

## FINAL INSTRUCTIONS SIMPLY SPLENDID START

**4-HOUR TWILIGHT – STURT GORGE**  
**14 FEBRUARY 2020, 4.00 – 8.00PM**

### Hash House Location

The Hash House (start/finish) is on the Bellevue Heights Primary School soccer oval that is located between the school buildings and Manson Oval. Park on Vaucluse Crescent (eastern side only please), Sargeant Parade or Eden Ave, Bellevue Heights.

### Important Event Details

This event is centred around the Sturt Gorge Recreation Park which has the Sturt River flowing through the centre of it. Please note that if there is a lot of **rain** in the days prior to the event, the river level will rise, which may mean that you may get wet feet if you intend on crossing the river. During early autumn/summer, this is unlikely, but possible.

There are many **cliffs** along the gorge. While we have attempted to notate the major ones on the map, the map is indicative only and should not be totally relied upon. Due to the steep sides of the gorge, the many cliffs, a very large dam, and thick vegetation, there are a limited number of **river crossings**. There will be a board at Admin highlighting these crossings. Please take note of them **BEFORE** doing your route planning.

The Sturt Gorge Recreation Park has many trails, both for walkers only and for **mountain bikers**. While mountain bikers are supposed to give way to walkers, please be respectful of them and move out of their way to allow them to pass. There is a mountain bike park within Sturt Gorge, in which there are a number of controls located. Again, please be courteous to the mountain bikers.

The controls are located either on, or nearby the **trail network**. It is to your considerable advantage to mostly stay on the trails, as the vegetation can be thick and nasty in places (olive trees and kangaroo thorn being predominant), the gorge sides can be deceptively steep, and the dry grass can make them slippery. Keep this in mind when doing your route planning!

Random **wire fences** can be found within the park boundary. These can be disregarded as there are no out-of-bound areas within the Sturt Gorge Recreation Park.

### Event Schedule

<b>Navlight wristband fitting by Admin</b>	<b>1.30-1.50pm</b>
Map distribution	2pm onwards
Tips and Tricks	2.30pm – meet near Admin tent
<b>Wristbands fitting by Admin</b>	<b>3.00-3.50pm</b>
Event briefing (mandatory)	3.50pm
<b>Event start</b>	<b>4.00pm</b>
<b>Event finish</b>	<b>8.00pm</b>
Pizza dinner	7.45pm onwards
AGM	~8.20pm
Results	~8.30pm
Sunset	7.35pm
Civil Twilight ends	8.00pm
Moonrise	After everyone has gone home

## Map

The map is A3 size, waterproof paper, 1:15 000 scale, with the grid aligned to Magnetic North.

## Mandatory Gear

- 2 x compression bandages per team (recommended to be 7.5cm wide x 2.3m long and unstretched). These can be bought at Admin but will not be checked by the Admin team. It is the responsibility of each team to comply with this request.
- Mobile phone in case of emergency
- Indemnity form (attached to the end of this document)

## Suggested Other Gear

- 1.5-2 litres of water per person
- A head torch or hand-held torch, as darkness will fall by the end of the event
- See <https://sarogaining.com.au/event/twilight-metrogaine-2020/#what-to-bring> for more information

## Navlight wristbands

The electronic Navlight scoring system will be used at this event, and every competitor, 5 years and older, will be allocated a Navlight wristband, which will be placed on each competitor's wrist by the Admin team. The wristbands will be fitted from **1.30-1.50pm**, then again from **3.00-3.50pm**. Any teams without wristbands by 3.50pm will have to wait until after the start of the event to be fitted.

The tag on every wristband in the team will need to be 'punched' at a control to receive the score for that control. **No record on the tag = no score for the control for the team.** The key is to hold the punch against the tag until the punch flashes. If you don't see the flash, try again. If you are certain the punch is faulty, take a record of the three-letter code on the punch.

There will be practice punches at Admin so you can see how they operate.

**Please take care not to lose your wristband – these are surprisingly expensive electronic devices, and you will be charged a \$55 replacement fee if one is lost. They MUST be returned at the end of the event.**

## Gaiters

The setter wore shorts and no gaiters while setting the event, while the vetter wore long pants. If you're planning on going across country and through olive thickets, you WILL receive scratches to the legs if you don't wear long pants or gaiters. You have been warned!

