

Instructions for competitors

Heights of Winter 2019

“74 Shades of Grey”

12 and 6 hour Rogaines
Saturday 15th June 2019

Dear Team,

Thank you for your entry.

Please ensure team members are familiar with all information below. It is also accessible at <http://www.rogaine.org.nz>. We hope you enjoy Heights of Winter.

Getting to the Event

Registration and the post-event meal will be in the “Tin Shed”, the hall in Amberley Domain on Douglas Road, Amberley.

The start/finish and briefing is on Onepunga Road. From the domain turn left into Douglas Road. Turn right into Mount Brown Road and left into Onepunga Road at Broomfield School. The start is 3km along Onepunga Road. Allow 10 minutes to drive to the start.

Registration

Please get your team number from the website and complete the attached indemnity form before you arrive at registration as it will help speed up your registration.

At registration your team will be issued with:

- A waterproof A3 event map with checkpoint descriptions and course notes for each team member
- A flight plan map
Everyone must complete the flight plan before the event can start. Hand it in before you leave the registration hall.
Enter your team number and plot your intended route on the flight plan map, including direction of travel. You may subsequently modify your route according to conditions as you progress, but the flight plan will give us an idea of where to start looking if you are in trouble.
- Electronic wrist-tags – two per team. These must be worn on the wrist with the security band provided. One to be worn by each gender in mixed teams. You must not take the wrist tags off, they will be removed for you at the finish.

Leave the registration hall at least half an hour before the start of your event and make sure you hand in your flight plan before you leave.

Start

All members of your team must attend the event briefing. The two wearing a wrist-tag must register their wrist-tag on one of the BRIEF Punches at the briefing area. An organiser may check the security of your Navlight wrist strap. For details on using the NavLight Electronic Scoring System see the homepage of the website www.rogaine.org.nz.

Finish

As soon as you finish, register your wrist-tag on any one of several FINISH Punches, assemble your team, and then present yourselves to the computer desk to have your wrist-tags removed by an

organiser and scored. (Competitors must NOT remove wrist-tags themselves). Depending on the queue you will be given a printout immediately or you can pick it up later. If you have any disagreement with the results, see the event organiser, not the scoring team. Scores will be available on the day and will be published on <http://www.rogaine.org.nz> as soon as possible afterwards.

Your event will close at 9pm or 5pm by the event clock. Aim to finish on time as you will be penalised 10 points per minute or part minute late and if you are over 30 minutes late you lose all your points.

Event chronology

	12hr	6hr
REGISTRATION OPENS Route planning and preparation	7 am	9.30am
Latest departure from registration hall	8.30am	10.30m
Briefing	8.45am	10.45am
START	9am	11am
FINISH	9pm	5pm
RESULTS	ASAP after 9.30pm	ASAP after 5.30pm
Post-event meal at the Amberley Domain hall <ul style="list-style-type: none"> • For 12hr competitors, meal available from about 8.30 pm. • For 6hr competitors, soup and bread roll available from about 4.30 pm. 		

Out of Bounds

Keep out of the areas marked as out of bounds. Keep away from roads marked as closed to the race. There are lifestyle blocks along many of the roads. Please keep out of these small blocks even if they are not marked as out of bounds on the map.

Any team found using out of bounds areas or roads that are marked as closed will be disqualified and asked to leave the event. This includes travel along the verges of closed roads.

What to bring

Essential clothing and safety equipment is listed under 'Safety Sheet'. You will also need

- a range of marker pens, pencils and highlighters, pins and string, and ruler, for planning and measuring your route before you start
- eating utensils for the meal after the event (cutlery, plate, mug)
- optional - folding outdoor seats, and maybe a folding camp table for course planning

Navigation devices such as altimeters or GPS, including altimeters within watches and GPS within phones, are **not allowed** to be used.

Food and drink.

Carry enough for a long day in the field. You may return to the start-finish at any time for a rest, or a drink. Water refill drops on the course are marked on the map. Please conserve this water when filling bottles. We discourage you from drawing water from streams.

