



1. SAFETY

1.1 SAFETY IN COURSE SETTING

1.1.1 General

Consider general course safety - some roads for water drop and patrol access, prominent map boundary features.

If there is information relating to safety that competitors need before they plan a course, then setter must provide event information notes to be distributed to competitors as they register.

1.1.2 Access to the site

When planning an event, consider road access in the worst possible weather. There could be in excess of 200 vehicles using the access road, including a heavy truck, and potentially several coaster-style buses and caravans. The roads selected for patrolled roads (see 1.2.4) must be trafficable during poor weather conditions at night by vehicles to which the setters/vetters have access (this may be 2WD only). Many control collectors will also only have 2WD vehicles

1.1.3 Checkpoint Placement

Checkpoints shall not be placed on or near a feature that could jeopardise a competitor's safety. Beware that what seems safe during daylight hours may present problems at night. If in doubt, put a warning on the control description sheet of any dangers at or near controls.

Hazardous features include:

- cliffs or mineshafts,
- electric fences and paddocks with bulls or cows with calves,
- unstable features and fast or deep water. - not all competitors can swim, and
- any other features that the setter or vetter deems hazardous to competitor safety

1.1.4 Flagging Hazards Near Controls

Flagging is secondary to avoiding hazardous areas.

As a guide, there should be at least 10m minimum distance between the control placement and a hazardous feature. Hazardous features, such as mineshafts, in the vicinity of a checkpoint should be flagged with durable tape/plastic for the duration of the event.

Preferably hazardous features in the vicinity of a control should be shown on pre-marked maps and clue sheets.

1.1.5 Out-of-Bounds

Out-of-Bounds areas are usually used to show areas to which competitors do not have access (eg if a landowner has not given permission to enter). But they can also be used to assist in managing safety on the course:



- Some landowners may have potentially dangerous stock, such as water buffalo or bulls – setters should check with landowners, and if possible mark the paddocks where these animals are as OOB.
- If an area is filled with dangerous features such as many mine shafts, the whole area should be restricted

1.1.6 Water Drops

Dehydration is one of the biggest risks to rogainers during an event, especially during the hotter months. 5 or 6 water drops are required on all events, including 6 hour events. They must be sited in locations such that they can be checked on a regular basis, so easy access is essential (water drops are also used as collection points for injured competitors).

A minimum of 80 litres should be placed at each water drop, and preferably 120 litres. Water drops should be checked at least every three hours, regardless of weather conditions. Some courses have “obvious” routes, which result in processions developing. Consequently, a significant number of competitors can move through a water drop within a fairly short period of time. If two such “processions” cross, a water drop can be depleted very quickly.

1.2 SAFETY DURING THE EVENT

1.2.1 Safety Rules of Rogaining

Competition rules require that team members remain in voice contact, and injured or tired team members must not be left unattended. Any other competitors must assist if needed. The setters will prepare a pre-start briefing to cover:

- Teams are to remain within voice contact at all times,
- Helping teams in distress,
- Any event specific safety advice,
- All members must carry a whistle.,
- Teams must have a first aid kit – roller bandage, blister plaster, headache tablets etc,
- Filling in intention sheets is essential,
- Teams seeing others apparently alone, or not filling intention sheets, have an obligation to politely query the matter. ("Are you OK? - I can't see your partner"; "Is the pencil broken?"),
- Fire and smoking bans, and
- The need to carry plenty of water. The weight of two litres of water will be easier than the distress of water shortage.

1.2.2 In the event of being Seriously Lost or Needing Rescue

Any competitor being seriously lost or injured should

- Take a rest to help clarify the thought processes, and to determine the most appropriate remedial action,
- Make repeated blasts on a whistle, to attract attention from nearby teams, and wait for a reply, and
- If possible head for a driveable track, preferably a patrolled road, one likely to be used by searchers. The nearest water drop is best.



1.2.3 Signage

Most areas used for rogaining are also used by other organisations and individuals. Hazards presented by these include

- vehicles travelling at speed on public access roads present a hazard to walkers, especially at night, and
- pig and kangaroo shooters may mistake walkers for potential targets.

