

KNOW BEFORE YOU GO

Bobsleigh Driving Experience



Bobsleigh Driving Experience Checklist: Are You Ready to Slide?

	YES	NO
1. Are you 16 years old or older?	☐	☐
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)?	☐	☐
3. Do you weigh between 90lbs (41kg) - 285lbs (129kg) in full winter clothing?	☐	☐
4. Are you between 4'6" (137cm) and 6'8" (203cm) in height?	☐	☐
5. Do you have the physical strength to walk a steep grade and lift yourself over the 3' (91cm) high track wall?	☐	☐
6. Do you have the physical dexterity to be able to strongly grip the sides of the sled?	☐	☐
7. Do you suffer from any heart conditions?	☐	☐
8. Do you have any previous head, neck or back injuries?	☐	☐
9. Are you or could you be pregnant?	☐	☐
10. Do you have osteoporosis?	☐	☐

We do not recommend taking part in our bobsleigh driving 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) exerted on the body during the ride, which may exacerbate 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 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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Session Schedule: What should you expect?

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

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 one run, one as pilot or one as brakeman

Results

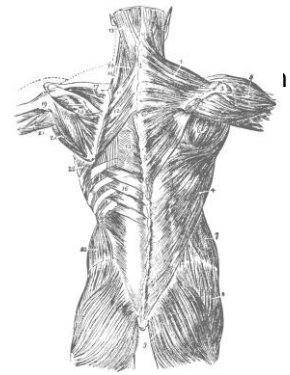
- ✓ Return to Guest Services for results
- ✓ Awards ceremony and debrief

Safety

While sliding, you will be feeling g-forces several times your body weight pushing 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 judgment 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)
- ✓ 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. Dogs must be kept on a leash at all times.

**The Whistler Sliding Centre does not take responsibility for loss, theft, or damage to 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 require a parent or guardian to be 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 their own risk; however, during the ride, they must be stored 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 that your clothing be 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/howtogethere

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