

RUN RHEBAN RUN ROGAINE - EVENT INFORMATION

6 & 12 HOUR ON-FOOT EVENTS – COMMENCING AT 11:00 AM SATURDAY 28 APRIL 2018

Rogaining Tasmania invites you to participate in either a 6 or 12 hour bush event to be held on Saturday 28 April 2018. The competition area is privately owned bush, eucalypt plantation and farming land. Nearly 20 years on from the last event in this location, the hilly Rheban countryside once again offers sweeping views of Mercury Passage and Maria Island and a pleasant landscape for the event. The course setters are Liz Canning, Hugh Fitzgerald and Nic Pittman. We also thank the vetters who are listed on the map.

Please ensure all your team members read this document, in addition to the Setters' Notes to be provided prior to the event.

HOW TO ENTER

Enter on line at the Rogaining Tasmania web page www.rt.asn.au . Entries close on the night of Monday 23rd of April.

Entry fees: 12 Hour Adult \$75; 12 Hour Concession \$65; 12 Hour Under 18 \$55; 12 Hour Family \$170; 6 Hour Adult \$70; 6 Hour Concession \$60; 6 Hour Under 18 \$50; 6 Hour Family \$160; Under 10s are free.

The entry fee covers:

- A pre-marked map printed on waterproof paper and Control Description sheets for each entrant.
- An evening meal Saturday night and breakfast on Sunday (the entry form asks you to indicate whether you intend to stay for Sunday breakfast – to avoid food wastage)

The gender categories are female, male or mixed, and age categories are:

- Open - everyone
- Youth – all team members are under 23
- Veteran – all team members are 40 and over
- Super Veteran all team members are 55 and over
- Ultra Veteran – all team Members are 65 and over

HOW TO GET THERE

The Hash House is located at the shearing shed on Earlham Road, Rheban, 300 metres off Wielangta Road -42.6504, 147.9017. If travelling via Orford – take the Tasman Highway A3 to Orford and turn right (if travelling from the south) into Charles Street C320 on the southern side of the Prosser River Bridge, after 1 km turn right into Wielangta Road. Travel 11 km's south on Wielangta Road (gravel surface) until you reach the turn-off to the left at Earlham Road.

From Hobart you might alternatively choose to travel via Arthur Highway A9, Kellevie Road C335 and Wielangta Road (please confirm the details of this route for yourself) – it's a shorter distance although there is more slow travel on a rough dirt road than travelling via Orford. It's about an hour 15 mins from Hobart using any route.

A rogaïne direction sign on Charles Street will indicate the Wielangta Road turn-off to the right. The turnoff to the east, into Earlham Road, will be indicated for those travelling from both the north and the south on Wielangta Road.

HASH HOUSE

There is a large grassy area suitable for camping, which will be available Friday and Saturday night. Portaloos will be available. Water will be provided at the Hash House but please bring your water bottles filled. Event start/finish and administration will be at this location.

WHAT TO BRING

- A plastic bag or waterproof covering material for your map (although the map will be printed on waterproof paper)
- Your initial water supply
- Your own plate, bowl, drinking and eating utensils. These will not be provided at the Hash House. Dish washing facilities will be available
- A chair and table might be useful
- Planning tools such as map distance measurer (eg string) and marking pens

WHAT TO CARRY WHILE COMPETING

- Water carrying capacity of at least 2 litres each. Water purification tablets are recommended in case emergency water needs to be sourced from rivers or water holes.
- Food.
- A torch, preferably a head-torch with fresh and spare batteries. This will be required even if you are entering the 6 hour category as you may become lost or delayed.
- Comfortable and lightweight walking clothes, and a hat suitable for the range of temperatures likely to be experienced during the event. Be prepared for heat, cold and wet conditions. Anything can happen in Tasmania in 12 hours!
- Due to patches of dense vegetation and for snake protection we recommend long sleeves, trousers and gaiters.

Each team member is required to carry the following equipment at all times:

- A whistle.
- A compass.
- A watch.

Each team is required to carry the following equipment at all times:

- A first aid kit, which must contain a crepe or elastic bandage suitable for immobilising a limb as recommended in treating a snake bite as detailed below.
- A pencil, and spares, for filling in intention sheets at check points.

