



## **Twilight in the Trees**

### **3-hour Rogaine**

### **4-7pm, Saturday 4 December 2021**

#### **Final Instructions**

Thank you for entering the twilight in the trees rogaine. Team leaders, make sure that everyone on your team reads this whole document carefully.

#### **IMPORTANT**

**There will be no post-event catering to help maintain a COVID-safe event. Hopefully next year we get the 'hash' back into the 'Hash House'! But feel free to bring your own picnic to have post-event.**

**Parking is in the National Rock Garden Carpark. Overflow parking is through the locked gate and parking along the verge of the unused Barranjoey Drive. Please comply with the traffic warden's directions and give way to all pedestrians and cyclists on the cycle path.**

#### **COVID-19 Measures**

If you have recently returned from overseas, or if you have travelled from a known COVID-19 'hotspot' without a designated period of quarantine/isolation; or if you are awaiting the result of a COVID-19 test; or if you are feeling unwell, or have flu-like symptoms, please stay home.

We will be using the **Check In CBR app** for this event. Posters will be displayed at the Hash House. Please ensure you have checked in.

We have tried to make this event as contact-free as possible. There will be no catering post-event or prize ceremony, and organisers will also be handing out/collecting maps and tags with as few touches as possible. Please drop your team-numbered flight plan directly into the box provided. Touch points at the toilets will be cleaned regularly.

Please maintain a safe 1.5m distance from other teams at all times - including while doing your route planning, at the briefings, at the start and finish, and when approaching controls.

We have made the navlight punches hands-free by strapping them to the same feature as the control flag, mounted perpendicular to the feature and ready to use without needing to touch it with your hands - just present your navlight wrist tag to the reader so the navlight flashes in the usual way.

## Indemnity form

Please bring to the event a printed and completed indemnity form located [here](#). Check the team list for the event to ensure that all details for your team including category are correct. If incorrect, please contact Benita Sommerville (bcsomm@yahoo.com) prior to the event.

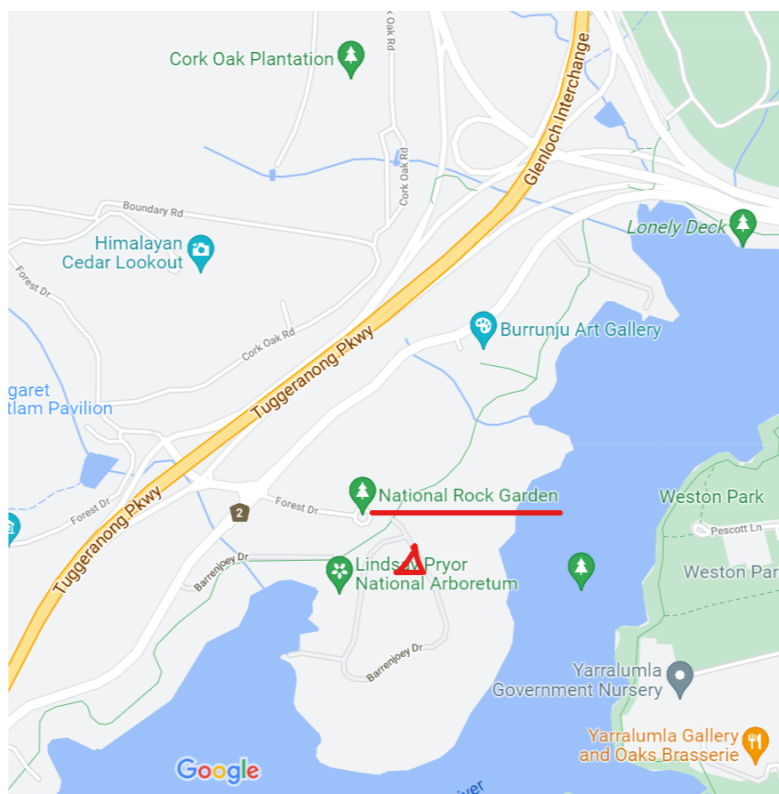
Ensure that all team members sign a separate indemnity form. Parents or guardians must sign for people under 18. Also provide registration number(s) of your car(s) at the Hash House.

Present your completed indemnity forms at the registration desk.

**Medical advice:** All competitors should consider advising their partner of any pre-existing medical conditions (such as diabetes, asthma, epilepsy, susceptibility to anaphylaxis) that may require first-aid action on course. This should include a description of the symptoms, the required first-aid action, and the location in their bag of any medication (such as sugar, ventolin, epi-pen, anti-histamines).

## How to Get There

The Hash House is located at the Rock Garden car park – <https://goo.gl/maps/KTHbtNUDBQbaXWiV8>



**From Belconnen**, travel along Caswell Drive or William Hovell Drive towards Civic. At the Glenloch Interchange, take the Tuggeranong Parkway exit towards Woden/Tuggeranong. Very shortly after starting on the Parkway, take the Arboretum exit to the left. At the traffic lights turn left onto Forest Drive. Proceed straight through the next set of traffic lights to the Rock Garden Carpark, or if full, proceed through the manned gate and park on the verge of Barranjoey Drive.

**From Civic**, head towards Belconnen along Parks Way. At the Glenloch Interchange, take the Tuggeranong Parkway exit towards Woden/Tuggeranong. Very shortly after starting on the Parkway, take the Arboretum exit to the left. At the traffic lights turn left onto Forest Drive. Proceed straight through the next set of traffic lights to the Rock Garden Carpark, or if full, proceed through the manned gate and park on the verge of Barranjoey Drive.