To advise these other users that an event is in progress, two signs have been developed, namely

- Danger No Shooting for next 15 km 400 Walkers in Bush Day and Night
- Caution Bushwalkers Ahead

These signs are to be placed on the outer limits of the map on every public access road.

1.2.4 Patrolled Roads

A number of roads will be marked on the course map as Patrolled Roads. Typically these will lead from the Hash House to the water drops, but should be extended where possible to cover the majority of the map. Try to have, if possible, all parts of the map within three (3) kilometres of a patrolled road (this is still up to 1 hours walk for an uninjured competitor seeking help, and longer for an injured competitor).

In the event of injury to any competitor, or simply exhaustion, the affected team is to make its way to the nearest patrolled road, and wait for a patrol vehicle.

Each patrolled road will be patrolled at a minimum of every three (3) hours.

Ensure that if any road selected as a patrolled road requires 4WD or high clearance, that suitable vehicles are available for use during the event. It would be preferable for all patrolled roads to be 2WD accessible, in case an emergency vehicle, such as an ambulance, is required.

A roster should be developed to cover the patrols for the entire event, to ensure that no one setter/vetter carries too much of the load, and/or spends too long behind the wheel late and night. "Don't Drive Tired" applies to the setters/vetters as well.

1.2.5 Patrol Vehicles

To identify patrol vehicles from other general road users, each patrol vehicle will be equipped with

- A red-on-white "ROGAINE" sign, displayed prominently on the vehicle,
- A green rotating flashing light, and
- A two-way radio for communicating back to Administration.

1.2.6 Communications

WARA has a set of UHF CB radios for communication between the Administration team of the setter/vetters in the patrol cars. Whilst these do have limited effectiveness if forested or hilly terrain, they do form a vital part of the safety management process during the event, and are essential to the Search and Rescue process.

Each vehicle to be used for patrolling the roads must be fitted with a CB radio prior to commencing patrols.



1.2.7 Fire

1.2.7.1 Permitting

The only permitted fire on the event is the Hash House fire, and this is under the strict control of the event organisers. There will be no Hash House fire if the event falls within the Total Fire Ban season for that area. A Hash House fire will only be lit if

- During the “fire with permit” season
 - a. Landowner permission has been obtained,
 - b. A fire permit has been obtained, covering both Friday and Saturday nights,
 - c. An area around the fire up to 2 metres is cleared of flammable material, and
 - d. The appropriate fire fighting equipment (such as a fire trailer), as requested by the permitting officer, is on site. (It is usually possible to obtain access to a fire trailer from the local volunteer fire brigade at the cost of a small donation – don’t try to hire one as this introduces problems with FESA and the hire of government equipment)
- During the “no permit required” season
 - a. Landowner permission has been obtained, and
 - b. An area around the fire up to 2 metres is cleared of flammable material.

A brazier is often lit on the Friday night. This should be set up at the site of the fire trench if during the permit season, so that it is covered by the fire permit obtained.

1.2.7.2 Fire Management

It is considered good management practise to excavate a trench for the fire – this

- Provides a shelter for the coals from wind, reducing the risk of embers being blown from the fire into nearby vegetation
- Can be covered over after the event,
 - a. to ensure that any coals still alive are not stirred up after all rogainers have left the site, and become a potential fire hazard, and
 - b. to prevent leaving a scar at the site indicating where the event had been
- any low/dry vegetation near the trench should be cleared, up to a distance of 2m in all directions. Piling the dirt from the trench on both sides automatically provides a level of protection

Dimensions of the fire pit should be a minimum of 50cm wide and 15cm deep. Length will be dependant on the setters, and availability of firewood. The fire should be no closer to the Hash tent than 10m.

When siting the fire, be aware of the prevailing winds, and the proposed location of the Hash tent (the fire trench is often dug before the Hash tent is erected).



1.2.7.3 Lighting the fire

The fire can only be lit on the night of the rogaine. On the Friday night before the event, the only fire permitted is one that is lit within the WARA brazier.

