



# Spitewinter Cresta Run

## RULES FOR USE

THESE SHOULD BE READ BY ALL ADULTS & YOUNG LEADERS INVOLVED BEFORE STARTING THE ACTIVITY.

CONFIRMATION AND AGREEMENT SHOULD BE INDICATED VIA THE BOOKING FORM.

## Adult and Young Leader briefing

The Cresta Run provides a safe and exciting activity for young people which includes Squirrels, Beavers, Cubs, Scouts and Explorers. The rules have been written to ensure that everyone is aware of, and understands the process and procedures that must be followed.

1. Check the weather conditions are suitable for the activity. The Run should not be used in wet, foggy, icy or snowy conditions, or in the dark.
2. Check the general conditions of the track by walking alongside the track from top to bottom, inspecting as you go.
3. Check the track and the route used to pull sledge to the starting point for any leaves, branches or debris before use. Remove any items found.
4. Only the sledges provided by Spitewinter may be used for the track.
5. Orange specialist helmets are supplied by Spitewinter and should be worn by all people using the track, adults supervising must check the helmets. Two basic sizes are provided, all have adjustable straps inside the helmet with chin straps to ensure the correct safest fit. These must be checked with adults/young leaders supervising and again finally at the top before launch.
6. The activity must have one responsible adult at the starting point and one adult at the finishing, when starting from the top of the track there must also be a leader in the middle to signal the all clear.





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## Adult and Young Leader briefing (cont.)

7. Anyone with a pre-existing medical condition should not use the activity unless advised by a medical practitioner that it is safe for them to use it. Pregnant women should not take part in this activity.
8. The weight limit for the Run is 82 kg or 13 stone.
9. All spectators and those waiting their turn should be seated in the log seat waiting area provided at the bottom, away from the track.
10. Agree the signal to be given, eg flag/whistle, when the track is clear for the next sledge to set off and all spectators are sat in the waiting area.
11. Before setting every rider off, ensure the track is clear and no one is near the track.
12. Help those users who may need assistance placing the sledge on the run and getting into it.
13. For those who want to try a short run first, it is possible to start at the half way point.
14. There should be NO walking on the track.
15. After use, all sledges and helmets should be cleaned and returned to crew hut and locked away after the allotted time has expired.
16. All groups using the track must have one minimum adult or young leader who are up to date with first response training and must bring their groups own first aid kit. Please follow Scout Purple card for "what to do in an emergency". The closest hospital is Chesterfield Royal at S44 5BL, 01246 277271.
17. Any major concerns should be reported to the site team on 07498281797 or number given to the adult in charge and the track should not be used.
18. Give the user briefing to all who are going to use the Cresta Run.







# Spitewinter Cresta Run

## User briefing

1. Long/loose hair should be tied back.
2. No dangling jewellery eg earrings and necklaces or loose clothing eg neckers.
3. Helmets provided must be worn and adjusted to fit properly.
4. One person only per sledge.
5. Only one sledge at a time on each of the tracks.
6. No eating or chewing gum.
7. Do not use mobile phones on the sledge.
8. Please wait for your turn in the log seating area.
9. Wait until permission is given to pull the sledge sensibly up the field using the rope handle on the front of the sledge to the top of the run
10. DO NOT pull the sledge up the track. Ask for help if needed.
11. Only set off when told it's safe to do so.
12. Hold on to the handles and keep feet in the sledge until it has stopped.
13. Do not get out until both sledges have stopped.
14. Always step to the outside of the track, do not cross the track.
15. Hand the sledge safely to the next rider and return to the seating log.