**From Tuggeranong/Woden**, travel north along the Tuggeranong Parkway towards Civic and exit left to the Arboretum. At the crossroad, turn right onto Forest Drive (drive under the Parkway). Proceed straight through two sets of traffic lights. Park in the Rock Garden Carpark, or if full, proceed through the manned gate and park on the verge of Barranjoey Drive.

Alternatively, head north around the lake along Lady Denman Drive. At the traffic lights, turn right onto Forest Drive. Proceed to National Rock Garden.

## **Registration, Map Availability, Start Times**

Registration will open at 2:30pm. The mass start will be at 4:00pm and finish at 7:00pm.

To register, one person only per team to register and collect maps. That person will need to:

- bring a first aid kit, so that it can be checked; see below for what it must contain;
- bring one completed indemnity form per team member; and
- check in via the Check In CBR app for all team members.

Electronic scoring: As this event is using the Navlight system of scoring, two tags per team will be issued with a wristband and tag upon registration.

You will also be given pre-marked maps, with control descriptions on the reverse side, course setter's notes and an A4 copy of the map to be used as a flight plan. We recommend that you arrive at least an hour prior to when you want to start the event to allow enough time for final preparations and route planning. Each team must mark their intended route on the flight plan and hand it in before starting.

## **Map and Course Details**

There is one A4 sized map at 1:20,000 with 10 m contour interval. Magnetic north lines are marked on the map. Out of bounds areas are marked in pink shading. Black Mountain and Aranda Bushland contain mainly native bush. There are large grassy areas in the Arboretum and around the lake (the grass may be very long). The altitude ranges from the lake (550 m) to 700 m (highest control). Gaiters are recommended for keeping scratchy bushes at bay, grass seed out of the shoes and socks and as snake protection.

## **Water**

Please bring enough water for Hash House use and for the 3 hours on the course. There are no water drops. We do not recommend drinking any water found on course.

## **Post-event Catering**

There will be no post-event catering. Many apologies! We suggest bringing your own picnic hamper to have after the event.

## **Please Bring to the Event**

- completed indemnity form
- Contact or map case optional. The map will be printed on Teslin waterproof paper with control descriptions on reverse side.
- Coloured pens, pencils, scissors, highlighter pen, table and chairs or board for map preparation. The marquee will not be available for planning.
- Some food for before and/or during the event.
- Water for your use at the Hash House and for the event with (there is no running water on site and there are no water drops).
- Portaloo will be at the Hash House. You may like to bring your own hand sanitiser.

## Carry on Course

### Mandatory Equipment

- Whistle (per person)
- Basic first aid kit (that includes 2 compression bandages and 1 wound dressing) (per team)
- Headtorch (per team)

### Other items we recommend that you carry

- food for the event
- water for 3 hours
- compass
- gaiters – recommended for scrub, long grass and snake-bite protection
- watch (as you must not use your phone)
- pen/pencil
- Mobile phone for emergencies (this must be kept in the bottom of your bag)
- Space blanket (per person)
- Spare batteries for your headtorch
- Sunscreen, sun-hat, sunglasses
- Adequate warm clothes for the conditions (noting conditions can change quickly), for example raincoat, warm jacket, thermals if the forecast is wet or cold.

## Mobile Phone Coverage

Mobile phone coverage is good across the course. The Hash House number will be 0457 363 495 (and is printed on the map). In an emergency please call 000. If you don't already have it, download the "Emergency Plus" app onto your phone. It automatically gives you your GPS location which you can tell emergency services.

## Restrictions

No pets; no alcohol; no firearms: no fires.

No altimeters, pedometers or GPS-capable devices such as watches and smartphones. Smartphones may be carried for emergency use only - they cannot be used for time-keeping or photography.

You must not leave any litter on the course or at the HH.

## Summary of Event Rules and Scoring

The only navigational aids permitted are the maps we provide together with your compasses.

All team members must remain within earshot of each other at all times. All members must simultaneously get to within 5m of each control point. All team members must punch their Navlight tags at each control to score points. If a Navlight punch has failed, take a photograph of your team at the flag as you won't be able to see the Navlight code in the locking cases.

Competitors must not enter out-of-bounds areas. Please read the course setters notes.

The organisers may disqualify a team if it acts against these rules or against the spirit of the event.

A team can retire a member at the hash house. This will finish that team's event. A new team can form but it must start with zero score.

Late Penalty: 10 points per minute (or part) late. Disqualification if more than 30 minutes late.

If teams score equal points then the first team home will have a higher rank.

## Presentation and Awards

No printed results will be available on the day. We will put up the results on the website.

For prize winners, certificates will be available.

## Event volunteers

If you have queries contact the Event Contact listed below. Thank you to our volunteers.

Event Contact and Coordinator	Pre-Event: Benita Sommerville, <a href="mailto:bcsumm@yahoo.com">bcsumm@yahoo.com</a> , 0409 809 689 (Whatsapp only) At Event: Julie Quinn, 0421 021 693
Setters and Veters	Jean Douglass, Ron Simpson
First Aid	Julie Quinn
General Help	Keira Doherty and Tom Banks, Pat Miethke, Jean Douglass, Ron Simpson
Control Collectors	Parissa Poulis. Let us know if you can help!