The main fire will normally be lit around 4pm, so that sufficient coals have been generated by dark to provide a reasonable heat with having to maintain a strong flame.

On a 12 hour event, no fresh wood should be placed on the fire after 10:00pm, for a 24 hour event, after 8:00am. This is to provide sufficient time for the coals to burn down so as to make the task of extinguishing the fire easier.

1.3 SAFETY AFTER THE EVENT

1.3.1 Control Collection

After the event, a number of competitors will volunteer to collect controls. It must be noted that a number of these competitors will be tired from the event, and more prone to lapses in concentration. The setters/vetters must put in place a system to monitor which teams are out on the course collecting controls. This system should contain, as a minimum

- Control collectors “signing out” immediately prior to going out to collect controls – this is best done by the control collection map being issued at this point in time, and the setters/vetters noting the team number, departure time, and car rego
- Setters/vetters signing off each team as they return with the controls collected
- If a team cannot locate a control, then it should be re-allocated to another team (usually the setters/vetters themselves), and the process repeated

At least two setters/vetters are to remain at the Hash site until all control collectors have returned.

1.3.2 Site Closure

The setters/vetters should be the last teams to leave site, thereby ensuring that all competitors have left safely. In some circumstances competitors may elect to sleep after a full 24 hour event – the setters need to confirm that if any tents are still on site when they leave, that the competitors are actually in the tents asleep, and not still out on the course.

1.4 COURSE SAFETY IN EVENT OF NATURAL DISASTER

1.4.1 Event Cancellation due to threat of Fire or Flood

An event should be cancelled before it starts if a sufficient portion of the course is rendered

- Unusable (eg. A fire burns part of the course),
- Unsafe (eg. A fire has been through, and is still burning), or



- Inaccessible (eg. A river cutting the course becomes swollen due to heavy rains, and cannot be crossed safely)

so as to make the remainder of the course too small to run an effective competition.

Event organisers and helpers should at all times be prepared to help evacuate the course and to cancel the event should a threat such as bushfire or flash flood occur.

1.4.1.1 Cancellation prior to an event commencing – Greater than 1 week

If an event has to be cancelled more than a week before the event is due to commence:

- Use the WARA email listserve to send a global message cancelling the event,
- Print a note explaining the cancellation, and post to all registered team entries, using the envelopes submitted for directions – request that team leaders notify all team members of the cancellation, and
- Put a cancellation note on the WARA website Home page

1.4.1.2 Cancellation prior to an event commencing – Less than 1 week

If an event has to be cancelled less than a week before the event is due to commence:

- Use the WARA email listserve to send a global message cancelling the event,
- Put a cancellation note on the WARA website Home page,
- Notify, by phone, the key organisers
 - Event Co-ordinator
 - Truck driver
 - Admin Co-ordinator
 - Hash House Co-ordinator

1.4.1.3 Cancellation prior to an event commencing – the day before/ day of

A number of competitors take the day off prior to an event so that they can travel out there during daylight hours. Consequently, it must be assumed that some competitors will already be on the way to the site.

- Use the WARA email listserve to send a global message cancelling the event (some competitors will not leave till the morning of the event)
- Notify, by phone, the key organisers
 - Event Co-ordinator
 - Truck driver
 - Admin Co-ordinator
 - Hash House Co-ordinator
- Intercept rogainers travelling to the site by



- Set out the first Rogaine turn signs, as per directions (there may need to be 2 points, if directions from Bunbury are markedly different to those from Perth)
 - Set up a vehicle 100m past the turn signs, with flashing green light, and wave down all vehicles
 - Create a Rogaine Cancelled sign, and display prominently
 - Place a Rogaine Cancelled sign as close to Hash as safely possible – preferably at the last “single point of entry”
- Send a car as close to the hash site as is practicable/safe, to see if any competitors have preceded the setters/vetters.

1.4.1.4 Cancellation during the event

The main reason for cancelling an event after it has commenced is the presence of fire.

