



Victorian  
Rogaining  
Association  
Inc.

# The Grove Rogaine FINAL INSTRUCTIONS

Sunday 18 August 2019  
Walkers - 6 hours (10am - 4pm)  
Bikers - 5 hours (10.30am - 3.30pm)

vra.rogaine.asn.au

## Event HH Location

**The Grove Pavilion, Ocean Grove Park.**

## Event Details

Thank you for entering the **The Grove** Metrogaine. The event will start at the **The Grove Pavilion in Ocean Grove**, on the **Corner of The Avenue and Presidents Avenue**.

## Event Timings

|                                     | Metrogaine | Cyclogaine |
|-------------------------------------|------------|------------|
| Check-in at event admin             | 8.00 am    | 8.00 am    |
| Event Briefing ( <b>mandatory</b> ) | 9.45 am    | 10.15 am   |
| Event Start                         | 10.00 am   | 10.30 am   |
| Event Finish                        | 4.00 pm    | 3.30 pm    |

## 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.

## Ambulance Membership and Personal Accident Insurance Cover.

Participants are strongly recommended to have ambulance cover. In the case of serious injury or illness the organisers reserve the right to call an ambulance. The person transported and/or treated shall be responsible for the full cost. Personal accident insurance cover is also strongly recommended.

## Map

The map is A3 size, 1:22,000 scale, premarked with Checkpoints, based on Melway map and reproduced with Melway permission. The map grid is aligned to Grid North.

## Safety

There is no Safety Route marked on this map. Please phone back to the Hash House if assistance is required.

**ALL CYCLISTS MUST WEAR HELMETS AND SOME TYPE OF HIGH VISIBILITY CYCLING CLOTHES ARE HIGHLY RECOMMENDED.**

Please do what you can to ensure you can be easily seen by motorists. Road rules are to be strictly adhered to as required by law.

## Event Cancellation

In the unlikely event that the rogaine is cancelled before the day, notice will be provided to entrants via the website and email.

## Scoring Instructions

This event is a question and answer style Rogaine. At the start of the event you will be given a clue sheet which corresponds to the checkpoints out on course. Simply go to the checkpoint and choose the correct answer A, B, C or D to the question provided. You will be provided with a separate score sheet to record your answers on. Simply colour in the answer corresponding to the checkpoint question and hand this sheet in at the end. Please bring a lead pencil to fill in the answer sheet.

A sample score sheet is provided at right.

Teams with greater than 3 incorrect answers may be deemed to have been guessing and points will be deducted. The intention is only answer questions for checkpoints you visit.

|    | A                     | B                     | C                     | D                     |
|----|-----------------------|-----------------------|-----------------------|-----------------------|
| 41 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 42 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 43 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 44 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 45 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 46 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 47 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 48 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 49 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 50 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 51 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Sample score sheet

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## Special Instructions

- The course contains a number of busy roads. When crossing busy roads, please take care to watch for traffic and use pedestrian crossing as much as practical.
- Food can be found at shops and shopping centres, as shown by the orange shaded areas. Drink fountains can also be found at a number of park / BBQ areas.
- There are a few places still under construction, which will be marked with white/green striped shading. They will be considered Out of bounds.
- The section of Grubb Road next to the Ocean Grove Nature Reserve will be out of bounds. The only way to walk along the road is in the actual Ocean Grove Nature Reserve. You can only ride on the brown tracks in the Reserve, not on the red dotted walking tracks.
- It is allowed to separate from team mate if riding bikes and the CP is on the beach or you have to walk down the stairs to see the answer. This is allowed so one person can remain with bikes to keep them secure.

## Directions to the Event

### From Melbourne:

Allow approximately 1 hour and 45 minutes travel time from Melbourne city centre. Refer to Vicroads Map Reference and/or *Melways map reference*. From Melbourne take the M1 Highway towards Geelong. Follow M1 to Waurn Ponds. Take the exit towards C134/Torquay/Anglesea/Great Ocean Rd from M1. Take Mt Duneed Rd, Lower Duneed Rd/C122, C121 and C129 to Presidents Ave in Ocean Grove.

## Hash House

### Lunch is NOT provided.

There will be no food provided for this event as no volunteers catering manager was found. Tea, coffee, milo water and cordial will be provided so bring your cup, spoon and chair. Ocean Grove shopping centre is 200 mtrs walk away.

## Car Parking

Parking is available in the streets around Ocean Grove Park. Check for parking restrictions signs closer to the shopping centre. Do the environmental right thing and car pool.

## Camping and other facilities

There is no camping at the Hash House. This is a suburban event.

## Mandatory Gear

- Mobile phone (per team)
- 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).
- All cyclists must wear helmets.

## Other Gear

Items to bring include: these instructions and completed **Indemnity form**, day pack, waterproof & warm clothing, 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, cup, folding chair and table, pens, highlighter pens, scissors, spare warm clothing.

## Other Important Information

- 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 20 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 did 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. For this Metrogaine it is allowed to separate from team mate if riding bikes and the CP is on the beach or you have to walk down the stairs to see the answer. This is allowed so one person can remain with bikes to keep them secure.

## 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/>).

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### 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: Nikki Rubinstein 0421 080 718

Course: Sofie van Gunsteren 0478 419 718

**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 particularly 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. Ambulance membership and personal accident insurance are strongly recommended.

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 <http://vra.rogaine.asn.au>
- The participant agrees to meet the full cost of any ambulance called for the benefit of the participant.

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:**

**Event Date:** DD/MM/YY

**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.           |                       |                            |   |       |