## Hash House

A pizza and fruit dinner will be provided from 7.45pm onwards. There will be gluten free and vegetarian pizzas available. The gluten free pizzas will be located at the Admin tent.

Large quantities of pizza will arrive in 5-10 minute waves, so please be considerate of others and only take a couple of slices at a time. There will be plenty of food to go around.

Water and cordial will be available at the Hash House after the event.

There are toilets in the adjoining school gym.

## Event Cancellation or Recall

In the unlikely event that the rogaïne is cancelled before the day, notice will be provided to entrants via the website and email. While an event is in progress, it may be necessary to cancel the event and recall competitors due to severe weather changes, bushfires or floods. In this unlikely occurrence, the event coordinators will contact each team by mobile phone. Rogainers should make their way out of any danger when safe to do so.

## Other Important Information

- Please respect private property. There is no requirement to enter anything other than publicly accessible land.
- Do not harm or remove any animals, birds or plants, EXCEPT boneseed. If you see these plants, we encourage you to pull them out of the ground.

*Boneseed is a Weed of National Significance. It is regarded as one of the worst weeds in Australia because of its invasiveness, potential for spread, and economic and environmental impacts.*

## Remember...

Teams will lose 10 points for each minute or part thereof that they are late back to the Hash House after the event finish time. Teams that are later than 30 minutes back to the Hash House will be recorded as not finishing. (DNF)

A reminder of Rule 10 of the Rules of Rogaining: "Members of a team shall remain within unaided verbal contact of one another at all times whilst on the course."





<b>TEAM NUMBER</b>
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SOUTH AUSTRALIAN ROGAINING ASSOCIATION, INC.

## CHILD INDEMNITY AGREEMENT

**A parent or guardian of each child member of a rogaining team must read and sign this agreement in order to enter this event. Maps will only be given out once a parent or guardian of each child member has completed their details and signed.**

**RISK WARNING:** Competing in a rogaining event is subject to risks. These include death, serious injury or illness due to: rough terrain and obstacles, especially at night-time; overexertion; heat, cold or other adverse weather conditions; plant and animal life; and accidents with vehicles, other competitors, landowners or members of the public. There are also risks that access to medical, evacuation or search services might be slow; and that your personal property might be damaged or lost.

**MEDICAL COSTS:** I agree that if my child is injured or requires medical assistance, South Australian Rogaining Association, Inc, any of its members, officers, volunteers, or any other party associated with organising the event (together, the Event Organisers) may, at my cost, arrange medical treatment and emergency evacuation as deemed necessary by the Event Organisers. I agree that I am responsible for my child's medical and ambulance insurance cover.

**RELEASE AND INDEMNITY:** I have read the risk warning above, and ensured my child has read the warning, or explained it to him or her. I will ensure my child listens to and understands the risk warning given by the organisers of this event prior to its commencement. I am aware that rogaining is a recreational activity that can be dangerous. I accept there is a degree of risk. I acknowledge that my child participate in this event at his or her own risk. I agree to release and indemnify the Event Organisers from and against any claims, demands, rights or causes of actions, expenses, and costs whatsoever that my child, I, or other parties may have or that may be made by my child or me or other parties on my child's or on my behalf or by other parties in their own right, for or in respect of or arising out of any injury, loss, damage, or death caused to my child or my child's property as a result of my child's presence at, or participation in, this event, whether by negligence, breach of contract or in any way whatsoever.

Name of child #1: \_\_\_\_\_

Name of parent/guardian: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name of child #2: \_\_\_\_\_

Name of parent/guardian: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name of child #3: \_\_\_\_\_

Name of parent/guardian: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name of child #4: \_\_\_\_\_

Name of parent/guardian: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



SOUTH AUSTRALIAN ROGAINING ASSOCIATION, INC.

