

TAKE A BREATHER CHARITY CHALLENGE 26 JUNE 2010

FINAL INSTRUCTIONS

Take a Breather at Bundaleer,
Bundaleer Forest, SA
6 hr Rogaine & 4 hr Cyclogaine

Saturday 26th June, 2010

**Maps issued: 9:00am, Rogaine Start: 11:00am,
Cyclogaine Start: 12 noon.**

LOCATION

The event is being held in Bundaleer Forest, approximately 195 km or 2.5 hours driving time from Adelaide.

Suggested route: From Adelaide, take Main North Rd towards Gawler. Proceed onto the Gawler Bypass and take the exit to Clare. (At the time of writing, there are significant roadworks along the Gawler Bypass. Traffic is single lane and restricted to 60 km/hr. The Clare turn-off is a little difficult to see.) Proceed through Tarlee, Auburn and Clare. About 8 km beyond Clare, veer right towards Spalding. In Spalding, take the main road to Jamestown – this is a left turn which is easy to miss, especially in the dark. The entrance to Bundaleer Forest is 24km north of Spalding, 10km south of Jamestown and will be marked with a Rogaine sign.

The Hash House and camping area is at the Bundaleer Sporting complex, about 500m along the road into the forest on the left.

If travelling on Friday night, we suggest leaving with a full tank of fuel because petrol stations close very early beyond Gawler. Take-away food should be available in Clare. On Saturday morning, fuel and food availability won't be a problem. Clare has numerous coffee shops and bakeries.

CAMPING

The main camping area is around the boundary of the oval. Camping will be available on both Friday and Saturday nights. There are flushing toilets at the sporting complex and at the adjacent picnic area. Camping is not permitted in the picnic area.

Competitors will need to bring enough water for their camping needs. There is tap water at the site, but it is bore water and the locals don't recommend drinking it. Please take all your rubbish home with you after the event.

EVENT PROCEDURES

6 Hour Rogaine

0900 - Maps issued
1045 - Final Briefing
1100 - Event Start
1700 - Event Finish

4 Hr Cyclogaine

0900 - Maps issued
1145 - Final Briefing
1200 - Event Start
1600 - Event Finish

Jamestown
2.5 hours by car
Bundaleer Forest



Please bring safety equipment (**whistle, emergency foil blanket, pen or pencil and 1 roller bandage per person**) to the Admin desk. These items must be seen before maps will be issued (they will be for sale at Admin on the day). An indemnity form (attached) signed by all team members is also required before maps will be issued.

Penalties for both events are 10 points per minute after event finish time, with disqualification after 30 minutes.

Sunset on Saturday is at 1717, sunrise on Sunday is at 0720. Saturday has a full moon.

If you need an introduction to rogaining, this will be provided by the setters from 0900. Please see the person with the "Ask Me" vest.

HASH HOUSE

The hash house will operate on Saturday from 1400 for tea/coffee/cordial, with full service commencing at 1530. Soup, BBQ, salads, cake and wine will be provided.

Breakfast will be provided on Sunday morning from 0700. No food will be provided Friday PM or Saturday AM.

MAP and TERRAIN

Map is A3, 1:33,333 (3 cm = 1 km). The map is printed on waterproof paper, so it shouldn't be necessary to use Contact.

The course is wholly within the Bundaleer Forest Reserve and consists of areas of pine forest, native forest and cleared land. The forested areas are generally very open. Some parts of the course are quite hilly, particularly the western side.

There are many tracks, considerably more than are shown on the map, though many are very faint and are covered with grass and the occasional fallen tree. Most controls are quite close to tracks, even though it may not appear that way on the map. The challenge will be to find the right track!

Please leave gates as you find them. There are no stiles in the forest boundary, so bikes will need to be lifted over the boundary fence. Once in the forest reserve, gates are not locked. *Continued on next page >>>*

TAKE A BREATH

SAFETY

Please carry personal first aid kits, a whistle, thermals and an emergency foil blanket. A torch is highly recommended in case you spend more time in the forest than intended. It could be cold and wet, so watch the weather forecasts and carry appropriate wet weather gear if necessary.

There is Optus phone coverage (from Jamestown) at the higher points on the course. There is no Vodafone coverage. None of the setting team had Telstra phones, but coverage is very likely from the higher points.

