

KNOW BEFORE YOU GO

Public Skeleton (Winter)



Checklist: Are you ready for Public Skeleton?

- | | YES | NO |
|---|-----------------------|-----------------------|
| 1. Are you between 16 and 75 years old?
<small>(Guests over 75 years of age may participate providing they can meet the physical strength and dexterity guidelines below.)</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 only)? | <input type="radio"/> | <input type="radio"/> |
| 3. Do you weigh between 90 lbs (41 kg) and 220 lbs (100 kg) in full winter clothing? | <input type="radio"/> | <input type="radio"/> |
| 4. Are you between 4'6" (137 cm) and 6'6" (198 cm) in height? | <input type="radio"/> | <input type="radio"/> |
| 5. Do you have the physical strength to walk a steep grade to the start of the run, and lift yourself over the 3' (91 cm) high track wall? | <input type="radio"/> | <input type="radio"/> |
| 6. Do you have the physical dexterity to be able to strongly grip the sides of the sled? | <input type="radio"/> | <input type="radio"/> |
| 7. Are you in good general health? | <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 public skeleton activity, due to health and safety guidelines.

- | | | |
|--|-----------------------|-----------------------|
| 8. Do you suffer from any heart conditions? | <input type="radio"/> | <input type="radio"/> |
| 9. Do you have any previous head, neck or back injuries? | <input type="radio"/> | <input type="radio"/> |
| 10. Are you or could you be pregnant? | <input type="radio"/> | <input type="radio"/> |
| 11. Do you have osteoporosis? | <input type="radio"/> | <input type="radio"/> |

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

4910 Glacier Lane
Whistler, BC
V8E 0C2

FREE GUEST PARKING!



Please arrive at the Whistler Sliding Centre's Guest Services building about 10-15 minutes before your session start time.

Got a question about your reservation?
Call 604-964-0040, or email info@whistlerslidingcentre.com.

KNOW BEFORE YOU GO

Public Skeleton (Winter)



Session Schedule: What should you expect?

Before you arrive, please fill in your online waiver for a smooth check-in process (waiver link [here](#) and in your confirmation email). Please check in at the Guest Services building 10-15 minutes prior to your session start time. Those who are not checked in at session start time will not be permitted to slide. Operations may be further modified for operational or regulatory reasons.

Check-In & Orientation (approx. 30 mins)

- ✓ Waiver check
- ✓ Weight & height check
- ✓ Safety orientation
- ✓ Helmet fitting

Sliding (approx. 1 hr)

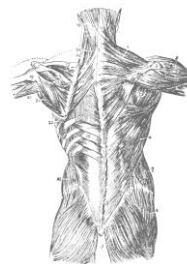
- ✓ Walk up to the "Maple Leaf" start position as a group
- ✓ Slide twice on skeleton sled

Finish (approx. 15 mins)

- ✓ Return to Guest Services
- ✓ Find out your top speed and time
- ✓ Receive your free diploma

Safety

Whilst sliding you will be feeling g-forces of several times your body weight pushing down on your body, speeds of up to 125 km/h, and the ride can be strenuous as it is a real sport experience. Before the ride, please ensure that you meet all physical requirements outlined above under "Checklist: Are you ready for Public Skeleton?".



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*?



- ✓ Slim fitting, warm winter clothing
- ✓ Shoes with good tread (winter boots or runners)
- ✓ Gloves!
- ✓ Tie back long hair, remove loose jewelry
- ✗ Body-mounted cameras are not permitted
- ✗ Own helmets are not permitted, must wear Whistler Sliding Centre helmet.
- ✗ No ski & snowboard boots or high heels

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

Spectators



Family and friends are welcome to come and watch your session from the track's public areas! All spectators must follow track safety procedures. No flash photography. Dogs must be kept on a leash at all times.

4910 Glacier Lane
Whistler, BC
V8E 0C2

FREE GUEST PARKING!



Please arrive at the Whistler Sliding Centre's Guest Services building about 10-15 minutes before your session start time.

Got a question about your reservation?
Call 604-964-0040, or email info@whistlerslidingcentre.com.

KNOW BEFORE YOU GO

Public Skeleton (Winter)



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 you are over the weight/height limit for skeleton, you may still be eligible for our passenger bobsleigh experience (max. weight 285 lbs (129 kg) fully clothed & max. height 6'8" (207 cm)).

Do I have to sign an activity waiver?

Yes, you will have to complete a waiver for yourself and any dependants under 19 years of age participating in the ride. For a smooth check-in process, please fill in our online waiver before you arrive (go to waiver [here](#) or through your booking confirmation). Should you have any issues with the online waiver, you can fill in a paper version on site upon arrival.

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

Unfortunately we do not accept those, we need a parent or guardian present at the time of check-in.

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). For your safety, we do not permit the use of body-mounted cameras, handheld devices or selfie sticks whilst sliding. Flash photography is not permitted along the track.

How do I get to the Whistler Sliding Centre?

All access options and directions are available here: www.whistlerslidingcentre.com/howtogethere. There is free parking for guests at the Whistler Sliding Centre.

What is the Cancellation Policy?

You may cancel your booking up to 24 hours prior to your booked activity time to receive a full refund. Cancellations within 24 hours of the booked activity time incur a \$30 administration fee per booked guest. 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.

4910 Glacier Lane
Whistler, BC
V8E 0C2

FREE GUEST PARKING!



Please arrive at the Whistler Sliding Centre's Guest Services building about 10-15 minutes before your session start time.

Got a question about your reservation?

Call 604-964-0040, or email info@whistlerslidingcentre.com.