
ROGAINING TASMANIA

AUSTRALASIAN ROGAINING CHAMPIONSHIPS 2019



EVENT INFORMATION

1 WHERE AND WHEN

The event assembly is at the Moulting Bay campground between St Helens and Binalong Bay. The event will commence at 11:00 am on Saturday 9 November 2019.

Travelling to the event by chartered bus is strongly recommended. If you booked the bus but have not already received a separate email with bus details please contact peter.tuft@arc2019.rt.asn.au.

If you drive, from the middle of St Helens turn east onto Quail St (towards Binalong Bay) then after 6.8 km turn right onto Moulting Bay Rd. The campground entrance is on the right after 700 metres. There will be "Rogaine" direction signs at the turns onto and off Moulting Bay Rd.

2 WEATHER

Following is BOM data for St Helens in November:

- Mean maximum temperature 19.7°C
- Decile 9 maximum temperature 24.1°C
- Highest maximum temperature 35.6°C
- Mean minimum temperature 8.9°C
- Decile 1 minimum temperature 4.1°C
- Lowest minimum temperature 0.6°C
- Mean November rainfall 60 mm
- Mean number of days with >1 mm rain 7.3

3 WHAT WE PROVIDE

Your entry fee includes entry to the event itself, camping at the hash house site and meals from Saturday evening to Sunday lunch. Additional services for those who have booked and paid for them include Friday night dinner plus Saturday breakfast, and bus transport from Launceston or Hobart.

All of your other requirements, including food for Saturday lunch, you will need to bring yourself.

The hash house will be open for arrivals from Friday 1:00 pm. It is at a bush campground with no permanent structures. There will be marquees with tables and chairs (seating for 100), drinking water, hot water for tea/coffee, washing up facilities, rubbish bins and portable toilets.

Camping space is adequate but limited. There will be marshals to direct you to a parking space and a campsite. If you are among the earlier arrivals, please follow these directions so that there is still room for later arrivals. You can stay at the campsite for as long as you wish after the rogaine has ended.

Wildlife in Tasmania is ubiquitous and boldly inquisitive so best not to leave anything outside your tent. (One of the organisers had mixed feelings about a perfect imprint of Tassie devil dentition in his hydration bladder.) Event setters have spotted platypus and white wallabies during their fieldwork.

The hash house is located very much towards one side of the map. About halfway across the course area there will be an All Night Café (ANC) providing hot food and drinks from 6 pm to 6 am. Recyclable plates, bowls and cutlery will be provided at the ANC; you will not need to carry your own eating equipment.

The Hash House is close to St Helens and Binalong Bay townships. Both places offer facilities (BBQs, restaurants etc) if you have your own transport and wish to eat out on Friday night; St Helens is bigger and has more options (including supermarkets) than Binalong Bay. For post-event clean-up there are several public coin-operated hot showers in St Helens at 1 Marina Parade, 30 Quail St and 130 Tully St.

4 COURSE INFORMATION

The course area comprises a mix of private property, land administered by the Parks & Wildlife Service and land administered by Sustainable Timber Tasmania (formerly Forestry Tasmania).

Detailed information on the course will be provided in course setters' notes that will be issued at registration. To assist your preparation, we can say:

- There are almost no fences or grass seeds – yeah!!! Where it is likely that you will need to cross a difficult fence we have provided a stile. Please use these to avoid damage to yourself or the fence.
- Recent rogaines held in Tasmania mostly used heavily grazed forest and open farmland. This event features ungrazed, predominantly granite bush terrain that is not as “fast” so adjust your expectation of the distance you can cover.
- On the whole scrub is not a major problem but the area is not totally scrub-free and you should consider appropriate protection.

5 THE MAP

The map is 1:25,000 scale, 730 x 500 mm, on waterproof synthetic “paper” called Teslin. Teslin is extremely tough but under adverse conditions the printing can be damaged. If you are concerned please bring a map bag or clear “Contact” to cover the map. Note also that highlighting pens do not always work well on Teslin.

