery, mug, bowl and plate
- Camping gear
- Change of clothes, towel
- Chairs, picnic table
- Food for Friday night and Saturday morning
- Basic first aid kit
- Spare water (5-25 litres per car)
- OPTIONAL: Map case, plastic bag or clear contact to protect map and control descriptions

## 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)
- Headlamp/torch (per person)

### Recommended

- 2-3 litre filled drink container (there are 2 water drops on the course but because tracks are closed by recent wet weather they are not in ideal locations - extra drink carrying capacity may be required)
- Small backpack
- Compass

- Non-GPS watch
- Pen/pencil
- PLB if you have one
- Spare torch batteries
- Mobile phone (for photography and emergency use only - not for navigation)
- Reading glasses/lookovers/etc. if you need them for reading fine detail on the map
- Gaiters or other leg coverings are strongly recommended (gaiters also increase protection from snake bite).
- Shoes with good grip and good foot protection
- Warm clothing and rain jacket adequate for the weather conditions
- Food for the course (muesli bars, dried fruit, chocolate, pizza, power drinks, etc.)

## Safety

- Beware of motor vehicles on all roads and tracks.
- Look out for horses and cattle. Give them plenty of space.
- 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 1-3 litres with you. There are 2 water drops on the course.  
N.B. We don't recommend drinking any water from the creeks on the course.
- There are multiple cliffs on the course. Some are quite large. Care should be exercised at all times and particularly around cliffs, boulders or logs.
- If an injury or sickness occurs, stay together as a team. If able, try for the nearest track, checkpoint or water drop to wait for others to arrive. There is patchy Telstra mobile coverage at higher parts of the course. Try to send a message or call the number on the map. Help may be some hours 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 patchy Telstra mobile phone reception on the course, most likely at high points. SMS may be more successful than a voice call.

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 at <https://www.triplezero.gov.au/triple-zero/smartphone-applications>



## Course, Terrain & Weather

The course is set on a mixture of farmed grassy valleys and forested ridges and spurs. There is a significant track network covering  $\frac{2}{3}$  of the course. Some of the course has been affected by the 2019/20 bushfires but most of the forest crown remained intact. The 2 wet summers since have caused thicker understory regrowth than usual but in most of the forested areas the understory varies from open and easy walking to thicker regrowth that is usually below the waist. Gaiters are strongly recommended.

The persistent wet weather recently means that there is a lot of water flowing in all watercourses. In the grassy valleys in many places the water has formed wide boggy areas. All competitors should be prepared to get wet feet. Bringing a spare pair of shoes for after the event might be a good idea.








The Hash House is at 200m elevation.

Sunset is at 17:12.

Moonset is at 21:59 with 34% illumination.

Temperature during the event is forecast to be 6-19°C, so bring appropriate clothing.

### Weather Forecast

	Tue. 3 May	Wed. 4 May	Thu. 5 May	Fri. 6 May	Sat. 7 May	Sun. 8 May	Mon. 9 May
							
Max (°C)	22	24	21	17	17	19	19
Min (°C)	–	9	13	6	5	6	6
Chance of rain (%)	–	40	70	5	0	0	40
Rainfall range (mm)	–	0 to 1	0 to 3	0	0	0	0 to 0.4

### 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.

Richard Sage (Co-ordinator)  
0412 934 486  
[sagerichard904@gmail.com](mailto:sagerichard904@gmail.com)

Vivien de Remy de Courcelles (Administrator)  
0435 030 201  
[vivien.rc@exemail.com.au](mailto:vivien.rc@exemail.com.au)



# 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