



## Back to the Bay Rogaine — 2021 ACT 6 hour Rogaine

### Final Instructions

Thank you for entering the Paddy Pallin Back to the Bay 6 hr rogaine. Team leaders, make sure that everyone on your team reads this whole document carefully.

We thank Paddy Pallin for sponsoring this event. Paddy Pallin have provided us with some spot prizes. We will randomly draw spot prizes while you are out on the course and let you know at the finish for you to collect a prize.

#### **Annual General Meeting**

The Annual General Meeting of the ACT Rogaining Association will take place at approximately 4:40 pm at South Durras Oval (Hash House). Please stay around for this short (typically 10 minutes) meeting and find out who will be bringing rogaining to you in 2021. Nominations for positions on the committee are of course welcome. Papers for the meeting are on the [website](https://act.rogaine.asn.au/about-us/documents/70-agm-documents-2021.html) at <https://act.rogaine.asn.au/about-us/documents/70-agm-documents-2021.html>

#### **Important**

#### **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.

We have tried to make this event as contact-free as possible. The obvious signs are no prize ceremony, but organisers will also be handing out/collecting maps and tags with as few touches as possible. Please drop your team-numbered flight plan directly into the box provided. Touch points at the toilets will be cleaned regularly. Water drops will have hand sanitiser available - please use when you arrive and before you leave.

Please maintain a safe 1.5m distance from other teams at all times - including while doing your route planning, at the briefings, at the start and finish, and when approaching controls.

We have made the navlight punches hands-free by strapping them to the same feature as the control flag, mounted perpendicular to the feature and ready to use without needing to touch it with your hands - just present your navlight wrist tag to the reader so the navlight flashes in the usual way.

## Indemnity form

[https://act.rogaine.asn.au/images/ACTRA\\_INDEMNITY\\_AND\\_RELEASE\\_standard.pdf](https://act.rogaine.asn.au/images/ACTRA_INDEMNITY_AND_RELEASE_standard.pdf)

Please bring to the event a printed and completed indemnity form located [here](#). Check the team list for the event 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.

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).

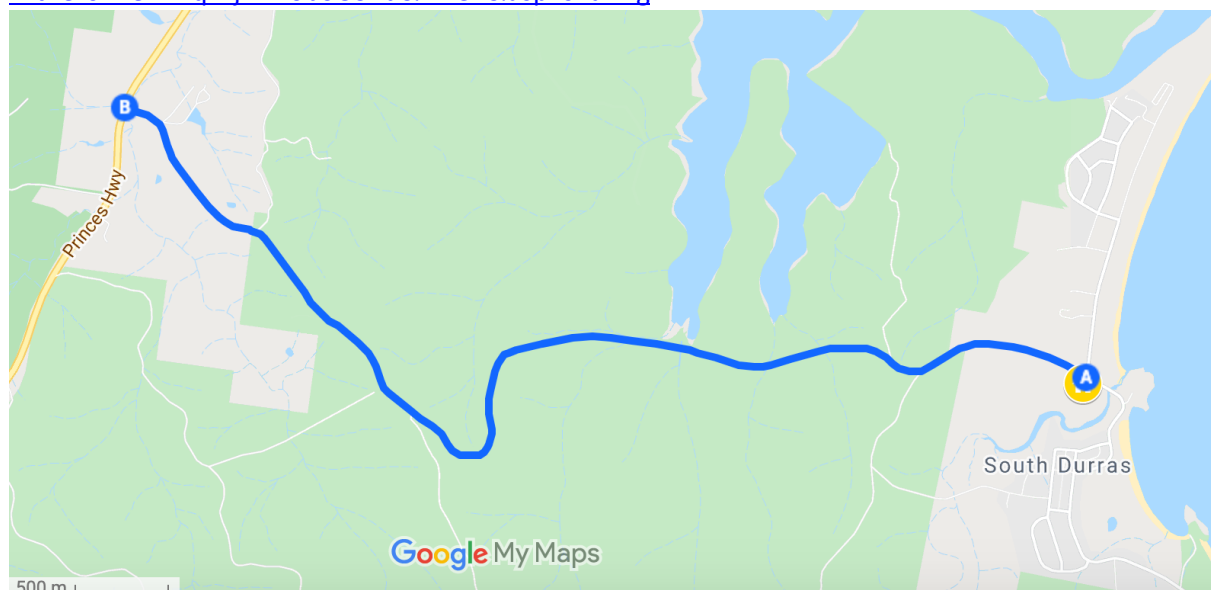
## How to Get There

The Hash House is located at the South Durras Oval, South Durras.

From Canberra, take the Kings Highway towards Batemans Bay. At the roundabout at the end of the highway turn left onto the Princes Highway away from Batemans Bay. 8 km north, turn right into Durras Drive, signposted to South Durras. At the 60 km/hr sign on the edge of South Durras, opposite Durras Lake Road, turn right into South Durras Oval. There is ample parking on the grass of the oval. No significant rain is forecast before the event, but if that changes we may need to park on nearby roads if the oval is too wet.

