

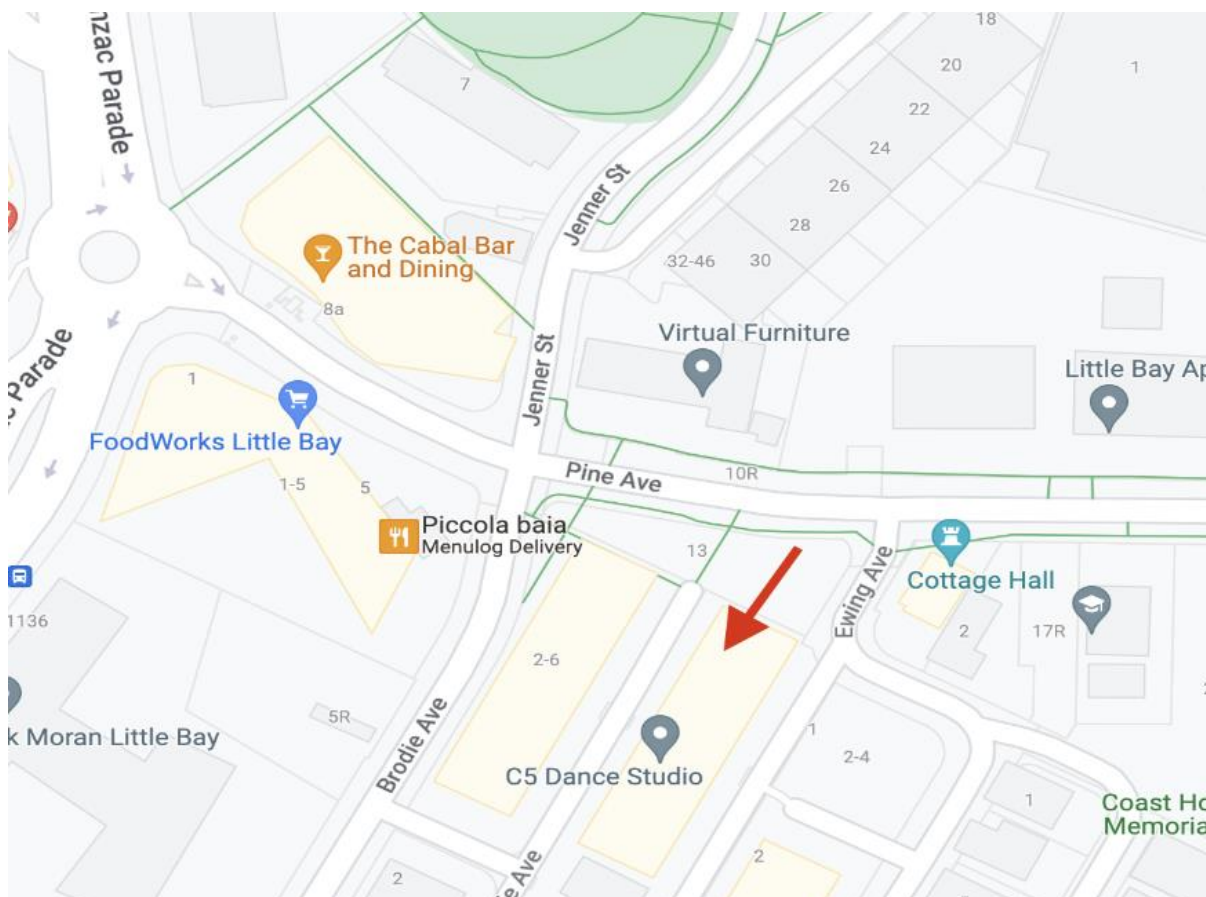
Escape To The City - 3 Hour Rogaine

26 February 2023 - Malabar & La Perouse

PRE-EVENT INFORMATION PACK

Location

- The Hash House is located at the **Little Bay Coast Centre**, Corner of Curie Avenue and Pine Avenue, Little Bay.
- Google Maps link <https://goo.gl/maps/WCEkMcGkcvbYKmpw9>
- Undercover parking is available but limited. This is located underneath the Food works on Brodie Avenue.
- Street parking is also available.



Timetable - on the day

- 07.30am Registration opens
- 08:00am Novices Briefing
- 08.50am General Briefing
- 09.00am Event starts
- 12.00pm Course closure
- 12.30pm Presentation

Items and Equipment – *what to bring*

Registration

- Completed Indemnity form (with team number) signed by all team members.
- Any outstanding payments

Route Planning

- Highlighters and pens to mark your map (which is on waterproof paper) as well as your flight plan intention sheet.

On the course

- Compass
- Day pack
- Food and water (1 – 2 litres)
- Basic first aid kit including a heavy crepe bandage (per team)
- A whistle and space blanket in case of emergency (per person)
- Suitable clothing for the weather forecast,
- Gaiters are NOT required because use of tracks in the bush is mandatory
- Mobile phone (per team) for emergencies only

After the Event

- Change of clothes
- Utensils for consuming food and drink

Novices

- Check out the Novices section on the NSWRA website here:
<https://nswrogainig.org/novices/>
- Volunteers at the registration area will be available to help novices, so please ask if you are unsure of anything.

Emergencies

- Life threatening or serious injury – call 000 and then call the Hash House.
- Jordan is 0450 923 353 and Matt is 0405 328 559.
- We recommend having the “Emergency +” app installed on your phone – this allows you to quickly get your location and call 000 if needed.
- If late, lost, or hurt, call the Hash House and let them know your location.

On the day you will receive

- A3 map, **1:15,000, 5m contours**, waterproof paper, magnetic North lines drawn
- Control descriptions are on the map
- Course setter notes are on the back of the map.
- A flight plan intention sheet to be completed and submitted before the start
- Navlight wrist sensor to record control visits
- Food and drink after 12.00pm

Course conditions

- Bush tracks in the Malabar and La Perouse National Park, plus suburban streets and parks.
- Please keep to marked tracks in the bushland, except where you might need to navigate to a control within the circle.

Scoring

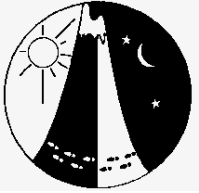
- The aim is to achieve the highest score in the time available by visiting controls and using the Navlight punch to record each visit.
- Controls marked on the map have values based on the first digit of their number. For example, control 55 is worth 50 points, and control 23 is worth 20 points.
- Penalties for being late are 10 points per minute. Teams more than 30 minutes late are disqualified
- All members of a team must use the Navlight punch at each control for the team to score points
- Refer to “Rules and Regulations” on the NSW Rogaining Association website for more detail

Rules of Rogaining

- Refer to “Rules and Regulations” on the NSW Rogaining Association website here <https://nswrogaining.org/rules-and-regs/>
- 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.
- For this event, we will allow GPS enabled devices to be carried for emergencies, route recording or photography. They are NOT allowed to be used for any form of navigation, including pacing, average speed or distance.

Queries

- If you have any queries about the course or your entry, please contact the Event Administrator - admin@nswrogaining.org



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event :

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

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