- Contact emergency services 000 Police, DEC, possibly using admin radios. Report if possible the area of fire, extent of fire, wind direction, smoke patterns. Inform of predicament with approximate number of competitors out on the course. Appropriate manpower, vehicles, communication and equipment can then be sent
- When they notice the presence of a nearby fire, teams should make their way to the nearest road, 2wd or 4wd track, as travel will be a lot quicker on track than through bush. Also emergency service workers will be able to collect teams more easily.
- Administration should remain at the Hash House site and be prepared to quickly and efficiently mark off incoming teams and keep count of how many teams are still on the course. Incoming teams can be directed by emergency services to exit the area via a safe road route. The emergency services will do road patrols for rogainers who haven't returned to the Hash House. The emergency services will have very good communications, vehicles and safety equipment as well as experience in dealing with emergencies and searches.
- It is unlikely that members will be expected to search for competitors during a bushfire, but may be required to provide the following:
 - maps for emergency personnel
 - advice on numbers still out on course
 - advice on team constitution XNJ = 4 novice juniors, age 14-16, 2F, 2M
 - food and water for emergency service personnel
 - navigation information such as likely team routes.
 - information on road conditions, new tracks, unmarked tracks, overgrown tracks, blocked tracks
 - first aid

1.4.2 Bushfire

What kills people in bushfires?

- panic : uses extra energy and clouds judgement
- radiant heat leads to heat stroke
- asphyxiation severe smoke inhalation
- dehydration



- flames
- fallen power lines

1.4.2.1 Special First Aid in Bushfires

First Aid may be taken over by Emergency Services but in the meantime, be prepared to assist with any first aid treatment such as smoke in eyes, sore throat, burns, asphyxiation, smoke inhalation, heat cramps, heat exhaustion, heat stroke, dehydration and shock.

The first aid kit should have sufficient stock of gauze, eye pads, and sterile water, fluid and energy replacements e.g.: Staminade and Gastrolyte, scissors, adhesive strapping and Butesin Pictrate for superficial burns only. If unfamiliar with treating burns, cool clean water is best, and watch for signs of overcooling the casualty.

Smoke in eyes may cause temporary blindness and ulceration. Irrigate with sterile water until pain is relieved, and depending on severity, cover eyes with eye pads to prevent further damage.

1.4.2.2 Competitor Action

Competitors are instructed to

- If a fire is seen, return to the Hash House if safe, via a vehicular track and report fire to administration immediately.
- If fire is between the competitor and the Hash House, seek alternative shelter
- Once the competitor is safe, register with officials.

1.4.3 Flood

Floods can be caused by heavy rainfall in the upper catchments feeding the rogain course area. Flash flooding may occur with heavy rainfall in the days leading up to the rogain.

If flooding threatens the following procedures apply:

- Admin to notify emergency services of flash floods.
- competitors make their way to the Hash House via high ground and/or tracks
- competitors leave (evacuate) area as requested by emergency service personnel
- WARA admin remain on site as requested
- pack up the Hash House tents, especially if in flood prone area, and have event crew ready to evacuate if advised to do so by emergency personnel

When planning for an event, ensure the Hash House is on high ground, or ground unlikely to be waterlogged with heavy rains or broken river banks.

1.4.4 Extremes of Weather

HEAT: Rogaines can be held in hot weather. Competitors are more at risk from heat exhaustion and possibly heat stroke. The event co-ordinator must ensure there are adequate number of and well maintained water drops on course, and pre-event, advise competitors to take 1L - 2L of water each.



COLD: Rogaines can be held in cold weather. Hypothermia is always a risk for rogainers, particularly young, inexperienced competitors who have insufficient clothing and who stay out for the night. If weather is very cold, administration can choose to step up course patrolling to see if any teams are in trouble.