From Sydney, take the Princes Highway south. Approximately 43 km south of Ulladulla turn left into Durras Drive, signposted to South Durras then follow directions as above.

A [google map](https://www.google.com/maps/d/viewer?mid=1b6XG-Wtifer042eVnPqWjniFxoboO9Td&hl=en&usp=sharing) at <https://www.google.com/maps/d/viewer?mid=1b6XG-Wtifer042eVnPqWjniFxoboO9Td&hl=en&usp=sharing>



Direction signs will be put out on Sunday morning.

### **Registration, Map Availability, Start Times**

Registration will open for 9:30 am starters at 7:30 am, and for 10:30 am starters at 8:30 am. Please contact event admin if you want to change starts before the event.

The Paddy Pallin Back to the Bay 6 hour rogaine event will have two starts at 9:30 am and 10:30 am as you nominated when you entered. There will be a final briefing ten minutes prior to each start at 9:20 am and 10:20 am.

To register, one person only per team to register and collect maps please. That person will need to bring:

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

Electronic scoring: As this event is using the Navlight system of scoring, two tags per team will be issued with a wristband and tag upon registration.

You will also be given pre-marked maps, with control descriptions and course setter's notes on the reverse side and an A4 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 is one A3 sized map at 1:25,000 with 10 m contour interval. Magnetic north lines are marked on the map. Out of bounds areas are marked in pink shading. It contains mainly native bush with the townships of Durras Lake and South Durras and the coastline. The course setters notes and control descriptions have been printed on the back. The altitude ranges from sea level to 133 m.

### **Water**

Please bring enough water for Hash House use and for at least 3 hours on course. There are 2 water drops on course. At each water drop there is a pump that screws into the top of the water container to use. We do not recommend drinking any water found on course without sterilisation, and very few creeks have any water anyway. Please remember to sanitise your hands before and after using the water drop.

### **Post-event Catering**

Hartley Lifecare will provide a sausage sizzle, veggie patties, toasties, fruit and cake from approximately 3 pm. Please bring your own plate, bowl, cup and cutlery.

### **Ticks**

It is tick season at the coast so bring insect repellent and tweezers. A product called Tick Tox which kills ticks effectively if you are bitten will be available for sale for \$10 (cash only please) at the event. There are also leeches in damp areas.

**Camping** - there is NO camping at South Durras Oval, and no free camping anywhere nearby. Since it's a long weekend and we understand that many of the caravan parks are booked out.

## **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.
- Some food for before and/or during the event.
- Your own plate, bowl, cup and cutlery for post-event 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. We ask that you use the portaloos and not the toilets in the pavilion as these are on a septic tank and we do not want to be responsible for any plumbing problems.

## **Carry on Course**

### **Mandatory Equipment**

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

### **Other items we recommend that you carry**

- food for the event
- water for 3 hours
- compass
- gaiters – recommended for scrub and snake-bite protection
- watch as you must not use your phone.
- pen/pencil
- Mobile phone for emergencies (this must be kept in the bottom of your bag).
- Space blanket (per person)
- Sunscreen, sun-hat, sunglasses
- Adequate warm clothes for the conditions (noting conditions can change quickly):
- raincoat, warm jacket, thermals if the forecast is wet or cold

## **Mobile Phone Coverage**

Mobile phone coverage is good across most of the course, with the exception of down in some of the water courses. The Hash House number will be 0457 364 319.

## **Restrictions**

No pets; no alcohol; no firearms: no fires.

No altimeters, pedometers or GPS-capable devices such as watches and smartphones. Smartphones may be carried for emergency use only - they cannot be used for time-keeping or photography.

## **Summary of Event Rules and Scoring**

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

All team members 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. There will be some specific instructions about where you may cross or use Durras Drive. Please read the course setters notes.

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**

Due to COVID-19 restrictions, no printed results or prize presentations will be available on the day. We will put up the results on the website ASAP.

For prize winners certificate and winners mugs can be collected from South Durras Oval between 8:30 and 9:00am on Monday 8 March, otherwise collection can be arranged in Canberra.

Food and drinks will be available from approximately 3 pm. Please bring your own plate and utensils.

### **Event volunteers**

If you have queries contact the Event Contact listed below. Thank you to our volunteers.

Event Contact and Coordinator	Julie Quinn, <a href="mailto:Julie.quinn@bilbys.org">Julie.quinn@bilbys.org</a> ; 0421 021 693
Setters and Veters	David Baldwin, Julie Quinn, Stephen Goggs, Benita Sommerville; Troy Skaleskog
First Aid	Mary Adams
General Help	Colleen Mock, Colin Mock