Event procedure

We recommend you spend at least one hour (12 hour event) or 45 minutes (6 hour event) planning your route, making the day more enjoyable and rewarding. There will be space in the hall for planning, or you may sit in your car.

You should plan your route carefully, aiming to challenge your map reading and navigation skills but staying within the safe limits set by the terrain and weather, and your experience and fitness. If your team lacks confidence in finding its way in moderate, untracked tramping terrain, you might confine your route to the more easily accessible check points.

Your team may visit any number of check points and in any order. Your aim is to maximise your 'score'. The checkpoints each have a unique number and the score value is the first digit followed by a zero. Thus checkpoint number 23 has a score of 20 points and 91 a score of 90 points. Checkpoints numbered 100 or above are worth 100 points.

All teams start together. Concentrate on your own team plan. On the course do not try to follow other teams, or get distracted by them as they may have set a different route.

Tracks, fences and shelter belts may exist which are not marked on the map, and others are mapped that no longer exist. Tracks, fences and shelter belts may serve as useful navigational aids, but do not assume their detailed accuracy.

There is a distinction between "the" and "a" in describing checkpoint locations, e.g., "The lone pine" means it is marked as a tree on the map, whereas "A lone pine" means that one exists, but it isn't marked on the map.

Team members must always stay within verbal contact of each other on the course and must simultaneously approach each checkpoint visited. At each checkpoint there is an orange/white flag tied to a bush or post etc and an electronic punch. These should be visible from at least 10 meters away, depending on your approach. As they have been placed in the field up to two weeks prior, we cannot be certain that all are still intact. If a checkpoint is missing you must be able to describe its presumed location to the score keepers to be credited with the points. A photo of the location may aid in convincing the score keepers that you were at the correct location.

When you visit a checkpoint, 'punch' your tag until you see a red flashing light (takes up to 3 seconds). Both wrist tags assigned to a team must record a visit to a checkpoint. Some checkpoints may have two punches. Use either punch, but if the light doesn't flash use the other. If neither punch flashes, write down the 3-letter code visible inside one of them. (See the top of the homepage of the website www.rogaine.org.nz for further details on 'NavLight').

Safety Sheet - Heights of Winter 12 and 6 hour Rogaines - Saturday 15^h June 2019

Cancellation

This event will be cancelled only if conditions are extreme. The organisers reserve the right to shorten the event by time or geography for safety or other reasons.

Compulsory clothes and equipment:

Per team member:	thermal top & trousers	thermal hat and gloves
	shower proof/windproof coat	survival bag/sheet
	whistle	food
	torch/head torch	water bottle
	suitable, robust, well-fitting footwear with well-treaded soles	

Per team:	first aid kit	at least one compass
	watch	pencil or fine spirit marker
	mobile phone	

Your gear is your own responsibility. There will be no compulsory gear check but the organisers reserve the right to do checks on a random or selective basis. This is a mid-winter event, at which weather conditions may be bad. You must be suitably equipped to start.

We strongly recommend you also carry:

a fully rainproof coat, second layer thermal top, long gaiters, showerproof over trousers, a high-visibility reflective garment to warn traffic after dusk, a compass each, watch each.

Mobile phone coverage is reasonably good across the whole course, but will be patchy in gullies. Organisers can be reached on the numbers printed on the map. You should carry a mobile phone for safety and not for navigation.