OUT OF BOUNDS AREAS and RULES

The south western section of the forest is out of bounds due to logging operations. The golf course in the northern section of the map is out of bounds. There is a small area of privately owned land with a B&B and surrounding orchard about 2 – 3 km west of the hash house, which is also out of bounds. These areas will be marked on maps.

Please read the Rules of Rogaining from the Australian Rogaining Association website – <http://rogaine.asn.au/Rules-and-Standards/rules.html>

In particular:

- All members of the team must approach within 5 metres of the checkpoint. In the cyclogaine, one team member may remain with the bikes if necessary.
- Any team hearing a distress signal must abandon their course and give help in any way needed.

EQUIPMENT CHECKLIST

- General camping equipment
- Eating utensils for Hash House (plate, bowl, mug, knife, spoon, fork & wine glass)
- Water for your personal use before and after the event
- Table, chair(s)
- A selection of warm & waterproof clothing
- Planning items: paper, pens, hi-lighter, scissors, map measurer
- Compass, head torch, watch, pencil
- Warm clothing, thermal top & bottom, waterproof jacket & pants
- Walking boots, gaiters, sunscreen, hat, daypack or bum-bag
- Energy food
- Water bottles, at least 2 litres per person
- Safety Equipment: First Aid Kit, whistle, emergency foil blanket, blister repair kit, roller bandage, pain killers

LUNAR ECLIPSE

For those with an interest in Astronomy, on Saturday night there will be a partial eclipse of the moon. The eclipse will begin at 7.47pm, with maximum eclipse occurring at 9.08pm. At this time, 54% of the moon's diameter will be within the Earth's umbral shadow.

A REMINDER OF SOME ROGAINING RULES:

1. No team splitting – all team members must stay within earshot of each other.
2. Everyone to controls – all team members must get within 5m of a control. Please refrain from resting within 100m of control.
3. Only use the map, a compass, a watch and your skill - no GPS, pedometer, altimeter, computer or similar are allowed.
4. Safety equipment – you must carry a first aid kit, bandages, whistle & foil blanket.
5. Intention sheets – you must complete these at controls.
6. Please respect the properties we visit – do not litter or smoke on the course and leave gates as you found them.
7. Assist others in need – you must abandon your course and render assistance to another team if they are in trouble.

A full copy of the rules of rogaining is available from the Australian Rogaining website - rogaine.asn.au

Refreshments have been kindly supplied and donated by:



MORAMBRO CREEK



Event Supporters



south australian
ROGAINING
ASSOCIATION



We have the energy.





Team Number

Team Name

Indemnity Form

Event Registration Refund Policy. Withdrawal prior to the late date (16th June 2010), or any time for medical or other urgent reason: Full refund. Withdrawal after 16th June 2010 and prior to the event day: Refund of event fee less late fee of \$10.

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 South Australian Rogaining Association and the Asthma Foundation of SA 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 the event, they do so at their own risk. The participant binds themselves, their executors, administrators, heirs, successors and assigns as follows:

a) The participant agrees to discharge and release the South Australian Rogaining Association, and the Asthma Foundation of SA, their 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.

b) 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.

In particular, the participant agrees to indemnify the Association and the Foundation 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.

I understand if our team withdraws from the event the teams funds raised is not-refundable.

I understand that during the event or related activities I may be photographed or filmed. I agree to allow this photograph, video or film likeness to be used for any legitimate purpose by the SA Rogaining Association or the Asthma Foundation of SA, the sponsors and or assigns.

I agree that I will abide by the event rules and I understand that entry may be voided if my actions or behaviour are deemed inappropriate by the event organisers. Event organisers reserve the right to reject or remove any entry at any point. I acknowledge the risks of rogaining and agree to participate on the conditions as described above.

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 and the Asthma Foundation of SA 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 and the Asthma Foundation of South Australia for any injury or loss arising from the above named 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.

PLEASE PRINT (for participants under 18 years, parent or guardian to sign)

1. Name Of ParticipantSignature.....Date.....
2. Name Of ParticipantSignature.....Date.....
3. Name Of ParticipantSignature.....Date.....
4. Name Of ParticipantSignature.....Date.....
5. Name Of ParticipantSignature.....Date.....