NOVICE INSTRUCTION

If you have never competed in a rogaine before please advise the organisers when you register. Novice instruction will be available from 8:30 am on per-team basis.

EVENT TIMETABLE

Fri 27 April 2018

4:00 pm onwards – Camping available at the Hash House

Sat 28 April

8:30 am -Registration, maps and novice instruction available

10:45 am - Compulsory briefing

11:00 am - Start of 6hr & 12hr events

5:00 pm - Hash House opens

5:00 pm - 6 hr event finishes

5:30 pm - 6 hour event finishers are late

11 pm - 12 hr event finishes

11:30 am - 12 hour event finishers are late

Note: Sunset is at 5:18pm (moonrise is at 4:46pm)

Sun 29 April

7:30 am Hash house opens for breakfast

9:30 am Hash house closes

REGISTRATION PROCEDURE

One team member must report to the registration desk to collect:

- The teams' maps (1 per person),
- Control descriptions sheets (1 per person),
- NavLight tags(2 per team),
- GPS tamper-proof bags (as required),
- Waiver form (1 per team), and an
- Emergency Contact, Medical and Route Plan Form (1 per team).

If there is any on the day information, this will be on display. Also Course Setter's notes will be available although these will also be emailed out prior to the event; these provide some more detail about the terrain and specific matters to note regarding the course or the map.

Plan your course and then present your completed Waiver Form and the Emergency Contact, Medical and Route Plan Form to registration. All team members must also present to the Administration desk, with Navlight tags on their wrists, to activate their tags. Your controls visited may not be recorded if this does not occur.

A compulsory briefing will take place 15 minutes before the start.

Watches may be synchronised to the event clock which will be visible at the Administration desk.

SCORING

The Navlight electronic scoring system will be used. This is a simple system where a pen-like punch on the checkpoint is used to touch a tag that is strapped to your wrist with an unbreakable hospital band. All team members must "punch" at every checkpoint visited.

If a NavLight punch or checkpoint is missing report this when you finish. If the punch is malfunctioning, as shown by there being no flash when it touches the tag on your wrist, then record the 3 letter code on the punch as evidence you have visited the checkpoint.

FINISH PROCEDURE

When you finish, report to the administration staff. Your entire team must finish together as a finish time will only be recorded when all members are present. Your results will then be processed and a printout showing the checkpoints you have been credited with, and your score, will be made available for you to check. The penalty for finishing late is 10 points per minute.

If you are more than 30 minutes late your team will be LATE and receive no score. If you think you will be more than 30 minutes late and are carrying a phone please call or text the emergency number on your map.

If you return to the hash house during the event, even if you intend going out to collect more checkpoints, you must report to administration and register your tag with a finish punch. Register your tag with a start punch if you go out on the course again.

THE MAP

The map scale will be 1:25,000 (1km is 4cm on the map) on a single A3 page. The contour interval is 10 metres. The map is marked with magnetic north lines at 1 km intervals. The paper is waterproof but you may wish to protect it by "contact" adhesive or a plastic map bag, which must be provided by competitors.

A map covered with "Contact" adhesive coverage is most useful in isolating bodily parts when straddling "live" electric fences (there are, however, very few of these on the course). Not all seemingly electric fencing will be "live" but for your comfort we don't recommend field testing.

WATER DROPS

Water drops will be provided on the course in four locations. No cups will be provided, the water drops are for competitors to re-fill their own water bottles.

VEHICLE PATROLS

The roads accessing the water drops on public roads will be patrolled every 3 hours; that is, Wielangta Road to the northern and southern map extent and Rheban Road to the map extent. The water drop located on a private road will be stocked prior to the event and not checked during the event. The patrolled roads are shown on your map.

GPS

Rogaine competition rules prohibit the use of navigational aids such as pedometers, altimeters and GPS receivers including many smart phones. However, these may be carried if navigation information on the devices cannot be accessed on the course. An opaque, tamper-proof plastic bag will be available from the registration desk. Your GPS (or phone) must be bagged before you start, and must be made available for inspection when you finish. If the bag has been unsealed then your team will be deemed to have withdrawn from the competition.

If your only watch is GPS-enabled then you should buy or borrow another wristwatch for rogaine events.

