

KNOW BEFORE YOU GO

Discover Bobsleigh (Winter)



Discover Bobsleigh Checklist: Are you ready to Slide?

- | | YES | NO |
|--|-----------------------|-----------------------|
| 1. Are you 16 years old or older? | <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 90lbs (41kg) - 285lbs (129kg) in full winter clothing? | <input type="radio"/> | <input type="radio"/> |
| 4. Are you between 4'6" (137cm) and 6'8" (203cm) in height? | <input type="radio"/> | <input type="radio"/> |
| 5. Do you have the physical strength to walk a steep grade, and lift yourself over the 3' (91cm) 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. 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 discover 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. 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.

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.

4910 Glacier Lane
Whistler, BC
V8E 0C2

FREE GUEST PARKING!



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, or email info@whistlerslidingcentre.com.

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Orientation and track walk >

- ✓ Sign a waiver
- ✓ Classroom orientation and safety briefing
- ✓ Inspect/walk the track to curve 13 and the finish

Sled fitting and sliding >

- ✓ Get your helmet, sliding partner and bobsleigh
- ✓ Take two runs – one as pilot and one as brakeman

Results

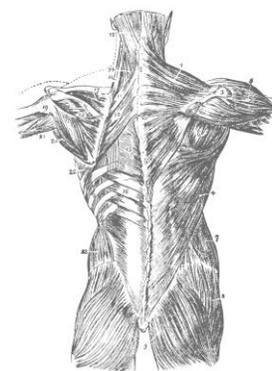
- ✓ Return to Guest Services for results
- ✓ Awards ceremony and debrief

Safety

While 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. Please ensure that you have met the physical 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 to your session start time.



What to Bring/Wear*?



- ✓ Slim fitting, warm winter clothing
- ✓ Shoes with good tread (winter boots or runners)
- ✓ Gloves (form fitting)
- ✓ Your own reusable face mask
- ✓ 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

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, including COVID-19 protocols. Dogs must be kept on a leash at all times.

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

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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, we cannot accept letters of consent, 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). 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.

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 a large portion of the session is held outside in winter conditions, so warm winter clothing is essential. We recommend your clothing is slim fitted to avoid snags or tears.

How do I get to the Whistler Sliding Centre?

All access options and directions are available here: www.whistlerslidingcentre.com/howtogether

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