6 WHAT YOU SHOULD BRING

To use at the hash house:

- Camping gear (tent, sleeping bag, etc)
- Plate, bowl, mug, cutlery
- Clean après rogaine clothing
- Route planning items (pens, notepaper, measuring string, etc)

If you travel to the event by car:

- Camp chairs and maybe a table; the under-cover seating we provide is intended for interstate travellers and bus passengers
- Water for your own needs and initial supply for when competing

To carry on the course:

- Comfortable and lightweight walking clothes suitable for the range of weather possible during the event, including a hat. Bring clothing and equipment suitable for bush, not farms.
 - Be prepared for hot, cold or wet conditions, possibly all on the same day

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- Full clothing cover and sturdy footwear is recommended
 - Gaiters are recommended for snake protection and leg protection
 - Water carrying capacity of at least 2 litres per person, 3 litres if hot conditions are forecast. Plenty of water refill points have been provided and are indicated on the map. It is not recommended to refill from any natural sources unless you treat the water.
 - Food sufficient for your expected duration out on the course
 - Toilet paper
 - Head-torch, with ample batteries
 - Compass
 - Waterproof map cover
 - Maps are on waterproof paper but checkpoint descriptions and other notes are not. Clear "Contact" is useful to stick the checkpoint description on to the map.
 - Phone (for emergency use only)
 - GPS-enabled devices including smartphones and watches must be sealed in a tamper-proof bag provided by the organisers; more details below
 - A personal locator beacon (PLB) is strongly recommended

Mandatory for each team:

- A first aid kit, which must contain at least one space blanket plus a crepe or elastic bandage suitable for immobilising a limb as recommended for snake bite
- A pencil, and spares, for filling in intention sheets at checkpoints (also some paper is suggested as backup for recording checkpoint codes if Navlight fails)
- A watch (you will not be able to see your smartphone or GPS watch)
- Whistle (mandatory for each competitor)

7 CLEAN YOUR SHOES!

Much of the course area is in pristine bushland administered by the Parks and Wildlife Service. It is a requirement of our permission to conduct the event that all competitors clean and disinfect their shoes.

This is to prevent the spread of *Phytophthora cinnamomi*. *Phytophthora* is a soil-borne plant pathogen that attacks the roots of susceptible plants, destroying the root system and reducing the ability of the plant to absorb water and nutrients. Thousands of Australian native plant species are susceptible and there is no known treatment to eradicate *Phytophthora* once an area is infected. It can lead to plant death over large areas - a dying or dead forest is a tragic sight.

You must:

- Ensure all footwear is free of mud, soil and organic matter, and also tents and tent pegs
- Use a hard brush to remove all dirt from your shoes before leaving home
- Apply methylated spirits for 30 seconds to disinfect any residue

Before you are allowed to start you will be required to sign a declaration that your footwear, tent etc has been cleaned and disinfected. We may do random inspections. There will be a *limited* cleaning/disinfecting facility for anyone who failed to clean their shoes and tent before arrival, but it will be much more convenient for you to do this at home.

8 EVENT TIMETABLE

Friday 8 November

- 1300 Hash house open for camping
- 1830 Dinner commences for those who pre-ordered it, will remain available until after bus arrives

Saturday 9 November

- 0700 Breakfast commences for those who pre-ordered it
- 0800 Registration and map collection open
- 0830 Novice instruction
- 1045 Briefing (mandatory for all competitors)
- 1100 Start
- 1800 Food service commences at the Hash House and the All Night Café

Sunday 10 November

- 0600 All Night Café closes
- 1000 Finish - roving 15 Hour event
- 1030 15 Hour teams are late (will get no score)
- 1100 Finish - 24 Hour championship event
- 1130 24 Hour teams are late (will get no score)
- 1230 Results and presentations
- 1330 Buses depart for Launceston and Hobart

Astronomical times (to nearest 5 min):

- Sat 16:30 Moonrise
- Sat 19:55 Sunset
- Sun 04:50 Moonset
- Sun 05:45 Sunrise

9 REGISTRATION AND START

After registration opens, send one team member to the administration tent to collect the maps, checkpoint descriptions, course setter's notes, event shirts if ordered, and some forms to be completed. Your team envelope also carries instructions for the following process.

