

# Every Stroud Has a Silver Lining

## Final instructions to competitors

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### Welcome

Thank you for entering the 6 or 12 hour Autumngain events. 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 presented at the registration desk when you arrive.

### Competition Rules

The rules of Rogaining are available on the NSW Rogaining Association website (<https://nswrogaining.org/rules-and-regs/>).

### How to get to the event

The Hash House is private property at Off Road Advantage (<https://www.offroadadvantage.com.au/>). This is at 136 Stoney Creek Rd, Stroud.

*You will inevitably drive along some or all of The Buckets Way, Booral Rd and/or Millbrook Rd. These roads are all windy and have fast traffic on them. We've also seen wildlife on the roads. The Buckets Way is in poor condition after the floods of 2020-2022. Take care on the roads – especially at night or early morning. Allow an extra 10 minutes journey time from the Pacific Highway.*

### From Sydney or Newcastle:

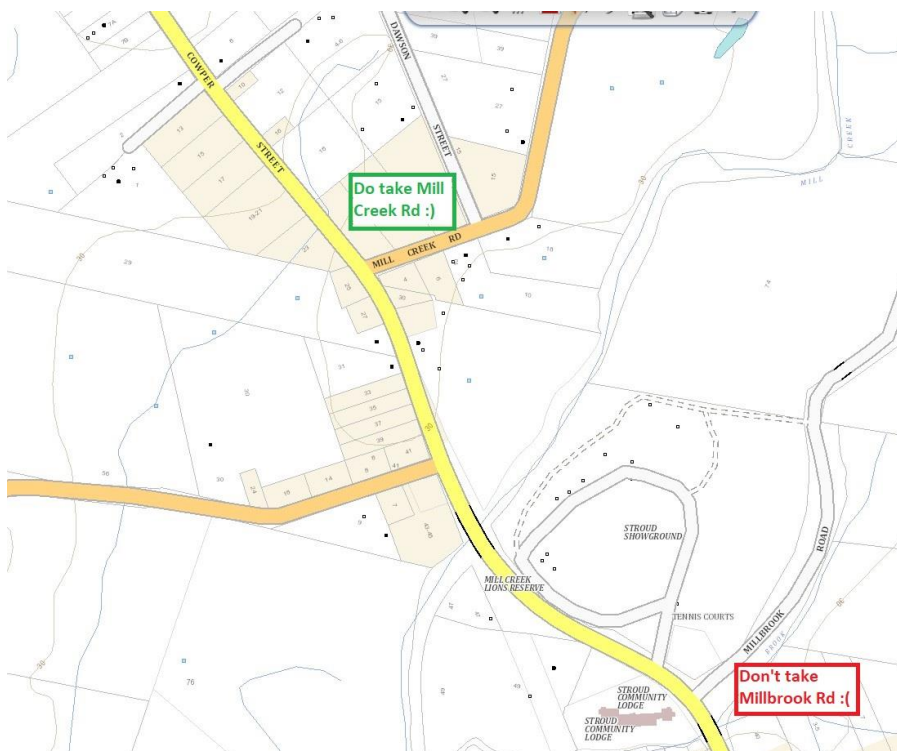
Take the Pacific Highway north from Raymond Terrace and turn left onto The Buckets Way. This is signposted. Continue north on The Buckets Way for approximately 20 minutes to the town of Stroud.

### From Taree and further north:

Take the Pacific Highway south and exit at Bulahdelah. Take Bulahdelah Rd through the township. After crossing the Myall River turn right into Booral Rd. Follow Booral Rd for about 30 minutes then turn right onto The Buckets Way and follow that for five minutes until Stroud.

### From Stroud:

Once at Stroud, turn into Mill Creek Rd. This is north of the Stroud Showground. Do not use Millbrook Rd which is south of the Showground!



Follow Mill Creek Rd for about 5 minutes, then turn right into Stoney Creek Rd. Stoney Creek Rd is a dirt road, but in fair condition and ok for 2WD cars.