Safety is a top priority. Organisers and participants (you) have responsibilities for safety, including:

- being aware of and meeting all safety requirements specified by event organisers in writing, on the event web site, or at verbal briefings,
- paying attention at the race briefing,
- carrying all compulsory protective clothing and other safety equipment,
- advising your team member(s) of any medical conditions you have, your general level of fitness and other factors that may affect you adversely during the event,
- staying together as a team at all times, providing mutual support, and helping any other team you find in difficulties,
- depositing a ‘flight plan’ map showing your intended course at registration before you start,
- recording your team’s visit to each checkpoint with the electronic punch,
- advising organisers and returning your tags if you withdraw from the event, or when you finish. This is our safety check that you are no longer on the course and **IS COMPULSORY**,
- being highly conscious of time and avoiding a late return – being late results in a hefty points penalty as well as raising safety concerns,
- if you know you are going to be more than half an hour late phone the organisers so that we know not to start a search or we can arrange to pick you up
- being prepared to modify your plans to be more conservative if safety conditions dictate this,
- monitoring team and individual progress and fitness and modifying plans as required,

- looking out for hazards, such as:
 1. **Hypothermia.** Wind, water and cold temperatures can lead to exposure or hypothermia. Early symptoms are subtle (clumsiness, lethargy, slurred speech). Be prepared to seek shelter or to call it a day if conditions are severe, or if any of your team is becoming exhausted. Roads will be patrolled from time to time through the day. In severe weather, keep off high, exposed ridges.
 2. **Dehydration.** Drink lots of water. Water drops are marked on the map. (We recommend you don't drink from local streams).
 3. **Streams.** Do not cross streams if they are heavily swollen.
 4. **Cliffs, slippery rocks, loose rocks, incised creeks, gullies, slippery grass, hidden obstacles such as logs, loose fencing wire,** etc. may be present throughout the event area.
 5. **Collapsed tunnels or 'under-runners',** especially on farm tracks
 6. **Fog/low cloud.** If in fog, orientate the map and yourself with a compass. If in doubt, don't climb into cloud, and descend out of it as soon as possible.
 7. **Road Hazard:** There will be light traffic on roads. No roads are closed during the event.
 8. The **Road Code applies at all times:** keep to the side of the road and be alert to traffic. We recommend you wear hi-viz clothing from dusk.
 9. **Hunters:** unlikely on this course, but be alert – if in doubt be visible and vocal.
 10. **Deer fences** (1.8 m netting). Please cross at corners, main posts, or gates. Paddocks that contain farmed deer are out of bounds and may be identified as such on the map.
 11. **Electric fences.** Usually the top wire, but sometimes a lower wire, may be hot (look for insulators on the post). Some fences have outriggers that may be hot. Treat all as ON. Climb through lower wires, or use a coat, pack or map for insulation.
 12. **Stock.** There is stock over the whole course. They are generally not a hazard, but be alert and avoid crowding any stock into a corner.

In the event of significant injury or exhaustion, make the injured person warm and comfortable; arrange, if possible, to leave someone with the person; note your exact location on the map; seek help via the nearest road. Emergency signal – repeated (6 or more) short blasts on whistle at about 1 second intervals, repeated each 1 to 5 minutes. Repeat if you hear one long blast. If you become totally disorientated, travel down slope to sheltered ground, preferably to a road. If you need assistance from the organisers call the emergency contact printed on the map. There is a doctor based at the start/finish area throughout the event. If it is a 111 situation, call 111 and then call the organisers to keep them informed.

IT IS MID WINTER – BE PREPARED

We can give no assurance that teams unable to make their own way to the finish, or a road, can be assisted until after daybreak on Sunday.

Environmental and farm care

Rogaining is an environmentally & socially friendly activity – please reinforce this ethic.

- Respect farm stock, fences and other facilities, and the right of landowners to operate their business, and lifestyle.
- **LEAVE GATES AS YOU FIND THEM.** They will usually be shut. Shut them if you have any doubt.
- Cross fences, where you must, at a strainer post, or climb through. Do not spring off the top wire.
- Report any damage or distress to stock to the organizers.

- Protect plants and animals
- Remove rubbish – more importantly, don't create it in the first place
- Bury toilet waste - better still, don't create it in the field - use the toilets provided at the event centre where possible.
- Keep streams clean
- **Fire risk:** Any 'fire tools' are prohibited.
- Dogs are not allowed on the course.

This event is wholly on private land and we gratefully thank the farming families who have welcomed us for this event. Please ensure the trust they have placed in us is justified.