Each team must complete their *Phytophthora* declarations and an indicative route plan. You do not have to follow exactly the route you have specified; it will be used to give the event organisers an indication of where you might be if a search becomes necessary.

As soon as ready, one person returns to administration to lodge completed paperwork for the team, and collect your Navlight tags in return.

Any time between 1000 and 1045, when all team members have fitted their Navlight tags and sealed their tamper-proof device bags, go back to administration (preferably together) for "Activation". You do not have to enter the briefing enclosure at this stage. Activation involves:

- Wristband rings are crimped, if not done already
- Sealed tamper-proof bags are checked and recorded; unused bags must be returned and recorded as such
- Navlight tags are activated (or you will get zero score); the previous two items must be completed before activation is allowed

Don't leave this until the last minute or there will be a bottleneck and you may be late to start.

All teams **must** attend the briefing 15 min before the start. The briefing will cover important updates on the written information and conditions out on the course. If you have not had your wristbands activated or handed in your safety form by this time you will have to do it after the start.

10 DURING THE EVENT

This event will use the Navlight system for recording visits to checkpoints. This is described at www.rogaine.org.nz/wrc2010/resources/navlightwrc.htm.

Each competitor will be provided with a tag attached to their wrist by a tamper-proof band. Each checkpoint has two electronic “punch” devices. *Every* team member must touch a punch to their tag until the LEDs on the punch flash. No score for a checkpoint will be earned unless it is registered on the tag of every team member.

If both Navlight punches fail (no flash when touching your tag) you should record the three-letter code on a punch as evidence of your visit. If the punches are missing or damaged, but the checkpoint flag remains, the three letter code is on a sticker inside the flag. If a punch or flag is missing then report this when you return to the hash house.

At each checkpoint there is an intention sheet on which you **must** fill in your team number, time of visit and intended next checkpoint. This information may be invaluable for your wellbeing if we have to search for you.

Teams that return to the hash house during the event must have Navlight tags checked in and out at the admin desk. This is particularly important for entrants in the 15 Hour roving event to ensure that your total time out on the course does not exceed 15 hours.

11 FINISH

Report to the admin desk as soon as you finish. A special Navlight punch will be used to record the finishing time and the wristband will be removed by admin staff.

The finish time for your team will be the time that the last member checks in. Present your tamper-proof bag for inspection, after which you can open it. Your results will be processed and a printout showing your score and the checkpoints you have been credited with will be available for you to check.

There is a penalty of 10 points per minute or part thereof for spending more time on the course than the designated event duration (15 or 24 hours). Teams that are on the course for more than 30 min over the designated duration are deemed to be LATE and will receive no score.

If you are still on the course more than 30 min after the finish time and are carrying a phone please call or text the emergency number on the map to advise the organisers of your situation so that a search is not initiated.

After results are determined there will be a brief presentation. In addition to the perpetual trophies for the Australian Championships each member of the winning team in each category will receive an event trophy to keep.

12 ROVING 15 HOUR RULES

The essence of the Roving 15 Hour event is that teams may spend a maximum of 15 hours out on the course within the 23 hour period from the start at 1100 on Saturday until the 15 Hour finish at 1000 on Sunday. Note that this event finishes an hour earlier than the 24 Hour championship so as to reduce congestion at the finish.

Your 15 hours on the course may be split over as many periods as you like. However as already noted, teams *must* check in and out every time you visit the hash house or your total time on course may be incorrect and you risk disqualification. Note that time spent at the All Night Café is counted as time on the course.

All other rules and information apply equally to the 24 Hour and 15 Hour events.

13 NOVICE INSTRUCTION

Basic instruction is available to participants new to rogaining from 0830 on Saturday. Ask about the location of this instruction when you register.

