



6 hour Paddy Pallin Rogaine 2022 Bargo State Conservation Area, Hill Top Sunday 19 June

FINAL INSTRUCTIONS

Thank you for entering the 59th Paddy Pallin rogaine. Team leaders, make sure that everyone on your team reads this whole document carefully.

Hash House	Wattle Ridge Road, Bargo SCA, Hill Top
UTM Coordinates	Zone 56H / Easting 02 6654 / Northing 61 9963
Lat/Lon	Latitude -34.31835/ Longitude 150.46273
Phone	0408 230 593 (Trevor, coordinator), 0435 030 201 (Vivien, course setter)

COVID-19 Measures

While most of our restrictions have eased, please be mindful of maintaining a safe 1½m 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 (~120 km, 1h30')

1. Take the M31/Hume Motorway south
2. Take the exit for Colo Vale, Yerrinbool, Hill Top marked Church Avenue
3. At the roundabout turn right toward Colo Vale
4. After reaching Colo Vale (about 1.8 km) turn right onto Wilson Drive towards Hill Top
5. After 5.2km, turn left onto Chalker Parade that becomes West Parade and then Wattle

Ridge road after 1.5km. The Hash House is reached after 2km of dirt road... beware of potholes

6. Follow the signs and instructions from our volunteers to the car park

Directions from Canberra (~200 km, 2h15')

1. Take Federal Hwy/M23 to Goulburn
2. Continue onto M31 towards Sydney
3. Take the exit for Colo Vale, Yerrinbool, Hill Top marked Church Avenue and follow direction as above

The Hash House is accessible for 2WD vehicles (course setter's car is a Toyota Corolla) but the final 2km's on Wattle Ridge Road are unsealed and have many potholes. Take care and consider leaving cars in Hill Top and car-pooling from there.

From 7:30am at the Hash House, 1st North Sydney Scouts will offer a light breakfast of french toast with maple syrup, plus tea, coffee & hot chocolate. They also will be exercising their new espresso machine for a true coffee, but that costs \$4 per cup. Bring your own mug, plate and cutlery please.

The Lara Coffee Co. in Hill Top is also open from 8am on Sundays, if that's your passion.

Parking and camping

Camping is not available around the Hash House on Saturday or Sunday night. Parking will be along the easement of powerline across Wattle Ridge road from the HH. Please take care when crossing Wattle Ridge road as there is some traffic going to the nearby shooting range.

Food will be provided at the end of the event by the 1st North Sydney Scouts.

Program

08:00 Registration opens, maps available
09:00 Briefing for novices
09:20 Final briefing
09:30 Mass start
14:30 Hash House opens for food
15:30 Finish of event
16:00 Presentations

Registration

Bring:

1. Your team number – available on the event website [Team List](#).
2. Indemnity form completed and signed by all team members.

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, at <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 will be happy to help. Please attend the novice briefing: it is earlier than usually to help you finish planning before the start. 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 09:00. The pre-start briefing will be held at 09:20 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 will be at 09:30 am.

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 pets, smoking or fires on the course. 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 A3, scale 1:20,000 with 10m contours and magnetic north lines, printed on waterproof and tear-resistant Teslin. If you plan your course with string, you will need one with 50mm markings for each km. The map has been created by Philip Whitten using the latest LiDAR survey data by NSW DFSI Spatial Services.

What to bring to the event

- Indemnity form signed by all members
- Pens, scissors, string (marked at 50mm) for map work
- Your own cutlery, mug, bowl and plate
- Change of clothes, towel
- Chairs, picnic table
- Basic first aid kit
- Spare water (5-25 litres per car.) The organisers have a limited water supply, so please bring your own.
- 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 is no water drop on the course
- 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: there are many motor bike tracks on the course and your course may cross Wattle Ridge Road.
- 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 2-3 litres with you. N.B. there is a lot of water in the creeks on the course but this might need treating before drinking.
- There are multiple cliffs (some quite large) on the course and a lot of deadfall after the fires of two years ago. 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 or checkpoint to wait for others to arrive. There is mobile coverage at higher parts of the course. Try to send a message or call the number on the map. Help may be some time 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 good mobile phone reception on the ridges.

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 undulating between ridges and valleys with flowing creeks but you can plan a course avoiding too much ascent and descent. There are many cliffs that can afford good views, some interesting rock formations and stunning creeks. The regrowth following the fire that affected this area two years ago can be quite dense, especially in the deeper valleys, whereas some areas offer typical open rogaining country. The course has been set to offer links between areas otherwise isolated by impassable cliffhines and avoid the worst of the regrowth and deadfall thanks to a significant track network made by motor bike riders (note that riding or driving powered vehicles is not allowed in Bargo SCA). Gaiters or other leg covering are strongly recommended.

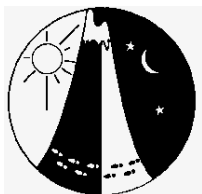
The recent wet weather means that there is water flowing in most watercourses and wet feet are likely. Bringing a spare pair of shoes for after the event might be a good idea.

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.

Trevor Gollan (Coordinator)
0408 230 593
tgollan@gmail.com

Anita Bickle (Administrator)
0434 369 493
admin@nswrogaining.org



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event : Paddy Pallin Rogaine 19-Jun-2022

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

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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

_____	_____	_____
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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