



Victorian
Rogaining
Association
Inc.

The Double Dip Rogaine FINAL INSTRUCTIONS

Saturday 14th September, 2019
12 hr event: 11 am – 11 pm
6 hr event: 11 am – 5 pm

vra.rogaine.asn.au

In memory of Tim Dent (written by Derek Morris, event organiser and setter) This event is dedicated to our long time friend and rogainer Tim Dent, who passed away in October 2018. In April 1979, Tim and I competed in different teams at our first rogaine. It was in the Kimbolton State Forest and used two maps. I had planned to ask Tim if he would help to set up an event sometime this year to celebrate our joint 40 year rogaining anniversary. It was not to be. Tim became seriously ill so I tried to put it out of my mind, but the plan would not go away. On the first event, set by a young David Rowlands, we used two orienteering maps of the same area. This present event is not exactly the same format as what David had set, but is pretty close. This is the third event I've set in this forest. Tim vetted the previous two in 1999 and 2001. It was a bit tricky crossing two rogaining courses in the one area and I hope teams pass by only a few checkpoints that they cannot punch (or none at all). I hope this event is both enjoyable and memorable. I'm sure Tim would approve.

Event Details

Thank you for entering the Double Dip 12 or 6 hour Rogaine. The event will take place in the lovely Kimbolton State Forest, which is situated on the western edge of Lake Eppalock. Lake Eppalock is at 40% capacity and rising. The area is well known for its unique flora and fauna, especially on the lake side. The wildflowers are likely to be making an early showing.

And if flowers from the old country are more your thing, Kyneton one of the local towns, is finishing its annual Daffodil Festival on Sunday 15th September <http://www.kynetondaffodilarts.org.au/>. Redesdale, the closest town, has fuel, a cafe and a few surrounding wineries.

The course is in open forest with a few areas of thicker bush and reduced visibility that may slow teams down. The terrain is subtle to gently undulating with an intricate spur gully network that will test teams' navigational abilities, especially at night. Part of the course will have open farmland. Please respect the area: keep away from grazing animals and take care climbing fences. There are a few unmarked open mineshafts and unmarked fences throughout. Please take care. There are also many tracks that are not marked on the map and some marked tracks may not be accurate. Navigate to topographical features rather than tracks.

We acknowledge the Dja Dja Wurrung people who are the traditional owners of the this land and thank them for permission to use their land for this event.

Event Timings

	6/12 hr bush rogaine
Check-in at event admin	From 9 am
Event Briefing (mandatory)	10.45 am
Event Start	11 am
Event Finish	6 hr rogaine: 5 pm 12 hr rogaine: 11 pm
Sunset:	6.13 pm
Moon Rise:	6.09 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, 1:25,000 scale, 10m contours, premarked checkpoints, magnetic north lines 1 km apart, no east west grid lines. The map will be colour digital printed on normal paper.

Safety

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

Biosecurity in Rogaining

The VRA has implemented biosecurity arrangements to ensure we do not accidentally spread diseases and are compliant with new agricultural practices. Please clean your gear especially shoes and vehicles, so that they are free of soil, seed and plant material prior to entering this forest. This is to prevent the spread of weeds and soil born pathogens. Refer to Biosecurity in Rogaining at www.vra.rogaine.asn.au. Pets are strictly forbidden at all rogaines.

Event Cancellation or Recall

In the unlikely event that the rogaïne 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

6hr Competitors

This event will use two maps for the 12 hour competitors. For the 6hr competitors there is only one map which is issued as normal at registration. All Checkpoints on this map are even numbers. If you find an odd number Checkpoint don't punch it. It will be removed from your score if you do punch it.

12hr Competitors

This event will use two maps of the same area named, Dip 1 and Dip 2. Dip 1 has approximately 40 checkpoints, all of them even numbers, and will be the only map six hour competitors receive.

The 12 hour competitors will start on Dip 1. They will only receive Dip 2 upon handing in Dip 1. Teams that finish Dip 1 before 5.00 pm will be able to plan but will have to wait until 5.00 pm to recommence the second map (Dip 2). Only the very fastest teams will come close to completing Dip 1 within 6 hours. Most teams will continue for 7 – 9 hours or more on Dip1 (so take a torch).

Dip 2 contains 25 odd numbered checkpoints, set medium to hard navigation to test night time abilities. Teams who may stumble across odd numbered checkpoints while using Dip 1 must not punch – they will not be credited with the points. 12 hour teams who are using Dip 2 cannot punch even numbered checkpoints – or they will not be credited. Teams can only punch checkpoints on the map they are using at the time. The 12 hour teams do not have to complete Dip 1 to obtain Dip 2. Note that the navigation on Dip 2 is much harder; it is sensible to complete most of Dip 1 before commencing Dip 2. Teams will not be able to commence on the second map until after 5:00 pm.