14 GPS AND PHONES

ARA Technical Regulation R7(a) says “The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map.” Devices that must not be used include pedometers (e.g. Fitbit and similar) and altimeters.

Nevertheless, it is acceptable to carry a GPS device (e.g. for recording your track) or a mobile phone (for safety) provided that any GPS-enabled device is sealed in a tamper-proof bag that we will provide. We will witness the sealing of the bag before the start and also check that it remains sealed at the finish. Opening the tamper-proof bag for any purpose means that you have withdrawn from the competition. It would be a good idea to ensure your phone is fully charged and switched off before sealing, so that it has some battery left if you need it.

Mobile phones may be used only in emergency, and reception in the course area is limited. Telco coverage maps for the course area show:

- Vodafone: negligible
- Telstra: generally patchy, negligible west and north of the All Night Café
- Optus: better but still patchy

There is a Telstra tower shown on the map 2 km NW of the hash house and an Optus tower on a high point about 4 km south of St Helens (off the map).

The organisers' emergency contact number is in the title block on your map and on the checkpoint descriptions. If you are out of range, make an attempt to reach high ground, particularly ground that might provide line of sight to the marked Telstra tower or the Optus tower south of St Helens. If you have weak reception and a voice call breaks up then try using text messages. If your phone shows "SOS only" (or similar) it means you are within range of a network other than the one you subscribe to so you can still call 000 to reach emergency services (the former 112 mobile emergency number is now the same as calling 000).

15 SAFETY AND EMERGENCIES

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

You should have the capacity to carry at least 2 litres of water. Three litres of capacity might be required if the conditions are hot and depending on the route you choose. The map shows several widely spread water drops at which you can refill your water containers.

The map shows roads that will be patrolled by a safety vehicle at intervals of about 4 hours. If you need assistance make your way to one of these roads and make yourself conspicuous. The patrolled roads are public and some may carry significant high-speed traffic.

If a team fails to return we will organise a search based on the route plan you submitted before the start and the intention sheets that you fill in at checkpoints.

If a team member is unable to proceed due to injury or illness, apply first aid, make them warm and comfortable, and phone or walk for help. DO NOT leave an unconscious or seriously injured person alone. In a team of two this may mean waiting to be found by a search party unless you have mobile phone coverage; a PLB would be valuable in this situation. A team of three or more can send for help (e.g. walk to a patrolled road, or climb a hill for phone access), provided that does not involve unreasonable risk to a person travelling alone.

The emergency signal is a series of short blasts on your whistle, repeated at intervals. If you hear this signal on the course, you must go to the assistance of the caller.

Tasmania has only three species of snake. All are venomous but are not aggressive and snakebite incidents are extremely rare. In fact even seeing a snake is unusual and you will probably not encounter any. Gaiters provide reasonable protection because these snakes have short fangs. 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 keep still.

Sunburn is just as serious in Tasmania as in the rest of Australia. Competitors are advised to protect themselves by covering up, wearing a hat and using an effective sunscreen cream.

16 NATURAL EVENTS

Adverse natural events are possible, usually with some warning. The organisers will take any action necessary to ensure the safety of competitors, which may range from cancelling the whole event to delaying the start or making some areas out of bounds and shortening the course.

If the fire danger forecast is Catastrophic, or Extreme with fires already in the region, the event will be cancelled. Severe flooding may also lead to cancellation.

We will endeavour to provide as much notice as possible of cancellation but unfortunately some interstate competitors may have already travelled to Tasmania. We suggest that in the week leading up to the event you keep an eye on the Tasmanian weather, flood and fire danger forecasts and make your own judgements about travel if extreme conditions appear likely.

<http://www.bom.gov.au/places/tas/st-helens/> which also has links to warnings including bushfire and floods.

