



Victorian  
Rogaining  
Association  
Inc.

# CBDGaine 2020

## FINAL INSTRUCTIONS

Sunday 1<sup>st</sup> March – 4 hour (wave starts from 8am, last finish 2pm)

vra.rogaine.asn.au

### Event HH Location

Docklands Park, corner of Bourke St and Navigator Drive, Docklands.

Lat Long Coordinates: -37.819340, 144.945906

### Event Details

Thank you for entering the CBDGaine 2020. The event will start at the **Docklands Park in Docklands, Melbourne**, on the corner of Bourke St and Navigator Drive. Please note that there is almost no parking in the vicinity of the hash house but it is an easy walk from Southern Cross Station. The 70 and 75 trams run to within 250 metres of the hash house.

Starts will be in waves every 15 minutes from 8am until 10am. Register upon arrival to receive your map and score sheet. Once you have planned and are ready to start you can join the next wave where you will receive a briefing (10 minutes before the start) and the questions. Start and finish times will be recorded for each team to calculate total time on course. Teams who are on course for more than 4 hours will lose 30 points per minute.

Please do not share answers with teams who haven't visited a check point location. Questions and answers have been written to show you have been to the location- not to trick you! Assisting other teams and receiving assistance to find an answer at a location is very much allowed.

There is no penalty for incorrect answers however teams with a large number of incorrect answers may be disqualified as scores should only be recorded for check points visited.

The city is constantly changing, even between setting and checking some checkpoints changed or were obstructed. Do the best you can to visit and answer a question. If you cannot find the answer, note the checkpoint number (take a photo on your phone if you have one) and inform the event coordinator at the end. If other teams also report the checkpoint as missing then you get the points.

### Event Timings

	4 hour foot event
Check-in at event admin	From 7am
Event Briefing ( <b>mandatory</b> )	10 min before each wave
Event Start	From 8-10, every 15 minutes
Event Finish	4 hours after start, last finish 2pm
Sunset and Sunrise Times:	Sunrise 7.05am
Moon Rise and Set Times:	You really shouldn't be depending on the moon for this event

### Team Numbers

The most up to date Team list is available by logging into the entry system. through the VRA website (<https://vra.rogaine.asn.au/>). 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.

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## Map

The map is sourced from Melways 2A-2L, A2 size, 1:10,000 scale, premarked with Checkpoints, colour. The map grid is aligned to Magnetic North.

## Safety

There is no safety vehicle for this event. There is mobile phone coverage over the entire course and several hospitals on the map. If you have a first aid emergency please contact 000. We would appreciate it if you let the event coordinators know as well but we'll call you when you don't return.

## 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 event coordinators will contact each team by mobile phone. Rogainers should make their way out of any danger when safe to do so.

## Directions to the Event

The events is in the centre of Melbourne. Please do not drive to the event. There is ample public transport close to the hash house.

From Southern Cross Station (7 minute walk, 600 metres). Walk west on Collins Street for 500 metres, Turn right onto Harbour Esplanade walk 100 metres. The route 11, 35, 48, 70 and 75 tram stops are all very close by.

## Hash House

**Food and water are NOT provided.** There are public toilets and a playground in docklands park including access to drinking water. Please take all of your rubbish with you.

## Car Parking

Parking around the Hash House is non-existent, please use public transport or a bicycle.

## Mandatory Gear

There is no mandatory safety gear for this event. Food and other supplies can be purchased from café's and supermarkets during the event. You will need a pen or pencil to record your answers.

## Other Gear

Items to bring include: these instructions and completed **Indemnity forms, first aid kit**, 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, pens, highlighter pens, scissors, and spare warm clothing. Some teams have found a clip board to be useful.

## Other Important Information

- Do not enter any land shown on the map as out of bounds
- Please use your common sense when choosing whether to enter a property or other area. There is no requirement for you to enter prohibited locations, construction sites or anything other than publicly accessible land
- Do not harm or remove any animals, birds or plants
- All rubbish must be returned deposited in a rubbish bin or taken with you

Teams will lose 30 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 (<https://vra.rogaine.asn.au/>).

### Enquiries:

Course: Tom Lothian – 0409 991 291

Admin: Phil Giddings -- 0427 012 863

**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.				