

# Final Instructions

Thank you for entering the 2023 Winter 4-hour rogaine. Team leaders, make sure that everyone on your team reads this whole document carefully.

## Important

Mobile reception is very limited at Blue Range and across the course. Please download or print these instructions including a map to make sure you can find the start.

## COVID-19

If you are feeling unwell, or have flu-like symptoms, please stay home.

## Indemnity Form

Please bring to the event a printed and completed indemnity form located here. Check the team list for your relevant event on the home page to ensure that all details for your team including category are correct. If incorrect, please contact the Event Contact prior to the event.

- Ensure that all team members sign a separate indemnity form. Parents or guardians must sign for people under 18. Also provide registration number(s) of your car(s) at the Hash House. Be sure to put your team number on the form.
- The emergency contact number you enter on the form should be someone contactable during the event. They will be the person we ring if you are late back or are significantly injured. It would be a good idea to let them know too!!
- Present your completed indemnity form at the registration desk.
- 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 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).

## How to Get There

The Hash House is located at Blue Range Campground, Blue Range Road, off Brindabella Road.

From central Canberra, take the main routes to the suburb of Wright and take the Cotter Road to the Murrumbidgee River and Cotter Campground. Take the first right into Brindabella Road after crossing the river and passing the campground on your left. Brindabella Road winds up the hill. Continue to the T junction and turn left to continue on Brindabella Road. From this junction, travel 5.1 km to Blue Range Road. Turn right into Blue Range Road (dirt) and travel 2.4 km to the Blue Range Campground.

Direction signs will be put out by 7 am on Sunday morning.

## Registration, Map Availability, Start Times

There will be a mass start for at **10:00 am sharp** on Sunday 2 July with a final briefing at **9:50am**. Registration will open at **8:00am**.

Only one person from each team needs to register for the team and collect maps. That person will need to bring:

- first aid kit, so that it can be checked; see below for what it must contain; and
- one completed indemnity form per team member.

**Electronic scoring:** As this event is using the Navlight system of scoring, each team will be issued with wristbands and tags upon registration. There will be 1 tag for each person in the team.

You will also be given pre-marked maps (one per team member), control descriptions, course setter's notes and a small copy of the map to be used as a flight plan. We recommend that you arrive at least 1 hour prior to the start of the event to allow enough time for final preparations and route planning. **Each team must mark their intended route on the flight plan with their team number and hand it in before starting.**

## Map and Course Details

The map is printed on Teslin paper and is A4 size, 1:25,000 scale with 10 m contour interval. Magnetic north lines are marked on the map. The course consists of areas of pine forest, native vegetation and open areas of former farmed land. There are many tracks – both fire trails and motor bike single tracks on the course and these will provide fast travel, if you know where to get on and off them! The altitude ranges from about 600-900 m and may be cool to cold in the shade in July. Many of the creek lines and nearby have blackberries. While the setters have made every effort to avoid the blackberries in control placement you may choose a route they had not anticipated. We suggest you wear gaiters or long pants.

The map is printed on Teslin paper which is very tough and generally does not need to be covered in contact.

## Water

There are **NO** water drops.

Please bring enough water for Hash House use and for at the full **4 hours** on course. We do not recommend drinking water on the course.

## Camping

Limited camping is available at the Blue Range Campground on Saturday evening. Please contact Julie Quinn if you wish to camp. You will need to bring your own water.

## Other Information

Hartley Lifecare will provide soup, toasties and drinks from 2 pm. Please bring your own plate, bowl, cup and cutlery.

## Please Bring to the Event

- completed indemnity form
- map will be printed on Teslin waterproof paper with control descriptions on reverse side. Contact or map case optional.
- Coloured pens, pencils, scissors, highlighter pen, table and chairs or board for map preparation. The marquee **will not** be available for planning. There are a few picnic tables at the campground that you will be able to use.
- Some food for before and/or during the event.
- Your own plate, bowl, cup and cutlery for catering.
- Water for your use at the Hash House and to start the event with (there is no running water on site).
- Portaloos will be at the Hash House. You may like to bring your own hand sanitiser.

## Carry on Course

### Mandatory Equipment

- Whistle (*per person*)
- Basic first aid kit (that includes 2 compression bandages and 1 wound dressing) (*per team*)
- Space blanket (*per person*)

### Other items we recommend that you carry/wear

- food for the event
- water for **4 hours**
- compass
- gaiters – for blackberries
- long trousers
- thermals and/or warm top
- watch
- pen/pencil
- Mobile phone for emergencies (limited reception)
- Adequate warm clothes for the conditions (noting conditions can change quickly):
  - raincoat, warm jacket
  - thermals + a spare if it is wet
  - gloves
  - beanie

## Mobile Phone Coverage

Mobile phone coverage is POOR across most of the course, with the exception of a few high hills where you can see Canberra.

The Hash House number will be 0147 148 005 (satellite phone) and is printed on the map.

## Restrictions

### Summary of Event Rules and Scoring

- The only navigational aids permitted are the maps we provide together with your compasses.

- Teams consist of 2 to 5 competitors and must remain within earshot of each other at all times. All members must simultaneously get to within 5m of each control point.
- All team members must punch their Navlight tags at each control to score points.
- If a Navlight punch has failed, record the three letter code visible inside the end of the punch.
- Competitors must not enter out-of-bounds areas; gates must be left as found; stock must not be disturbed.
- The organisers may disqualify a team if it acts against these rules or against the spirit of the event.
- A team can retire a member at the hash house. This will finish that team's event. A new team can form but it must start with zero score.
- Late Penalty: 10 points per minute (or part) late. Disqualification if more than 30 minutes late.
- If teams score equal points then the first team home will have a higher rank.

## Presentation and Awards

Certificates will be awarded to the winners and place-getter of each category. Presentations will take place around 45 minutes after the end of the event.

## Event volunteers

If you have queries contact the Event Contact listed below.

Event Contact	Julie Quinn <a href="mailto:Julie.quinn@bilbys.org">Julie.quinn@bilbys.org</a> or 0421 021 693
Coordinator	Julie Quinn
Setters and Veters	Mary Adams, Sam Boak, Richard Hartley, David Baldwin, Grant Battersby, Julie Quinn
First Aid	Julie Quinn, David Baldwin
General Help	Mary Adams, David Baldwin, Mandy Leong, Tom Fitzgerald, Peggy Douglass, Elise Palethorpe.
Control Collectors	Leanne Wilkinson, Mary Adams, Tony Slayter.