After 1.5km you'll get to the Offroad Advantage sign below. Keep going! The hash house is another 400m down Stoney Creek Rd.



### The Hash House

The Hash House is a paddock and will have portaloos and plenty of space. You can camp here on Friday night and Saturday night. You may not be able to park next to your tent though.

### **WARNING !!!! –**

Many of the tracks in the area are rocky and eroded. These rocks can be slippery and are also perfect to trip over. Please take care, especially if you're running along them.

We have seen a few red belly black snakes, but you're unlikely to encounter many at this time of year.

We have also found some leeches, but not as many as the Metrogaine in suburban Sydney!

Many of the tracks are overgrown, although they are easy to follow. The vegetation is thick in areas. **The course setter strongly recommends you wear long pants or gaiters!**

### 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 will be suggested routes for novices and families and a good layout for runners.

## Weather and Climate

The nearest weather station is at Tocal in the Hunter Valley. It is similar to the town of Stroud.

May highest temp	29.5°C
May mean high	20.8°C
May mean low	9.6°C
May lowest temp	0.5°C
May mean rainfall	68.5mm

## Safety

- Your team is required to stay together **at all times**
- Stay within voice contact of all your team members.
- Stay hydrated
- Care should be exercised at all times and particularly around slippery creek beds, boulders or logs.
- Beware of vehicles and motor bikes on forest roads.
- The only cliffs in the area are alongside creeks and watercourses. Take care approaching a watercourse.
- If an injury or sickness occurs stay together as a team. If able try for the nearest track or checkpoint to wait for other teams to arrive.
- Whistles should be carried by all team members. Three whistle blasts at 10 second intervals is the distress signal. Any person hearing this signal must render assistance.

## Camping

In addition to the free camping at the Hash House, you can camp at Stroud Showground which is 7km away. This is \$21 per night and has hot showers and toilets.

## Catering

Dinner will be served to competitors and volunteers. There will be two dinners:

- 4-30-6pm (approx..) for the 6hr event finish
- 10:30-12:00 (approx.) for the 12hr event finish

A BBQ Breakfast will be held from 7:30-9:00 on Sunday morning. Don't be late – we need to pack up and leave the Hash House on Sunday!

## What to bring

### For the hash-house:

- Food for prior/after the event and food for the course
- Cutlery and crockery – we won't have disposable cups and plates!
- Water – we have a limited supply that will be trucked in – please bring water for yourself
- Pens, pencils, highlighters, scissors etc for map work
- Change of clothes & towel
- Your own table and chairs
- Tents, sleeping bags etc if you intend to camp

### For the course:

- Compass, watch, pencil and a whistle.
- Mobile phone for emergency calls
- First aid kit, including a snake bite bandage and an emergency blanket
- Comfortable clothes and shoes for the event.
- Warm clothes
- Gaiters are strongly recommended!
- Hat and sunscreen.
- 2+ litres of water per person is recommended
- Bring your own food as required.
- Head torch & spare battery – even if you are competing in the 6hr event
- Safety lights to attach to your team's backpack for the night walk.

### Event Schedule

Hash House open for camping / set up	Friday afternoon
Maps available	9am Saturday
Novice Briefing	10:15am
General briefing	10:45am
Event Starts	11:00am
6hr Event Finishes	5:00pm
Sunset	5:09pm
6hr Presentation	5:30pm approx.
12hr Event Finishes	11:00pm
12hr Presentation	11:30pm approx..
Breakfast open	7:30am Sunday
Breakfast ends. Event finishes.	9:00am Sunday

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 will be issued with:

- One NavLight tag and wristband per team member.
- One map, including Checkpoint 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

A novice briefing will be held at 10:15am to go through the basics of regaining. A compulsory briefing will be at 10:45am and will go through safety and any last minute changes to the course.

### 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 on Stoney Creek Rd. 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