2. SEARCH AND RESCUE

2.1 INTRODUCTION

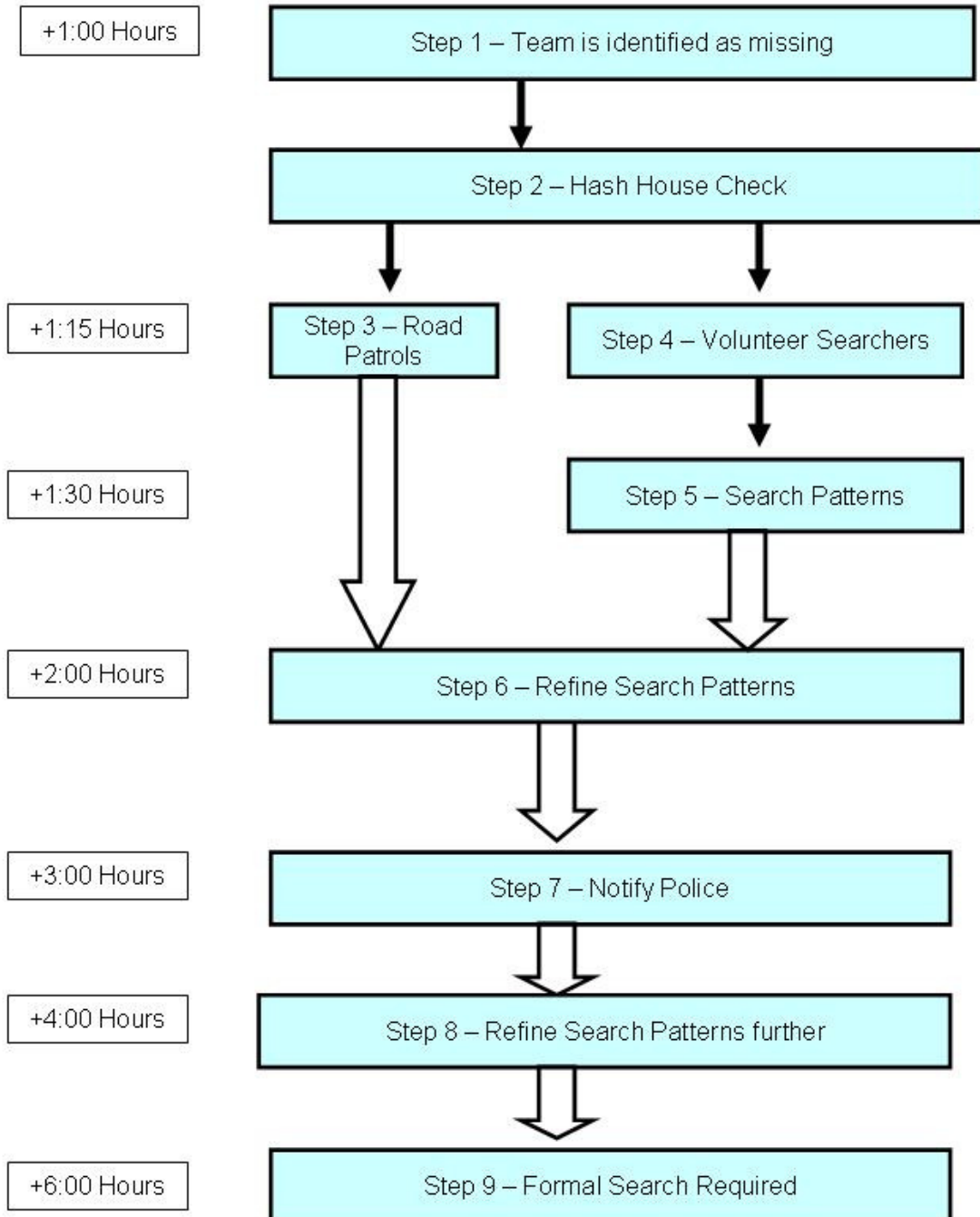
Teams who have not returned to the Hash House within 30 minutes after the event are disqualified. There may be simple reasons for lateness such as overestimating travel time and distance, or a team member may become excessively fatigued and has decided to wait at a water drop and be collected by event helpers.

Late teams however could be late for a more serious reason such as injury to one or more team-members, the team is lost on the course, or team has strayed from the course map and have no contours to assist them in re-orientating themselves.

It is important to start searching for missing teams as soon as possible, and to do so in a thorough and logical manner.

