

6hr Metrogaine – The Bantry Bay-gaine

Sunday 2nd April 2023

WELCOME

Thank you for entering the 2023 Metrogaine.

Team captains, please make sure all your team members read these instructions.

The waiver form on the last page of these instructions must be signed by all team members and presented at the registration desk on the day.

THE HASH HOUSE

The Hash House (headquarters) is at Killarney Heights High School, Starkey St, Killarney Heights, NSW.

Parking: free parking in surrounding streets.

Please car pool to limit vehicles. Be considerate of the local residents and keep noise to a minimum.

Public Transport: Regular busses from Chatswood Station / Dee Why along Warringah Rd. The school is a 15-min walk from Warringah Rd bus stop (near Starkey St).

For more info visit: <https://transportnsw.info/trip#/trip>

Enter the school through the **pedestrian gate on Starkey St** or via the adjacent Killarney Heights oval. Follow the signs to the registration area located in the central quadrangle / C block.

Water and toilets are available at the school (C Block) & adjacent oval.

Coffee shops are open at The Centre, Forestville – Darley St / Starkey St.

THE MAP & COURSE

The map is printed on A3 waterproof Teslin. The scale is 1:20:000 with 10m contours.

Shops, toilets and drinking water taps/fountains are marked on the map.

The course includes a wide variety of routes for novices and families as well as more adventurous options. The course is approx. 80% bush tracks and 20% suburban streets and parks.

All teams must keep to marked tracks in bushland areas - this is a requirement of National Parks and Northern Beaches Council. Beware of mountain bike riders around Bantry Bay and Manly Dam as some sections of the trails are shared (walking/riding).

Checkpoints are indicated by orange/white flags. You need to register your visit to the checkpoint by holding the Navlight unit to your wrist tag. It should flash when punched. All wrist tags for your team must be punched at each control. If the light does not flash at a control, you should take a photo to record your visit. We are using new Navlights, so hopefully no technical issues.

TIME TABLE (AEST)

Sunday 2nd April 2023 – Killarney Heights HS

8:00am	Registration open, maps available
9:30am	Novice Briefing
9:50am	Main Briefing
10:00am	Start
3:30pm	Hash House open for food & drinks
4:00pm	Finish
4:30pm	Presentations

Registration

Before coming to the registration desk, please make sure:

- You know your team number (available on the event website under [Team List](#))
- **You and all your team have signed the indemnity form (see final page of this document).**

Upon checking in, you will receive:

- A Navlight tag wrist band (one for every team member)
- A Map with control descriptions & course notes on the back (one per team member)
- A Flight plan (intention sheet) which must be completed and returned to registration before the start

Briefings

There will be briefing for novice teams at 9:30am near the registration area.

All teams please assemble in the central quadrangle at 9:50am for the final briefing.

Start Procedure

Mass start at 10:00am at the school's central quad.

Finish Procedure

The finish is where you started (school central quadrangle).

Stop punch your wrist tag and then volunteers will then help remove it.

Late Finishers

Teams will have 10 points deducted from their total for every minute (or part thereof) that they return late (after 4pm). If your team is 30 minutes or more late (4:30pm) you will be marked as late and lose all your points.

Post Event BBQ & Presentations

After you finish, please enjoy the company of fellow rogainers and the BBQ/salads/fruit provided by 1st Waitara Scouts. Presentations will take place from approx. 4:30 pm.

Please bring a plate, cutlery & and cup/mug. Single use plastics have recently been banned in NSW and our caterers cannot provide disposables.

WEATHER

The (unpredictable) long-range forecast for Sunday 2nd April is a top of 24 degrees with a chance of showers. Come prepared for some slippery trails if it's rainy on the day or leading up.

WHAT TO BRING

For the Hash House:

- **Waiver form signed by all team members.**
- Pens, highlighters for route planning.
- Folding table and chair (there is limited undercover seating at the Hash House).
- Water and snacks.
- Change of clothes / jacket for after
- Cup/mug, plate & cutlery for food and drinks for after

For the course: (mandatory items in bold):

- **A whistle**
- At least one **mobile phone** per team for emergency calls.
- **First aid kit, including a snake bite bandage (mandatory at all events).**
- Capacity for at least **1.5L of water** per person. There are plenty of water refill taps/fountains on the course at most parks. Keep hydrated before and during the event.
- Compass, watch (don't use gps devices to aid navigation during the event, only for analysis after)
- Comfortable shoes and clothes. Expect your shoes to get wet.
- Gaiters or long pants/socks are not necessary but there are some overgrown tracks where these might be useful.
- Hat and sunscreen.
- Snacks as required. (Cafes/shops also along the way)

No pets are allowed at the Hash House, Garigal National Park or Manly Dam Reserve.

As part of our environmental management plan with Northern Beaches Council, we aim to minimise waste before, during and after this event. Please carry rubbish with you out of Garigal National Park and dispose in recycling bins located at nearby suburban reserves or the Hash House.

If your team has any questions, please email: admin@nswrogaining.org

Enjoy the Bantry Bay-gaine!



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event : 2023 Metrogaine

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 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