

# KNOW BEFORE YOU GO

## Summer Bobsleigh



### Summer Bobsleigh Checklist: Are you ready to ride?

- |   | YES                   | NO                    |
|---|-----------------------|-----------------------|
| 1. Are you 12 years old or over?<br><small>(If you are between 12 and 13 years old you will need to ride positioned in front of a parent or guardian in the sled. The ratio is 1:1, one adult for every child.)</small>   | <input type="radio"/> | <input type="radio"/> |
| 2. Will you have a parent or guardian present to sign your waiver when arriving at the Whistler Sliding Centre (participants under 19 years old only)?<br><small>(Government ID required at check in; children without ID will not be permitted to ride.)</small> | <input type="radio"/> | <input type="radio"/> |
| 3. Do you weigh between 85lb (39kg) and 285lb (129kg)?  | <input type="radio"/> | <input type="radio"/> |
| 4. Are you between 4'6" (137cm) and 6'5" (196cm) in height?   | <input type="radio"/> | <input type="radio"/> |
| 5. Do you have the physical dexterity to be able to strongly grip the sides of the bobsleigh?   | <input type="radio"/> | <input type="radio"/> |
| 6. Do you adhere to the federal/provincial health orders surrounding COVID-19?  | <input type="radio"/> | <input type="radio"/> |

**If you have answered "NO" to any of the above, unfortunately, you will be unable to participate in our summer bobsleigh activity, due to health and safety guidelines.**

- |  |                       |                       |
|--|-----------------------|-----------------------|
| 7. Do you suffer from any heart conditions?              | <input type="radio"/> | <input type="radio"/> |
| 8. Do you have any previous head, neck or back injuries? | <input type="radio"/> | <input type="radio"/> |
| 9. Are you or could you be pregnant?                     | <input type="radio"/> | <input type="radio"/> |
| 10. Do you have osteoporosis?                            | <input type="radio"/> | <input type="radio"/> |

**We do not recommend taking part in our summer bobsleigh activity if you are pregnant or suffer from a heart condition or any chronic, recent, or severe head, neck or back injuries or osteoporosis. The pressure (g-forces) put on the body during the ride may aggravate these conditions, or in the case of osteoporosis cause compression fractures. The potential risks include but are not limited to motion sickness, bruises, bumps, concussion, neck and back injuries, sprains or broken bones.**

STREET ADDRESS:  
4910 Glacier Lane  
Whistler, BC  
V8E 0C2



Please arrive at the Whistler Sliding Centre's Guest Services building about 5-10 minutes before your session start time.

Got a question about your reservation?  
Call 604-964-0040 to speak to our Guest Services team!

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### Session Schedule: What should you expect?

You will need to check in at the Guest Services building 5-10 minutes prior to your session start time. Those who are not checked in at session start time will not be permitted to slide.



#### Check In & Briefing (approximately 20 mins)

Guest Services Building:

- ✓ Sign a waiver
- ✓ ID check for age
- ✓ Weight & height check
- ✓ Briefing about session
- ✓ Shuttle to Top Start

#### Exclusive Track Walk & Ride (approximately 35 mins)

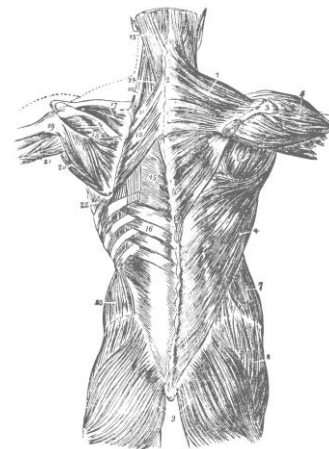
- ✓ Track walk tour to start point
- ✓ Helmet fitting + safety orientation
- ✓ Ride in a summer bobsleigh with a trained pilot

#### Results & Photo (approximately 15 mins)

- ✓ Photo with your pilot
- ✓ Find out your top speed and time
- ✓ Opportunity to purchase your ride video
- ✓ Return to Guest Services to receive your diploma

### Safety

Whilst riding you will be feeling g-forces of several times your body weight pushing down on your body & speeds up to 90 km/h or more, and the ride can be strenuous as it is a real sport experience. Please ensure that you have met the physical requirements before the ride.



For your own safety you must also:

- ✓ Have a basic understanding of English & the cognitive ability to understand/follow instructions.
- ✗ Not be under the influence of drugs or alcohol.
- ✗ Not be taking any medication that could impair judgement or physical dexterity to your session start time.

### What to bring/wear\*?

- ✓ Comfortable clothing
- ✓ Government issued ID for minors
- ✓ Tie back long hair
- ✓ Remove loose jewelry
- ✗ Body-mounted cameras are not permitted
- ✗ Own helmets are not permitted; must wear WSC helmet.



*\*The Whistler Sliding Centre does not take responsibility for loss, theft or damage of personal belongings.*

### Spectators

Family and friends are invited to come



and watch your session from the track's public areas! All spectators must check in at Guest Services and follow track safety procedures.

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### FAQ

#### What will happen if I am over the weight or height limit?

Unfortunately if you do not meet our weight and height requirements you will not be able to participate, so we recommend ensuring you are within the limits before arriving at the centre to avoid disappointment.

#### If I am under 19, can I bring a letter of consent from my parent or guardian?

Unfortunately not, we need a parent or guardian present at the time of presentation to sign the waiver.

#### What are the rules around photography/video/point of view cameras?

Participants are permitted to bring their camera devices at own risk, however during the ride those have to be zipped up in a pocket (or left outside the sled). Flash photography is not permitted along the track. As a safety precaution, we do not permit any participants to use body-mounted cameras, handheld devices or selfie sticks whilst riding. A video of your ride is available for purchase though!

### COVID-19 Precautions

We have implemented new standards and procedures in addition to our existing sanitation and safety protocols. A full outline of these precautions is available here: [www.whistlerslidingcentre.com/covid-19](http://www.whistlerslidingcentre.com/covid-19).

### How do I get to the Whistler Sliding Centre by car?

- From Highway 99/Sea-to-Sky Highway in Whistler Village, turn onto Village Gate Blvd.
- Turn right at Blackcomb Way.
- Turn right at Glacier Drive and go up the hill towards Blackcomb Base II
- Turn right at Glacier Lane/follow the blue signs to the Whistler Sliding Centre & parking lots 7 and 8.
- After passing lot 7 (located on your left), take a right turn at the top of the hill and go underneath the bridge. Past the bridge, turn right as the road forks to arrive at the Whistler Sliding Centre.
- FREE Visitor parking is located right below the Guest Services building.

All driving & public transit directions are available here: [www.whistlerslidingcentre.com/howtogether](http://www.whistlerslidingcentre.com/howtogether).

### What is the cancellation policy?

You may cancel your booking up to 48hrs prior to your reservation date and receive a full refund. Cancellations made after this period are non refundable. Any changes made to the reservation date or time are subject to availability and a \$20 administration fee. In the event that a session is cancelled (at the discretion of the Whistler Sliding Centre) participants will have the choice of a full refund or re-scheduling.

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