2.2 PROCEDURE IF TEAM IS LATE

The flow chart below shows the sequence of steps used to search for a missing team. The time clock starts at the official conclusion of the event (12:00 noon for a 24 hour event, 10:00pm for a 12 hour event)



2.2.1 Step 1: A team is identified as potentially missing

A team will be identified as potentially missing through if either of the following occurs:



- An hour has passed since the event finished, and the team has not checked in to Admin. Teams are often late, though usually not more than a few minutes. However, there are occasions when a team will be more than 30 minutes late, and, knowing that they will have been disqualified, will slow down their return to a comfortable walking pace. It is unlikely that even in these circumstances a team will be more than 45 minutes late, so the hour late is used as a good guide.
- Another team notifies Admin that a team that was due back at a certain time has not returned (for example, a team was due in at 6:00pm, but has failed to turn up by 8:00pm).

Admin will check that the missing team's scorecard has not been misplaced. If not, Admin raises the "Alert" to a senior present organiser (Setter, Admin, Committee member, or expert rogainer) who takes control as Co-ordinator. The member should have excellent communication skills and organisational skills. He/she will appreciate the limitations of time and manpower

2.2.2 Step 2: Hash House Check

To commence at a maximum of 1 hour after end of event.

It must be identified that the team has not returned to Hash, and simply not handed in their control card. The Co-ordinator will:

- Arrange a check of the Hash House environs
- Arrange an announcement for the missing team to determine if they have been seen at the Hash House
- Check the camp site of the missing team, if they are known to have camped
- Identify the car number plates from the event registration form
 - if the car cannot be found, then phone team contact if possible, to see if team has returned home
- print a list of controls already visited by the missing team, if they had previously handed in their control card (and have since gone back out again)

2.2.3 Step 3: Road Patrols

To commence at a maximum of 1:15 hour after end of event.

Co-ordinator arranges first Road Patrol

- 2WD and 4WD road patrol, preferably with radio vehicles. Clearly arrange vehicle routes and return arrangements.
- check water drops
- maintain road patrol and check intention sheets at strategic checkpoints for the missing team
- depending on weather conditions, if the team is not found after 1-2 hours of road patrols, then commence searching the course on foot using the intention sheets as a guide
- check and log intention sheets, if collectors are returning them.



2.2.4 Step 4: Arrange Volunteer Searchers

To commence at a maximum of 1:15 hour after end of event.

Co-ordinator prepares volunteers for course search, asking experienced teams not to leave the event site.

Volunteers will

- pair up
- be fit and alert
- be well fed before commencing search
- be well equipped with clothing and equipment such as torch, whistle, first aid, survival blanket, extra food & water, radio, if available
- be good navigators.
- Be able to spare the time to search either until missing team is found or other searchers relieve them
- be prepared to carry out search co-ordinator's allocated tasks and report back

It should be remembered WARA searchers are probably very tired already if they have just completed a rogaine, or if they have been helping for many hours without sleep. If weather conditions are bad, e.g.: heavy fog, nightfall, the search may need to be escalated to Police earlier than elapsed times suggested.

2.2.5 Step 5: Commence Search patterns

To commence at a maximum of 1:30 hour after end of event.

Co-ordinator investigates possible route choices

- check intention sheets to detect possible route, send searchers in cars to visit controls near the Hash House and then branch out north, south, east and west of Hash House. This may overlap control collection by others, which can continue. Allow 1 hour for this 'quick' checking of controls/intention sheets, then all searchers report back.
- pinpoint last known visit to checkpoint and concentrate search in this area, but realise
 - team may have not written on intention sheet
 - team may not have found control

The search co-ordinator shall keep a record of all searchers and their allocated area. All searchers must be accounted for at all times until the search is officially called off.

2.2.6 Step 6: Refine Search patterns

To commence at a maximum of 2:00 hours after end of event.