<http://www.fire.tas.gov.au/Show?pageId=colFireDangerRating>

17 RULES

This event is being run in accordance with the Australian Rogaining Association Technical Regulations. A copy is available at:

<https://rogaine.asn.au/documents/rules-and-standards/rules-of-rogaining-and-technical-regulations-2012>

Following are some rules that we would like to highlight:

- No fires are to be lit anywhere on the course.
- All participants shall show respect for public and private property and the environment by ensuring no litter, damage to crops or property and no disturbance to stock or other persons. In particular:
 - **DO NOT ENTER** any out-of-bounds areas
 - Give a wide berth to any livestock and keep at least 300 m away from homes and sheds
 - Leave all gates as you find them
 - Take care at fence crossings and avoid fence damage; climb over at robust posts or at the hinge side of gates
- Participants shall only travel on foot and all team members shall remain within verbal contact of one another at all times
- You must not deliberately follow another team or otherwise seek assistance.
- To be awarded points for a checkpoint you must punch **all** the team's Navlight tags, or if the punch fails or is missing you must record the three-letter code as described earlier.
- Teams **must** fill in the intention sheet at the checkpoint with the time of arrival, the team number and the number of the checkpoint that they intend to next visit.
- You must not rest within 100 metres of any checkpoint, unless that checkpoint is a water drop.
- If one or more members of a team wish to withdraw, the entire team must return to the finish area. The remaining members may form a new team, if approved by the event officials, but no credit will be given for checkpoints previously visited.
- Teams receiving a lift back to admin by patrol or other vehicle will be withdrawn from the event.
- Breaching the rules will result in disqualification, except for those rules relating to punching the Navlight tag, the intention sheet and resting near checkpoints for which the penalty is loss of the points for that checkpoint.

Rogaining relies on all participants acting safely, fairly and in the interests of the sport. If at any time you see an action that you feel may be in breach of the rules, then you are encouraged to ask the other team to demonstrate that they are in compliance with the rules and to ask them their team number. Please report any activities that concern you to the event officials as soon as you finish, including the number of any team that caused you concern. This is not an issue of “dobbing in your mates” but a matter of making rogaining safe and fair for all concerned.

Any alleged breach of rules or other protest against a team or the organisation of the event will be heard by a three-person jury in accordance with ARA Technical Regulations T19 and C8. The jury will be drawn from a panel comprising David Baldwin, David Rowlands, Paul Guard, Mike Hotchkis, Gil Fowler and Vic Sedunary. Protests must be submitted in writing to the administration desk within 30 minutes of your team finishing.

18 THANKS

The Australasian Rogaining Championships 2019 are supported by the Tasmanian Government through the Department of Communities and Events Tasmania.



We are also very grateful to:

- Parks and Wildlife Service, for access to both the hash house site and numerous other areas, and particularly local ranger Lionel Poole.
- Sustainable Timber Tasmania
- All our private landowners who are listed on the map
- Break O’Day Council
- St Helens Lions Club for staffing the All Night Café
- Australian Rogaining Association for general support and particularly for assisting with bus subsidy and purchase of PLBs for setters
- Phil Sargent of The Trophy Cabinet in Sorell for trophies
- Clare Hawthorne for the event logo
- Kris Clauson of Endorfun for loan of Phytosphora washdown equipment
- Mike Morffew of Orienteering Tasmania for printing preliminary maps
- Darryn Cubit from Nucleus Café and Catering and his slaves Christine Fox, Fiona Anderson, Cesar Villanueva, David Cordell, Reese Cubit and Kyan Cubit
- Admin and hash house volunteers – Nicole Carpenter, Jess & Bill Fulton, Wayne & Helena Griggs, John Brock, Peter & Jane Cusick, Andrew Dunbabin, Sebastian & Diana Burgess, Hugh Fitzgerald
- The organising & course setting team – Bernard Walker, Gary Carroll, Sally Wayte, Jeff Dunn, Nick Bowden, Kristin Raw, Ross Kelly, Sara Brain

19 CONTACT DETAILS

Event director	Peter Tuft	0414 297 487
Principal setter	Bernard Walker	0417 163 961
Event secretary	Sally Wayte	0407 093 694
Rogaining Tasmania President	Gary Carroll	0407 776 457