

Final Instructions

Thank you for entering the Slap Up at Gourrock Gambol. Team leaders, make sure that everyone on your team reads this document carefully.

Important

Please try and share transport. PARKING IS LIMITED.

COVID-19 Measures

- If you have recently returned from overseas, or if you have travelled from a known COVID-19 'hotspot' without a designated period of quarantine/isolation; or if you are awaiting the result of a COVID-19 test; or 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 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.
- 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 on the Slap Up farm at 816 Slap Up road Jerangle.

Allow 1 hour 20 minutes to drive from Queanbeyan to the HH.

From Queanbeyan take the Kings Highway and turn right onto the Captains Flat road at the roundabout. It takes about 30 minutes to Captains Flat. Continue south on the Jerangle Road which is sealed for about 12 kms and then gravel for another 20 kms. The road is a bit rutted in places. There will be a rogain sign at the left turn onto Slap Up road (just before Towneys Creek). The Slap Up road has a good gravel surface but is mostly one lane. **There may be stock and wildlife on the road. Please drive slowly especially across the cattle grids. There are 8 of them!**

If you live in Tuggeranong, you could take the Monaro Highway to Bredbo, turn left onto the road to Jerangle and then north to the Slap Up road. The Bredbo to Jerangle road is also gravel (bit rutted) and the travel time is about the same as coming via Queanbeyan.

A google map is [here](#)

Direction signs will be put out on Friday morning.

Registration, Maps, Start Time

The Gourock Gambol 6 and 12 hour rogaines will commence by way of a mass start at **11am sharp** on Saturday 28th October, with a final briefing at **10:50am**. Registration will open at **8:45am**.

To register, one person only per team to register 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.)
- Bring one completed indemnity form for each team member.

Electronic scoring: This event is using the Navlight system of scoring. Each team will be issued with two wristbands and two tags upon registration.

You will also be given pre-marked maps, 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 an 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 and hand it in before starting.

Map and Course Details

There will be one A3 map (32x45 cm), 1:25,000 scale with 10 m contour interval. Magnetic north lines are marked on the map and it is oriented to magnetic north. Out of bounds areas are marked in pink shading. It contains mainly native bush with areas of cleared farm land. The course setters notes and control descriptions are printed on the back. The altitude ranges from approximately 1100m to 1400 m.

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

The vegetation on the farm land is very open and relatively fast travel. The bush areas in the National Park have good visibility with slower travel. Gaiters are very strongly recommended for scratches and snakes. (Yes, we have seen lots!)

Water

Please bring enough water for Hash House use and for at least **3 hours** on course. There are 2 water drops on course plus water at the HH. At each water drop there is a pump that screws into the top of the water container to use. There is water flowing in the Queanbeyan River and some of the larger creeks, however, we do not recommend drinking any water found on course without sterilisation. Tablets are available for sale at the Admin tent.

Camping

Camping on Friday and Saturday nights is available at the HH on the sheep paddock. However, flat camping sites are a bit limited so please bring your smaller hike tent.

Other Information

Catering will be provided by Hartley Life Care with a slap up meal at 5pm for the 6 hour teams and at 11pm for the 12 hour teams. Please bring your own plate, bowl, cup and cutlery.

Breakfast will be available from 7am on Sunday. Note that you need to have included this in your entry and paid the extra \$5. No ticket = no breakfast !!

Snakes are out and about so please wear gaiters and bring your first aid kit with a snake bandage.

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.
- 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*), warm clothing and beanie (esp the 12 hour teams).

Other items we recommend that you carry/wear

- food for the event
- water for **3 hours**
- compass
- gaiters and/or long pants
- watch (not GPS capable)
- pen/pencil
- head torch and spare batteries
- Mobile phone for emergencies
- Sunscreen, sun-hat, sunglasses
- Adequate warm clothes for the conditions (noting conditions can change quickly):
 - raincoat, warm jacket – Forecast is for cold (frost) overnight
 - thermals + a spare if it is wet
 - gloves
 - beanie

Mobile Phone Coverage

Mobile phone coverage is poor to non-existent on the lower sections of the course, with some reception up higher. The Hash House number will be the satellite phone **0147 148 006** 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.
- Teams must punch both 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

Food and drinks will be available from 4.30pm. Please bring your own plate and utensils.

Prizes will be awarded to the winners of each category and certificates to the place-getters of most categories. This is dependent on final numbers and will be announced on the day. Presentations will take place around 30 minutes after the end of the event.

Event volunteers

If you have queries contact the Event Contact listed below.

Event Contact	Jean Douglass – rogaine.mail@gmail.com
Coordinator	Jean Douglass
Map Maker	Ron Simpson
Setters and Veters	Grant Battersby and Tony Slatyer
First Aid	Greg Terrill
General Help	Graham Atkins, Felicity Atkins, Sarah Teffer, Grant Battersby, Ron Simpson
Control Collectors	Anyone who stays for Breakfast !!!