

## **Grass Sledging – Instructions to users**

The following instructions MUST be given to authorised participants before they use the sledges

### **The correct method of entering the grass sledge:**

#### **Never stand in front foot wells of grass sledge**

##### Single child

Stand at side of sledge facing direction of decent path. Place foot nearest to sledge in far foot well of sledge and sit down in seat. Swing other foot over into opposite sledge foot well.

##### Large and small child

Larger child always travels in rear of sledge. Stand at side of sledge, facing direction of decent path. Larger child sit back in seat, swing foot nearest to sledge, over to ground on other side of sledge. Sit smaller child between legs of larger child, as far back as possible. Swing feet over into foot wells. Swing larger child's feet into sledge foot wells above feet of small child. Hold child firmly with thighs and small child holds legs of large child.

##### Adult and tiny child

Procedure as above, but swing adult's leg round to rest in front cut outs of sledge, to extend beyond front for correct balance.

### **The correct method of alighting from the grass sledge**

#### **Never stand in front foot wells of grass sledge**

##### Single child

On coming to rest swing both feet out to one side of sledge. Stand and proceed quickly forward away from sledging area.

##### Large and small child - Adult and tiny child

On coming to rest swing feet of rear passenger out to ground on either side of sledge. Swing feet of front passenger out to one side of sledge and lift to stand. Swing far foot of rear passenger over sledge to alight inside. Stand and proceed quickly forward away from sledging area.