



Victorian
Rogaining
Association
Inc.

Taking The Waters Rogaine FINAL INSTRUCTIONS

Saturday 21 and Sunday 22 April 2018
2 x 6 Hour Events, 10am – 4pm

vra.rogaine.asn.au

Event HH Location

The event will start at the Hash House at 260 Main Rd Hepburn.

Event Details

Thank you for entering the Saturday OR Sunday 'Taking The Waters' 6 hr Rogaine

Taking the Waters is a centuries old expression that refers to the English and European custom of visiting a spa village to drink or bathe in natural mineral spring water to improve one's health.

The twin towns of Hepburn and Hepburn Springs are the setting for two 6 hour bush rogaines; 10am to 4pm on Saturday 21 and Sunday 22 April. Take your pick!

For those with a relaxed approach to rogaining or coming off a summer of Street O, the controls in and around Hepburn Springs will ease the transition and provide a good insight into the rich heritage of this remarkable area. For the purist eagerly awaiting the first "bush" event for 2018 there are plenty of controls that will test the best.

The forest areas are generally open bushland, steep in places. The major gullies have sections of rather thick blackberries. These have been mapped in the vicinity of the Hash House.

The course provides the opportunity for a coffee at the General Store, and even gun teams may be tempted by an icy pole on the run from the Springs Café. Carry some cash.

Most of the course is new for the VRA. The northern section is on part of the Aboriginal Protectorate established in the 1840's. Over 200 Aboriginal people moved there and worked on the station. Although the Protectorate closed in 1849, some indigenous families continued to farm there until the 1860's.

The hash house is located on the site of the first racecourse in the district, with Racecourse being the township's name. It was changed to Hepburn after an early squatter, Captain John Hepburn. The mineral springs area was called Hepburn Springs.

Participants will receive an additional sheet with further information on the rich heritage of the area.

There is a possibility that a small area of the course may be unavailable due to prescribed burning by the land managers.

Please take note of the need for clean footwear described under Special Instructions below.

Event Timings

	Saturday and Sunday
Check-in at event admin	8:00 am Saturday 8:00 am Sunday
Event Briefing (mandatory)	9:45 am Saturday 9:45 am Sunday
Event Start	10:00 am Saturday 10:00 am Sunday
Event Finish	4:00 pm Saturday 4:00 pm Sunday

Team Numbers

Team lists will be available on the website on Tuesday before the event. Please note your Team Number and any outstanding money to help you at Admin during check-in.

Indemnity and Release Form

It is necessary to complete and sign waivers at each event. **This legal release and indemnity form has been enclosed and all competitors are required to sign and hand in to Admin before competing.** Please read this form carefully and be aware that by signing this form, you will not be able to claim for any injury or loss of property occurring as a result of the Rogaine. If you are unsure about this, then please seek legal advice.

Map

The map is A3 size, 1:20,000 scale, 10 m contours, premarked with Checkpoints, digital colour. The map grid is aligned to Grid North. The Grid Magnetic Angle is 9.2 degrees. The map will be printed on standard paper. Some form of waterproof map covering is strongly recommended.

Safety

The safety vehicle will follow the route marked on the map with a yellow highlight every 2-3 hours.

Event Cancellation or Recall

In the unlikely event that the rogaine 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 safety vehicle will traverse the marked safety route and other routes issuing four short successive car horn blasts, repeated at regular intervals. Rogainers should make their way to the safety route when safe to do so.

Special Instructions

Participants need to have clean footwear to reduce the spread of weed seeds and soil borne diseases. **It is requested that competitors clean their footwear prior to the event. Additionally, all competitors will walk through a shallow foot bath entering the corral prior to the start to sterilise the treads of foot wear used on course.**

There is significant evidence of gold mining, with some deep shafts in the event area. The Main Rd/Hepburn - Daylesford road runs north to south through the centre of the course. It is a busy road with cars travelling fast. If you encounter fences or gates you need to ensure you are not in or entering an 'out of bounds' area. Be quiet passing houses. Note that there may be other forest users in the vicinity and **vehicles may be traversing the same roads and tracks that you travel.** Do not drink water from creeks or watercourses; use the water at the waterdrops as marked on the Map. In the event of fire, make your way to the safety route and head to the HH, if safe to do so.

Directions to the Event

The event will start at the Hash House at 260 Main Rd Hepburn. This is the northern end of the Hepburn Recreation Reserve.

From anywhere, travel to Daylesford

Allow approximately 2 hours travel time from Melbourne city centre. Refer to Melways map 627, C2. From Melbourne take the Western Freeway towards Ballarat. Exit onto the Ballan - Daylesford Rd, C141, and head north to Daylesford OR take the Calder Highway and exit to Woodend and Daylesford. From Daylesford take the Vincent St/Hepburn Springs Rd 3.8 km north. Follow this through Hepburn Springs taking a left turn into Hepburn (VRA sign). Here the road is named Main St; the Newstead Rd. Continue for 1.7 km to Twentieth St. At this intersection proceed straight ahead following the VRA signs. Do not proceed through the Recreation Reserve entrance or you will be charged an entry fee - there are sporting events on.

Hash House

Lunch is NOT provided on either Saturday or Sunday. Some food available at the Hash House from 3:00pm with the main fare available from 3:30pm onwards.

Car Parking

Parking around the Hash House area is spacious, although car pooling is recommended. Please follow the directions of the parking attendants at the Hash House site.