SAFETY

Rogaine involves some risk and the following points are important to read and understand so that this risk can be minimised. Rogaine is a team sport and it is **compulsory** that your team stays together **AT ALL TIMES**. Many risks are mitigated by this step alone.

Fire

The organisers will cancel the rogaine if a significant fire starts on the course prior to the event or if they judge that the weather conditions are such that there is a significant risk of a fire occurring during the weekend. Every effort will be made to contact competitors if a cancellation is necessary.

Indemnity Waiver and Emergency Contact, Medical and Route Plan Forms

Teams will be required to supply the following information on a form that will be provided at registration:

- Team number and names of members.
- Car number plate (if applicable).
- The name and contact details of a person to contact in the event of an emergency.
- Your mobile phone number if one is carried on the course.
- Details of any allergies or medical conditions.
- A list, in order, of the checkpoints the team intends to visit.

This form must be completed and handed to the registration desk prior to the start of the compulsory briefing.

For this event there is an indemnity waiver at <https://www.rt.asn.au/events/indemnity-waiver> . All entrants should read the document and must sign this before being allowed to compete in the event. There is no need to print this document yourself – they will be available at the Administration desk.

Intention Sheets

Every checkpoint has an "intention sheet" taped to it. You must carry a pencil (and spares) and record your team number, time at the checkpoint and next intended checkpoint.

Phone Contact

There is patchy Telstra phone coverage throughout the area, and is best on top of hills. It is highly recommended that you take a phone with you on your course. This must be placed in a tamper-proof bag available for the registration desk and only used in emergency. An emergency phone number will be printed on your map. If you cannot make contact using a voice call please try to send a txt message.

Exposure to Sun

Sunburn is a serious problem in Tasmania. Competitors are advised to protect themselves by covering up, wearing a hat and using an effective sunscreen cream.

In Case of Injury

Stay calm, apply first aid. For non-life threatening issues, attempt phone contact to the Hash House using the phone number on your map. Make your way to a patrolled road if possible. These are shown on the map. If the injury is serious ring the Emergency Services direct on 000 and ask them to go to the Hash House.

If you do not have phone contact use your judgment on the best way to proceed. In no circumstances move far from an unconscious or seriously injured team mate. Use your whistle to try to attract the attention of another team. If you hear a whistle you must make every effort to find the source.

Snake Bite

All Tasmanian snakes are venomous, but fortunately they are not aggressive and occurrences of people being bitten by them are extremely rare. If you are bitten by a snake, immobilise the limb by applying a firm crepe or elastic bandage, both above and below the bite, and sit still.

RULES

A copy of the [Australian Rogaining Association Competition Rules](https://www.rt.asn.au/phocadownload/event_information/Rogaining%20-%20Competition%20Rules.pdf) is available for download from https://www.rt.asn.au/phocadownload/event_information/Rogaining%20-%20Competition%20Rules.pdf

Here is an outline of some of the important ones:

- No fires are to be lit anywhere on the course. A camp fire may be provided at the HH subject to landowner permission.
- Competitors shall not discard litter or smoke on the course.
- Competitors shall not cross newly sown ground or growing crops, except if specifically permitted by the organisers, or any area deemed out-of-bounds by the organisers and shall keep a reasonable distance from dwellings and stock with young.
- The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited except when event organisers provide a means by which information on the devices cannot be accessed whilst on the course.
- Communications devices such as mobile phones may be carried for safety purposes when event organisers provide a means by which the devices cannot be accessed whilst on the course. Use of a phone whilst on the course is prohibited.
- Members of a team shall remain within unaided verbal contact of one another at all times whilst on the course. A team shall demonstrate compliance with this requirement to any event official or other team on request.
- All team members shall simultaneously approach to within 20 metres, and within sight, of each checkpoint for which points are claimed.

OTHER INFORMATION

If you are looking for a rogaining partner, or would like to share transport, post a message on the Rogaining Tasmania Facebook page, <https://www.facebook.com/groups/561129070658681>

CONTACT DETAILS

For additional information about the event email info@rt.asn.au or telephone Liz Canning or Hugh Fitzgerald on 62237088 (pre event) or 0448 799 209