Thank you, NZRA

BASIC INFORMATION

Rules in brief

- Navigate with compass and rogain event map only. Use of GPS and/or altimeter units is not allowed, including those on watches and cellphones. Teams caught using GPS or altimeters will be disqualified.
- Travel only on foot. Team members are to stay within verbal contact of each other at all times.
- When visiting the START/FINISH, all team members must report to the finish area and register a FINISH punch on their wrist tags. You may still go out again later.
- If a competitor wishes to withdraw, the entire team must return to the START/FINISH and notify the organisers. The team retains current points score. Teams of one are not permitted.
- Event finishes at 9pm (12 hr) or 5pm (6 hr); or as specified at the start.
- When your team finishes, all members must report to the finish area and register a FINISH punch on their wrist tags, then **IMMEDIATELY** report to the scoring table to have your wrist-tags removed and scored.

Procedure at each checkpoint

- All team members must simultaneously approach to within 5 metres of each checkpoint visited. Failure to do so places your team at risk of disqualification.
- All team members with a wrist tag must use the electronic punch to register on their wrist-tags. If a punch fails to operate record its internal 3-letter code (visible through the clear plastic) to verify your visit, and after you finish and have returned your tags inform the event organiser.
- If a check point is missing, be able to describe the local setting in detail to the organiser at the finish to verify your visit.

Points value, penalty points

- Checkpoints 20 to 29 are worth 20 points, 30 to 39 are worth 30 points, etc. Checkpoints 100 upward are worth 100 points
- 10 points penalty for each minute or part minute late. 30 minutes late - all points lost

Safety

- Carry and wear suitable clothing and equipment
- Team to remain together at all times
- Be alert to exhaustion, dehydration, sun, and/or hypothermia
- Help other teams having problems
- If your team withdraws from the event you **must report to the organisers at the START/FINISH**. Otherwise you will be reported overdue and a search will be mounted.
- **Take extreme care on roads, which remain open to traffic.**

Emergencies

- Emergency signal: repeated, short whistle blasts
- Repeat if you hear one long blast

Serious injury

- Make the injured person warm and comfortable
- Leave someone with the injured person if there are more than two in the team.
- Note your exact location on map
- Call the event organisers using the number sprinted on the map
- Seek help via nearest safe route or road and return to base

Farm/land courtesy

- Keep clear of buildings, machinery
- Out of bounds means **OUT OF BOUNDS**
- No **rubbish**, no **dogs**, no **fires**, no **firearms**,
- Report any damage, etc. to event organisers

TEAM NUMBER: _____

Heights of Winter 2019

Indemnity and Emergency Contact

Teams will not be registered until the following information has been completed and presented at the administration desk.

Indemnity (signed by each member of a team)

We, the undersigned, acknowledge that the Event Organisers, NZ Rogaining Association, and the owners of the land used for this event accept no liability for any loss, damage or injury to ourselves (including vehicles at the event venue) resulting from our participation in this event. We understand that this event is organised and staffed by volunteers. We enter this event at our own risk and acknowledge that there may be risks associated with the sport of Rogaining, and that we are essentially responsible for our own safety. We will comply with safety requirements set out in organiser's briefings, and agree to abide by the New Zealand Rogaining Association Code of Conduct as on the website, www.rogaine.org.nz.

Print Name	Signature ¹	Date	Date of birth

Emergency Contact for each member of your team:

Your Name and Car Registration Number ²	Emergency Contact ³ (not a competitor) Name, Full Address, Phone No.	Allergies or Medical Condition ⁴

NOTES:

1. A parent or guardian must sign the indemnity form on behalf of a competitor under the age of 18.
2. Registration number of the car you travelled in and parked at the event centre or write "Bus" if you travelled by bus.
3. Supply the name, address and telephone number of a person to contact in the event of an emergency. This person must not be a competitor in the event.
4. At your discretion you may supply details of medical conditions or allergies that might be of assistance to First Aid staff in the event of an accident or emergency.