

# Sledge Run

## Self Run Activity

This activity contributes to the following badges:



My Adventure Challenge Award



Our Adventure Challenge Badge

### Sledge Run

- The sledge run is a self run activity where you travel down a track
- Young people must be supervised at all times.
- One adult at the top of the track and two at the bottom to supervise queue and support users getting out of carts.
- It is the responsibility of the Leader in Charge to ensure that the Risk Assessment and Rules are followed at all times.
- Leader in charge to communicate all rules to Participants before the activity is used, and to ensure that all rules are followed throughout.



### Before Activity Starts:

- Unlock gate and open fully
- Unlock Storage
- Ensure Track is clear of Debris
- Check side path up to the top
- Communicate the rules to the young people as instructed
- Keep Gate Open at times whilst using activity

### Sledge Run Rules:

- Only One Rider Per Cart
- All Participants must wait in a line at the "Queue Here" Sign and be supervised by an Adult
- Feet should be on the Foot Rests in cart at all times
- Handles should be Held whilst cart is in motion
- Riders must face forwards at all times
- No running
- Leader to help "set the cart off" but No hard pushing.
- Only one Sledge on the tracks at all times
- No Participants or Spectators around the bottom of the slope
- The next Participant should use the path up the side of the Track, not walk on the track
- Gravel should be repositioned at the bottom of the track during the activity to slow/stop the cart
- Persons with Bad Backs or Potential Pregnancy SHOULD NOT use this activity

### After Activity Ends

- Put Carts in Storage and Lock Away
- Close and Lock Gate
- Hand Keys back to Campsite Team, Do not give to another group without Authorisation