Camping and other facilities

There is room for **camping** at the Hash House site for those competing one day and volunteering the other. "Porta-Loo" style portable toilets will be provided.

Mandatory Gear

- Compass and Whistle per person
- First Aid kit (per team) - should contain 2 linear bandages, sticking plaster and the VRA first aid instruction sheet as a minimum (available from Event Admin if needed).

Other Gear

Items to bring include: these instructions and completed **Indemnity form**, day pack, waterproof & warm clothing, gaiters, gloves, beanie, watch, pencil, hat, sunscreen, high energy food, and a filled water bottle, a map case (zip lock bag or contact) to protect your map, eating utensils for meals at the Hash House (plate, bowl, mug, cutlery, tea towel), folding chair and table, pens, highlighter pens, scissors, spare warm clothing and camping equipment if you intend to stay overnight.

Other Important Information

- Do not enter any land shown on the map as out of bounds
- Keep well clear of farm animals and houses
- Do not harm or remove any animals, birds or plants
- All rubbish must be returned to the Hash House for disposal
- **Do not bring pets** or fire arms, or light fires within the course.

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 Rules 10 and 15 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. 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 5 metres of each checkpoint for which points are claimed.". Teams found breaching these rules will be disqualified.

New to Rogaining?

If you are new to rogaining and would like some assistance to get started, please call one of the contacts listed below before the event. A Rogaine Information Pack and rules of Rogaining can be downloaded from the VRA website (<http://vra.rogaine.asn.au/>).

Items Available at Event Admin Store

Cross Country Navigation book	\$22.00
First Aid Kit	\$8.00
Contact (per metre) for covering maps	\$1.50
Compasses for hire (\$20 deposit)	\$2.00
Whistles	\$2.00
Rogaining Stickers	Free

Enquiries:

Admin Saturday Karen Dukes 0411 020 111
Admin Sunday Natalie Lukies 0439 358 992

Course: Vic Sedunary 0413 328 584

Finally: Please remember to bring this instruction sheet, the signed indemnity form, your team number, any money owing, and your vehicle registration number to administration on the day of the event. Enjoy your Rogaining!



Victorian Rogaining Association Inc.

P.O. Box 30, Collins Street West, Victoria 8007

ABN 66 307 914 547

INDEMNITY AND RELEASE

Note: This is a legal document. You should obtain legal advice before signing if you do not understand its meaning and effect. All Members in a rogaining team must read, and sign this form. Maps will only be given out once ALL members have completed their details and signed.

Rogaining is an activity which can involve risk of personal injury or property damage. While it is acknowledged as a challenging activity, the risks ought not be discounted particularly navigating through potential dangers in a bush setting in daylight or darkness. Extreme care must be taken by participants to avoid injuries from falls which can occur at night time. Other, but less obvious, risks will occur because of the nature and type of terrain through which the activities are conducted. The Association requires all participants to carry equipment such as suitable clothing, food, torches, compasses, water, first aid kit and any other allowed devices which will limit the inherent risks in the activity.

By participating in the activity, each participant acknowledges that the sport of Rogaining involves considerable risk and agrees that by entering this rogaine they do so at their own risk.

The participant binds him or herself, their executors, administrators, heirs, successors and assigns as follows:

- The participant agrees to discharge and release the Victorian Rogaining Association Inc., its volunteers, the owners and occupiers of land used in the event, event sponsors and producers, community organisations, State Federal and Local Authorities in which the event may be held and their (its) representatives from all liability for death, disability, personal injury, damage to property, theft, and all foreseeable risks, claims or actions of any kind, howsoever caused, resulting from their participation – directly or indirectly – in this event.
- The participant agrees to further indemnify and hold harmless all entities and persons mentioned in the above clause (a) above from all liabilities, claims or action, as mentioned above, irrespective of whether the Association or its employees or agents may have been negligent.
- The participant agrees to his or her event results and names being published in newspapers, newsletters and on the VRA website and the occasional photo being published of members enjoying themselves at VRA activities. This is extracted from the VRA Privacy Policy that can be found at <http://vra.rogaine.asn.au>

In particular, the participant agrees to indemnify the Association for any loss or damage arising from participating in the event and agrees that this indemnity may be pleaded as a complete defence to any legal proceedings or any right the participant may claim against the Association, its servants, agents or any owner or occupier of land used in the proceedings.

Rogaine Event Name: Taking the Waters

Event Date: 21 or 22 April 2018

Team No:

I acknowledge the risks of rogaining and agree to participate on the conditions as described above.

This section to be completed by all participants 18 years and older

Entrant's Name:	Signature:	Date:
1.		
2.		
3.		
4.		
5.		

If a parent, guardian or other responsible adult allows or encourages a person under the age of 18 years to participate in the activity, then that adult must be warned that the Association cannot accept any liability for injury or loss caused to the other person.

I acknowledge the risks of rogaining as described above and agree to indemnify the Association for any injury or loss arising from the abovenamed minor(s) participating, and agree that by signing this indemnity or by permitting the minor to participate, I will accept complete responsibility for any injury or loss caused.

This section to be completed by responsible adult where participant is under 18 years of age

Junior Name:	Parent/Guardian Name:	Parent/Guardian Signature:	Relationship: (Specify Parent/Guardian etc)	Date:
1.				
2.				
3.				
4.				
5.				