All 12 hour teams must hand Dip 1 maps to Derek Morris if they are going out on Dip 2. Derek will record your team number on Dip 1 when you hand it in to collect Dip 2 so you can collect your Dip 1 when you finish. Teams will not be given Dip 2 until a team is ready to plan and then go. The intention is that teams should not be able to study Dip 2 while they still have Dip 1. Highlighters and map protection will be supplied. Teams must fill in a Dip 2 flight plan. Competitors go to admin on the completion of the event, to pick up their Dip 1 map.

Hazards to be aware of

- a few unfenced **deep mineshafts** and diggings throughout the course. Take care.
- many unmarked **fences** and remnants of old fences in the southern part of the map.
- **Many vehicles, including off road bikes**, pass through the area on the extensive road and track network.
- **Snakes** could be active.
- **Water** in creeks, watercourses and dams. It is not drinkable. Please bring sufficient water for your personal needs prior to event. Use waterdrops provided for water during the event.

Please take care at all times.

Care of the course

- **Competitors must take their gel wraps and other rubbish with them.** Please do not leave gel wraps or other rubbish in fruit drop boxes: leave peel.
- **There is no smoking on the course or at the Hash House**

Map features

- Some watercourses marked on the map are difficult to identify on the ground.

- **Out of bounds areas** are marked in light pink. Teams must not enter these areas. Teams are able to walk along roads that are marked with white on either side as shown in legend. Teams must not use other roads in these areas.

Private Land

Some landowners have generously given us permission to pass through their land. Please take care of

- Fences – cross at corner posts and hinge posts on gates
- Close all gates
- Avoid grazing stock

Directions to the Event

Kimbolton State Forest on the western edge of Lake Eppalock.

Please note: rogaines are a competition and therefore everyone should follow the specified directions to the event in order to make it a fair and safe competition. Teams who don't follow the given directions are gaining an unfair advantage and cheating.

Coordinates to Twin Rivers Rd are 36 - 5435, 144 - 2935, From this location follow the VRA Sign or follow directions below.

From Melbourne:

Allow approximately 1.6 hours travel time from Melbourne city centre. From Melbourne take the Calder Freeway M79 towards Bendigo. Take the second exit to Kyneton/Heathcote, C326. Turn right at roundabout on to the C236 to Heathcote/Lake Eppalock. Travel 26.7 kms to Redesdale, turning left onto the C327 to Bendigo/Lake Eppalock . Travel 3.5 kms to roundabout and turn right onto Lyell Rd C327 and travel 11.4 kms. Turn right onto Twin Rivers Rd at VRA sign. Travel 3.9 kms to the next VRA sign and then follow VRA signs to Hash House site. Park as directed. Please slow down and take care when driving to Hash House site and park as directed. Parking will be tight.

When leaving the course, please leave the way you were directed in . This is to ensure the safety of competitors who may still be on the course.

From Ballarat

Travel time approximately 1.2 hours.

Take the Midland Highway A300 to Castlemaine. Turn right onto B180 Pyrenees Hwy to Chewton. Just past Chewton turn left into Golden Point Rd. As you approach the Calder Freeway turn left onto Harmony Way, then right onto Faraday - Sutton Grange Rd. Continue until a large roundabout. Turn left into Lyell Rd and follow directions as per Melbourne.

From Bendigo

Travel east on the Bendigo Redesdale Rd C327 through Strathfieldsaye and continue approximately 20 km. Turn left onto Twin Rivers Rd VRA sign and travel 3.9 kms to VRA sign and follow directions to Hash House as per Melbourne. Park as directed. Parking is tight . Please drive carefully in this area, especially when following VRA signs.

Hash House

Lunch is NOT provided. Some food available at the Hash House from 3.00 pm with the main fare available from 4:30 pm and will remain open until the 30 minutes after the finish of the 12 hr event.

A basic breakfast will be provided for 12hr competitors and volunteers who stay overnight and help us pack up in the morning.

Breakfast will be available from 8.00 – 8.30 am.

Car Parking

Parking around the Hash House is quite tight, so car pooling is highly recommended. Please follow the directions of the parking attendants at the Hash House site, particularly if it is wet.

Camping and other facilities

There is some room for bush camping at the Hash House site at the south and east end of the Hash House site. Water and “Porta-Loo” style portable toilets will be provided.

Mandatory Gear

- compass, whistle (per person)
- Headlamp for 12 hour competitors. They must take a headlamp with them when leaving at 11 am on Dip 1
- 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).
- Mobile phone

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 leave gel wraps or other rubbish in the fruit boxes: leave peel
- 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: Kelly Lane 0405 303 031

Course: Derek Morris 0435 051 396

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.				