## ADULT INDEMNITY AGREEMENT

**All adult members of a rogaining team must read and sign this agreement in order to enter this event. Maps will only be given out once all adult members have completed their details and signed.**

### ACKNOWLEDGEMENT OF RISK AND RELEASE FROM LIABILITY

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**RISK WARNING:** Competing in a rogaining event is subject to risks. These include death, serious injury or illness due to: rough terrain and obstacles, especially at night-time; overexertion; heat, cold or other adverse weather conditions; plant and animal life; and accidents with vehicles, other competitors, landowners or members of the public.

There are also risks that access to medical, evacuation or search services might be slow; and that your personal property might be damaged or lost.

**MEDICAL COSTS:** I agree that if I am injured or require medical assistance, South Australian Rogaining Association, Inc, any of its members, officers, volunteers, or any other party associated with organising the event (together, the Event Organisers) may, at my cost, arrange medical treatment and emergency evacuation as deemed necessary by the Event Organisers. I agree that I am responsible for my own medical and ambulance insurance cover.

**RELEASE AND INDEMNITY:** I have read the risk warning above. I have listened to and understood, or will ensure I do listen to and understand, the risk warning given by the organisers of this event prior to its commencement. I am aware that rogaining is a recreational activity that can be dangerous. I accept there is a degree of risk. I acknowledge that I participate in this event at my own risk. I agree to release and indemnify the Event Organisers from and against any claims, demands, rights or causes of actions, expenses, and costs whatsoever that I or other parties may have or that may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage, or death caused to me or my property as a result of my presence at, or participation in, this event, whether by negligence, breach of contract or in any way whatsoever.

### EXCLUSION OF RIGHTS UNDER THE AUSTRALIAN CONSUMER LAW

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**YOUR RIGHTS:** Under sections 60 and 61 of the Australian Consumer Law (SA), if a person in trade or commerce supplies you with services (including recreational services<sup>1</sup>), there is —

- a statutory guarantee that those services will be rendered with due care and skill; and
- a statutory guarantee that those services, and any product resulting from those services, will be reasonably fit for the purpose for which the services are being acquired (as long as that purpose is made known to the supplier); and
- a statutory guarantee that those services, and any product resulting from those services, will be of such a nature, and quality, state or condition, that they might reasonably be expected to achieve the result that the consumer wishes to achieve (as long as that wish is made known to the supplier or a person with whom negotiations have been conducted in relation to the acquisition of the services).

Excluding, restricting or modifying your rights: Under section 42 of the Fair Trading Act 1987, the supplier of recreational services is entitled to ask you to agree to exclude, restrict or modify his or her liability for any personal injury suffered by you or another person for whom or on whose behalf you are acquiring the services (a third party consumer).

If you sign this form, you will be agreeing to exclude, restrict or modify the supplier's liability with the result that compensation may not be payable if you or the third party consumer suffer personal injury<sup>2</sup>.



<b>TEAM NUMBER</b>
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**IMPORTANT:** You do not have to agree to exclude, restrict or modify your rights by signing this form. The supplier may refuse to provide you with the services if you do not agree to exclude, restrict or modify your rights by signing this form.

Even if you sign this form, you may still have further legal rights against the supplier.

A child under the age of 18 cannot legally agree to exclude, restrict or modify his or her rights.

A parent or guardian of a child who acquires recreational services for the child cannot legally agree to exclude, restrict or modify the child's rights.

**AGREEMENT TO EXCLUDE, RESTRICT OR MODIFY YOUR RIGHTS:** I agree that the liability of the South Australian Rogaining Association, Inc for any personal injury that may result from the supply of the recreational services that may be suffered by me (or a person for whom or on whose behalf I am acquiring the services) is excluded.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of witness: \_\_\_\_\_

Name and address of witness: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of witness: \_\_\_\_\_

Name and address of witness: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of witness: \_\_\_\_\_

Name and address of witness: \_\_\_\_\_

**DEFINITIONS**

- 1 Recreational services are services that consist of participation in—
  - a sporting activity or similar leisure-time pursuit; or
  - any other activity that involves a significant degree of physical exertion or risk and is undertaken for the purposes of recreation, enjoyment or leisure.
- 2 Personal injury is bodily injury and includes mental and nervous shock and death.