

Know Before You Go - Bobsleigh

Got a question about your reservation? Call 604 964 0040 to speak to our guest services team.



Bobsleigh Sport Experience Checklist

Are you ready to slide?

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. Are you between 14 - 75* years old? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Will you have a parent or guardian present to sign your waiver when arriving at the sliding centre (participants 14 to 18 years of age)? (government ID required at check in) | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you weigh between 90lbs (41kg) - 285lbs (129kg) in <u>full winter clothing</u> ? (weighed at check in) | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are you between 4'6" (137cm) and 6'8" (207cm) in height?** (height taken at check in) | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you have the physical strength to walk a steep grade to the starting of the run and lift yourself over the 3' (91cm) high track wall? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you have the physical dexterity to be able to strongly grip the sides of the sled? | <input type="checkbox"/> | <input type="checkbox"/> |

If you have answered NO to any of the above, unfortunately you will be unable to participate in our public sliding program, due to health and safety guidelines.

*If you are between 14 and 16 years old you will need to ride and be positioned in front of a parent or guardian in the sled. The ratio is 1:1 (one adult for every child). If you are over 75 years of age you may participate providing you can meet the physical strength and dexterity guidelines listed above.

**If you are between 6'6" and 6'10" in height you must be able to bend below the crash line of the sled in order to participate.

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

We do not recommend taking part in our public sliding program if you are pregnant or suffer from a heart condition. If you have any chronic, recent or severe back or neck injuries or have osteoporosis we do not recommend taking part in our public program due to the G-forces/pressure put on the body during sliding which may aggravate neck or back conditions or in the case of osteoporosis cause compression fractures

Please note that the potential risks associated with this activity may include motion sickness, nose bleeds, bumps, bruises, ice rashes, neck and back injury and sprains/broken bones.

Whistler Sliding Centre

Street: 4910 Glacier Lane, Whistler, BC, Canada V0N 1B4

Phone: 604-964-0040

Email: info@whistlerslidingcentre.com

Web: www.whistlerslidingcentre.com



Know Before You Go - Bobsleigh

Got a question about your reservation? Call 604 964 0040 to speak to our guest services team.



What should I expect?

So you have met the safety requirement and your ready to go, but what should you expect?

You will need to check in for your session at the guest services building 15 minutes prior to session start time. Those who are not checked in at session start time will not be permitted to slide.



Session Schedule

Orientation – Approx 30 minutes

- ✓ Sign a waiver
- ✓ Attend a safety briefing
- ✓ Fitted with helmet
- ✓ Weighed
- ✓ ID checked for age

Sliding - Approx 1.5 hours

- ✓ Driven up to the Lower Ladies Start in staggered groups.
- ✓ Slide once down the track

Finish – Approx 15 mins

- ✓ Receive your top speed results
- ✓ Return to guest services in staggered groups.

What do I need to bring/wear?

- ✓ Slim fitting winter clothing
- ✓ **Government issued ID**
- ✓ Shoes with good tread (winter boots or runners)
- ✓ Gloves
- ✓ Tie back long hair
- ✓ Remove loose jewelry
- ✗ Helmet cameras are not permitted
- ✗ Own Helmets are not permitted. Must be WSC helmet.
- ✗ No ski & snowboard boots or high heels



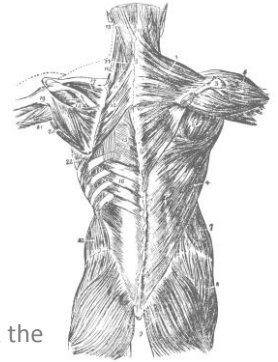
Photography

Unfortunately, as a safety precaution, we cannot permit personal point of view cameras of any kind (GoPro, Hitcase etc.) whilst sliding.

Our professional photographers have attached cameras to your bobsleigh so that they can record your run down the track. This material may be purchased at the end of the session. Participants are permitted to bring their own compact cameras at own risk, but have to keep them in a zipped up pocket while sliding. The Whistler Sliding Centre does not take responsibility for loss, theft or damage of personal belongings. Flash photography is not permitted.

Safety

Whilst sliding you will be feeling g forces of several times your body weight pushing down on your body & speeds up to 125 kmh. Please ensure that you have met the safety requirements above before putting your body under such G forces.



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.

Spectators

Family and friends are invited to come and watch your sliding session. All spectators must check in at guest services and follow track safety procedures.



Whistler Sliding Centre

Street: 4910 Glacier Lane, Whistler, BC, Canada V0N 1B4

Phone: 604-964-0040

Email: info@whistlerslidingcentre.com

Web: www.whistlerslidingcentre.com



Know Before You Go - Bobsleigh

Got a question about your reservation? Call 604 964 0040 to speak to our guest services team.

FAQ

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

Unfortunately if you do not meet our weight and height requirements you will be unable to participate in our sessions. We highly recommend ensuring you are within the weight limit 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 we cannot accept letters of consent, we need a parent or guardian present at the time of presentation to sign the waiver.

Will I be able to ride in the same bobsleigh as my friends/family?

We cannot guarantee that guests within the same reservation will be in the same bobsleigh. Due to safety regulations we are required to fill each bobsleigh with three guests, which can mean that guests must be separated to fill each sled.

Can I wear a GoPro?

Unfortunately, as a safety precaution, we do not permit any participants to wear helmet or chest mounted cameras whilst riding, in case the camera detaches from a helmet and causes harm to a participant, staff member or spectator.

Do I need to wear a speed suit?

You may wear a speed suit if you would like but it is not required as part of the session. Please note that over 1 hour of the session is held outside in winter conditions, so warm winter clothing is essential. We recommend this clothing is slim line to avoid snags or tears.

Do I need to bring my gift certificate to check in?

You will need to bring your gift certificate to check in, if the booking was made using this.

Can I bring my family and friends to watch?

Yes spectators are welcome. Please ensure that all spectators check in at guest services for a spectator handout.

How do I get to the sliding centre?

Driving: Head north on Highway 99/Sea-to-Sky Highway towards Whistler Village. Turn right at Village Gate Blvd. Turn right at Blackcomb Way. Turn right at Glacier Dr. Go up the hill towards Blackcomb Base II (follow directions to Tube Park)

Turn right at Glacier Lane (under the skier overpass bridge). Follow the signs to Parking lots 7 and 8 (for Blackcomb Mountain)

After passing Lot 7 (on your left), take a right turn underneath the skier overpass bridge. Drive straight under the bridge and then turn right as the road forks to arrive at The Whistler Sliding Centre Services building to check in. Visitor parking is located below the Track Lodge/Guest Services in the Visitor Parking Lot (free).

Gondola Access: If the Excalibur Gondola is running, it is a short walk from Blackcomb Base II to the venue. Exit the gondola at the first stop, walk straight across the ski slope, and straight through parking lot 7, which is located directly in front of you (level with the gondola). Turn left (uphill) on Glacier Lane. You will see our venue as you reach the crest of the hill, on the right hand side of the road. You may ride this gondola without the purchase of a lift ticket as long as you do not have ski or snowboard gear with you. Please check WhistlerBlackcomb.com for their lift status as they can close unexpectedly.



Whistler Sliding Centre

Street: 4910 Glacier Lane, Whistler, BC, Canada V0N 1B4

Phone: 604-964-0040

Email: info@whistlerslidingcentre.com

Web: www.whistlerslidingcentre.com

