

# Lake Macquarie Rogaine

## Final instructions to competitors

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### Welcome

Thank you for entering the 2022 Lake Macquarie Rogaine

If you are a team leader, make sure this information is available to all of your team members.

Note that the indemnity form at the end of these instructions must be signed by all team members and either submitted to admin before the event via email [anitabickle@gmail.com](mailto:anitabickle@gmail.com) or text photo to 0434 369 493 prior to 5pm Friday 14/10/20 or presented at the registration desk on the day. Please nominate ONE team member to collect the gear on the day from admin.

### Competition Rules

The rules of Rogaining are available on the [Australian Rogaining Association](http://www.australianrogaining.com.au) website.

### How to get to the event

The Hash House is located at Belmont High School, 424 Pacific Highway Belmont NSW, 2280. Entry via Henry St of Macquarie Drive Belmont.

### From Sydney:

From M1 Freeway, take the Doyalson exit. Follow Doyalson Link rd, merge left onto the Pacific Highway. Follow the Pacific Highway to Belmont.

### From Newcastle:

Jump onto the Pacific Highway and follow it to Belmont.

### Facilities:

#### Water at Hash House with sanitisation station

Toilets are available at the Hash House with sanitisation station

There are some picnic tables and seats, but not many. We recommend bringing your own tables and chairs if possible.

### **WARNING !!!!** –

*This is a busy area with a network of main roads. Please obey all road safety rules especially when crossing roads and use pedestrian crossings for safety.*

### The course and its environment:

We have tried to make the course interesting, while still catering for novices, young families, those with moderate experience as well as the seasoned rogainers. There are easier streets and parks, and more challenging sand dunes in the east and bushland in the west and central areas of the map. The shared pathways between Belmont and Redhead can be quite busy at times with cyclists / runners / walkers. Take a camera, have fun – there are lots of wildflowers, birds, several kangaroos, bandicoots and echidnas out there.

## The map

The map has a scale of 1:25000 with 10m contours. It is a composite of a standard topographic maps with additional trails added. It will be printed on A3 waterproof paper, which does not need to be covered. There is a good selection for novices and families and a good layout for runners.

## Safety

- Your team is required to stay together **at all times**
- Stay within voice contact of all your team members.
- Stay hydrated - there are plenty of shops on the map and places to fill up water bottles.
- Care should be exercised at all times when crossing roads. Please use pedestrian crossings where available.
- If an injury or sickness occurs stay together as a team. Mobile phone coverage is available on the map. Ring 000 for an emergency. Belmont Hospital is 5 minutes from the Hash House.
- Whistles should be carried by all team members. Six (6) whistle blasts at 10 second intervals is the distress signal. Any person hearing this signal should render assistance.

## What to bring

### For the hash-house:

- Food and water as needed prior, to the event. A sausage sizzle will be provided for competitors from 1200noon to 4pm
- Pens, pencils, scissors highlighters etc for map work
- Change of clothes
- Something to sit on and a table too if you would like one.

### • For the course:

- Compass, watch, pencil and a whistle.
- Mobile phone for emergency calls
- First aid kit, including a snake bite bandage.
- Comfortable clothes and shoes for the event. Gaiters or long pants, and long sleeved shirts are advisable.
- Hat and sunscreen. It can be very hot this time of year.
- 2+ litres of water per person is recommended if you plan to focus on the bush areas.
- Bring your own food as required.

**Please ONLY have ONE team representative come up to the admin area. Please follow social distancing rules and respect volunteers requests if required to social distance or return when reduced numbers.**

## Event Schedule

Registration opens:	730 am for map planning
Novices briefing:	30 minutes before start
General briefing:	15 minutes before start
Event starts:	9am for 6 hour 930am for 3 hour
Event finish time:	3pm for 6 hour 1230pm for 3 hour
Results/presentations:	1.15pm for 3 hour medal winners 3.45pm for 6 hour medal winners
Sausage sizzle from	1200noon to 4pm

Registration and map distribution will be open from 730am for all teams.

Before you come to registration, please make sure:

- You know your team number. This is available on the web site or on a printout at the admin tent.
- You have your signed indemnity form – signed by all team members.
- You have any outstanding fees ready (e.g., if you have a new team member, or entered late and didn't pay online). Please bring the exact cash amount. There are no credit card facilities!

You will be issued with:

- One NavLight tag and wristband per team member.
- One set of Course Setters Notes for each team member.
- One map, including Control Descriptions, for each team member.
- One flight plan for the team - to be returned to the admin tent BEFORE THE START OF THE EVENT.

### **Pre-Start Briefings**

Novice briefings will be ½ an hour before respective start times. General briefings will be held 15 minutes before respective start times.

### **During the event**

At each checkpoint remember to punch all your NavLight tags. If a NavLight punch fails then manually take a photo of the flag and text to admin or record the number on the flag or navlight serial number. At the Finish, your NavLight tags will be punched with a "Stop" punch and read.

### **The Finish**

About 30 minutes before the finish of the event, a marshalling area will be set up. When you return, officials will check that your whole team is present, punch your tag with a "Stop" punch and collect your tag. Your team should then leave the area. Teams will be deducted 10 points per minute that they are late. Any team more than 30 minutes late will be recorded as Late and will be ineligible for a placing.



# 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**

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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 \_\_\_\_\_

<b>Name</b> (Please print clearly)	<b>Signature</b>	<b>Date</b>
_____	_____	_____

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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