Co-ordinator has the last area of the course the team was reported in identified from intention sheets and concentrates the search there. Co-ordinator starts a FEATURE SEARCH radiating from last known location. A FEATURE SEARCH is a search that covers areas and lines of high probability. Teams moving along well-defined terrain features such as ridges and creeks usually perform it. The team members are usually separated across the terrain feature and blow whistles as they go, to keep in touch, as well as to attract the lost team.



When refining the search pattern using the intention sheets, it must be considered that the team may have:

- had several route choices to the next control
- not found that control and gone on to another control
- decided to not get that control and headed to another nearby control, or towards a track or Hash House.
- had an accident on the way that impeded progress to control
- not recorded visits to any more controls (problem!)
- strayed off the map (Is search area close to map edge?)

Co-ordinator selects a rendezvous place and time for search teams to meet after the feature search. Consider moving an advance base camp nearer to the action. A reasonable road near the last known control or the next intended control would be ideal.

2.2.7 Step 7: Notify Police

To commence at a maximum of 3:00 hours after end of event.

Co-ordinator arranges for police to be called (telephone 000). Whether an immediate response is obtained or not, WARA will continue to narrow the search area down.

Event	Duration	Initial call
12hr event	10am-10pm	call police by 1.00am
24hr event	12pm-12pm	call police by 3.00pm

2.2.8 Step 8: Refine Search patterns further

To commence at a maximum of 4:00 hours after end of event.

At this stage, if the search has been going for more than 4 hours the Co-ordinator is faced with the decision to do one or more of.

- extending the feature search
- commencing a LINE SEARCH if no better alternative is apparent
- calling off the WARA effort, and again contacting police and emergency services for assistance
- giving WARA searchers a rest and then continuing

Repeat the steps involved in 2.2.6 above.

2.2.9 Step 9: Formal Search required

To commence at a maximum of 6:00 hours after end of event.

WARA searchers should be relieved after 4-6 hrs of searching because:

- WARA searchers have poor communication with each other and base which can make searching inefficient
- road patrols have been continuing for 4-6 hours and will eventually run out of petrol
- WARA manpower can be insufficient to conduct line searching properly
- WARA search members will be getting tired after 4-6 hours



If lost team is not found after elapsed time of 6 hours, police should be contacted again and requested to organise a formal search in the area. Again the lost team's contact phone numbers should be called to ensure they have not returned home. Police may call in SES. Police can provide excellent HF communications, 4wds, search & rescue equipment such as special stretchers, ropes and helicopters for aerial reconnaissance of the course area and area adjacent to the map.

The WARA searchers should remain at the Hash House or in the field until instructed to leave by Police (or if exhausted or injured). Once Police arrive they take over search responsibilities and may restructure the organisation of the search.

The WARA searchers will provide

- all information on the search conducted to date,
- the composition and experience of the team,
- maps for police, SES and other searchers,
- likely route choices,
- dangers in the area (e.g.: mineshafts),
- and any known medical problem.

If not already done, the search 'base' may be shifted from the Hash House site into the field. Hash House equipment should be packed and moved as per usual for finale of events, with the exception of water, food and first aid kit.

2.2.10 When the team is found

- immediately arrange report to base that the team has been found, and whistle to nearby search teams for assistance
- note what condition members are in & whether they require evacuation by helicopter, stretcher or professional foot rescue team. Look especially for signs of hypothermia and exhaustion, amid more obvious injuries
- render first aid, reassurance, and if group are fit & well, walk them out to nearest vehicle for return to Hash House /search base camp.

If severe injury or worse, look after other team member(s). Try to gather some information as to what happened, but don't probe too deeply if it is too distressing for other team member(s). Seek police and medical help. Police and medical crews can advise on counselling if necessary, for team members or searchers.

2.2.11 Calling off the search

When a team has been found, it is necessary to recall all searching teams as soon as possible, without losing any of them. Remember that the searchers will be tired. In both the initial search (Step 5) and in the more detailed searches (Steps 6 and 8) the searchers will have been provided with rendezvous places and times. Retrieval teams should be sent to these rendezvous, preferably by patrol cars, and use their whistles (and car horns???) to attract the search teams.

The Co-ordinator will declare the search over when the missing team and all search teams are accounted for.