



Beaundesert Outdoor Adventures

Standard Operating Procedure (SOP) & Risk Assessment: **Cresta Run (Grass Sledges)**

Document ID: SOP-BOA-CRESTA-001

Effective Date: January 2026

Review Date: January 2027

1.0 Purpose

To outline the standardized and safe procedure for conducting the Cresta Run (Grass Sledging) activity. This fast-paced activity requires strict adherence to track clearance and equipment limits to ensure a safe and enjoyable experience for younger participants.

2.0 Scope & Leadership Options

This activity can be run under two distinct leadership models:

- **Instructor-Led:** Supervised and led by Beaundesert In-House Trained staff.
- **Self-Led:** Supervised by competent visiting adults (e.g., Teachers, Scout Leaders). A member of Beaundesert staff will open the stores, issue the equipment, and brief the leader on this SOP and the workings of the track. The visiting leader assumes responsibility for enforcing these rules.
- **Technical Advisor:** Operations Manager (Martin Kirby).

3.0 Location & Ratios

- **Location:** The Northwest corner of the Walled Garden.
- **Storage:** Sledges are kept in the container next to the Cresta Run wooden ramp.
- **Ratio / Capacity:** Maximum group size is 12 participants. Typically, four sledges are issued per session.



4.0 Equipment & Restrictions

- **Helmets:** Must be correctly fitted and worn by all participants before commencing the activity.
- **Clothing:** Suitable clothing and enclosed footwear must be worn. No baggy clothing that could catch under the wheels.
- **Weight & Age Limits:** The activity is suitable for participants up to age 13. There is a strict weight limit of **70kg (11 stone)** to prevent the sledges from carrying too much momentum and failing to stop safely.

5.0 Safety Briefing & Rules

Mandatory briefing before any participant rides.

1. **Track Clearance:** The run **MUST** be completely clear of participants and sledges before the next rider is allowed to start.
2. **Riding Position:** Keep hands firmly held onto the handles and feet securely in the footwells at all times during the ride. Keep hands and feet inside the sledge to prevent friction burns against the side rails.
3. **Pedestrians:** No pedestrians are allowed on the active track.
4. **Resetting the Run:** Participants must pull the sledge back up to the top using the designated path at the side of the track. Do not attempt to ride sledges down the exit ramp. Sledges should be wheeled rather than lifted where possible to prevent manual handling injuries.

6.0 Session Procedure

6.1 Pre-Session Visual Checks (Instructor/Leader) Before the session begins, the track and sledges must be thoroughly inspected:

- **The Braking System (Crucial):** Check the last 15 metres of the track. Ensure the **rubber rings** are properly inserted between the side walls of the run; these create a "constriction braking system" designed to squeeze and slow the sledges. Ensure the additional broom head friction brakes and the final sponge brick buffer at the end of the track are in place.
- **Track Surface:** Inspect the wooden ramp. Be aware that the wood becomes very slippery when wet. Check the **chicken wire** (used for grip on the wood) to ensure it is intact and has no sharp edges or broken wires protruding. Ensure padding is in place on the first handrail.
- **Sledge Condition:** Inspect the sledges for damage. Check the wheels spin freely, ensure the screws on the handles are tight, and verify that the "Dog Lead" strap at the front is intact for pulling.



6.2 Activity Management

1. **Dispatch:** The leader at the top of the ramp controls the flow. They must physically look down the track and confirm the previous rider has exited the run and is walking up the side path before allowing the next rider to start.
2. **Monitoring:** Ensure riders are adhering to the weight/age limits and are not riding in pairs.
3. **Completion:** All equipment must be returned to the container in good working order, and the store must be locked.

7.0 Emergency Procedure

- **Minor Incidents:** Deal with minor cuts/friction burns using a first aid kit and report it.
 - **Major Incidents:** Alert reception/Duty Manager immediately with the exact location and nature of the problem.
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8.0 Risk Assessment

Activity: Cresta Run (Grass Sledges)

Review Date: January 2027

Assessment by: Martin Kirby – Operations Manager

What are the hazards?	Who might be harmed?	Controls: What are you doing to control hazards?	Risk Rating (with controls)
Sledge not stopping at end of track	Participants	<ul style="list-style-type: none"> • Strict 70kg (11 stone) weight limit enforced. • Constriction braking system (rubber rings), broom head friction, and sponge brick buffer must be in place. • Last 15m is raised to be level to allow run-off. 	Tolerable
Collision with pedestrians / other sledges	Participants	<ul style="list-style-type: none"> • Strict rule: Track must be completely clear before the next rider starts. • No pedestrians on the track. 	Tolerable
Friction burns / Hitting Handrails	Participants	<ul style="list-style-type: none"> • Briefed to keep hands on handlebars and feet in foot-wells. • Padding in place on the first rail. 	Trivial
Rolling or falling out of the sledge	Participants	<ul style="list-style-type: none"> • Helmets must be worn. • Sledges inspected pre-use (handles tight, wheels secure). 	Trivial
Cuts from Chicken Wire / Slipping	Participants, Leaders	<ul style="list-style-type: none"> • Wooden surfaces are slippery when wet. • Chicken wire inspected pre-session for sharp edges or broken wire. 	Tolerable
Manual handling injuries	Participants, Leaders	<ul style="list-style-type: none"> • Sledges must be wheeled up the side path using the dog lead, rather than lifted. 	Trivial
Self-led leaders unfamiliar with rules	Participants	<ul style="list-style-type: none"> • Beaude Desert staff briefs leaders on SOP during handover. • Signage at the top of the run reminds instructors and participants of the rules. 	Tolerable



10.0 Document Control & Review History

Document Creation

Action	Name / Role	Date
Created By	Martin Kirby – Operations Manager	January 2026
Approved By	Martin Kirby, Luke Chance & Oliver Tombs (OM / SI / AOM)	January 2026
Technical Auth.	Martin Kirby (Operations Manager)	January 2026

Review Log

This document is to be reviewed annually or following any significant incident or change to the activity.

Date of Review	Reviewed By	Comments / Changes Made	Next Review Due
January 2026	MKirby / OTombs	Document Created (V1.0). Updated to include specific checks for rubber ring brakes, chicken wire hazards, and sledge hardware checks.	January 2027

