



back up

ESSENTIAL INFORMATION

SATURDAY 4 JULY 2020

SNOWDON
PUSH
2020

www.backuptrust.org.uk

The Snowdon Push is Back Up's ultimate fundraising challenge. For the past twelve years, hundreds of supporters have come together to take on the highest mountain in England and Wales – Mount Snowdon – which stands at over 3,500 feet high. In teams of 10 to 16, including one member who uses a wheelchair, you all work together to reach the top of Mount Snowdon.

This means walking, climbing, pushing, pulling and wheeling to the summit and back down again, covering about nine miles of mixed terrain – all to raise money for Back Up's vital work.



Reaching the summit was exhilarating. The weather was gorgeous and the views from the top were stunning. I could still see the orange Back Up t-shirts of all the other teams, vibrant against the backdrop of the mountainside.

Snowdon Push 2018 participant



Oh my goodness, how do I effectively express my gratitude for the opportunity to share this experience with such wonderful, selfless people. It proved such a huge challenge but each member of the team stepped up and gave it their all. Each time I close my eyes I see that sea of happy, exhausted, supportive and jubilant faces. I'll always hold onto and treasure that memory.

Snowdon Push 2019 participant



Teams will start at intervals along a planned route and it's likely to take around three to eight hours for teams to complete the round trip. The route will be well supervised with professional mountain leaders from Up4it Outdoors operating checkpoints along the way and at the summit. The Push is open to all abilities and, while it's a timed race, just taking part is a huge achievement. So whether you want to break the records, or just want to make it to the summit, we have a space for you.

Contents



Essential Information	4
Testimonial	5
Kit List	6
Our Safety Policy	7
Safety Information	8
Accommodation	10
Timings for the Weekend	11
Sponsorship	13
Application Form	14



Essential Information



Date: Saturday 4 July 2020

Team numbers: 10 to 16 people (including one member who uses a wheelchair)

Minimum Sponsorship: £2,000 per team

Registration deadline: Monday 2 March 2020

OPTION 1 ***PARTICIPANT - CAMPING*** **£65 PER PERSON**

- Two nights camping at Tyn-yr-Onnen Farm campsite
- Support and safety on the mountain
- Food and entertainment on Saturday night at the post-push party
- Snowdon Push 2020 t-shirt
- Medals and trophies for the winners at the post-push party
- Post-event certificates

OPTION 3 ***SUPPORTER - CAMPING*** **£40 PER PERSON**

- Two nights camping at Tyn-yr-Onnen Farm campsite
- Food and entertainment on Saturday night at the post-push party

OPTION 2 ***PARTICIPANT - NOT CAMPING*** **£45 PER PERSON**

- Support and safety on the mountain
- Food and entertainment on Saturday night at the post-push party
- Snowdon Push 2020 t-shirt
- Medals and trophies for the winners at the post-push party
- Post-event certificates

OPTION 4 ***SUPPORTER - NOT CAMPING*** **£15 PER PERSON**

- Food and entertainment on Saturday night at the post-push party

Everyone will need to pay a registration fee before the event. This secures your entry into the event.

There are two ways to pay your fees:

- Check out our Snowdon Push webpage at www.backuptrust.org.uk/get-involved/challenge-yourself/snowdon-push and follow the link to your required registration fee.
- Call the Back Up office on 020 8875 1805 and ask to pay by credit card.

IF YOU WOULD LIKE ANY MORE INFORMATION, PLEASE CONTACT
Reece at reece@backuptrust.org.uk or on 020 8875 6749

Testimonial



In 2019, we had nine fabulous teams take part raising £30,000. We caught up with Sue who took part with her team, Sue's Summiteers, to find out how she found the challenge.

“I was a bit nervous – how would I raise that money? How would I get the team? But it was easy! I found the team came together so easily, wonderful friends and family who were keen to help out and didn’t hesitate.”



Sue had climbed Snowdon before sustaining her injury so knew how tough a challenge it would be.

“I hadn’t even considered the idea of climbing Snowdon again because I thought it would be impossible.”

However, after Sue had her accident, she made the decision to not say ‘no’ to

things and when someone suggested that she do the Snowdon Push she said yes.

Sue sourced the chair she used to go up Snowdon well in advance of the day of the challenge and had enough time to practice in it and customise it as needed. This allowed her to calm some of her nerves since she was confident of her own safety as

well as her team’s.

Any other anxiety that Sue had about the challenge leading up to the day was traded for excitement when she got in the car and started the journey over to Snowdonia.

There was a sense of camaraderie on the mountain with other climbers giving Sue and her team a huge cheer when they reached the summit.

Her team was exhausted, but Sue reckons that every one of them would agree with her view that the effort was worth it to complete the challenge.

“There was a special feeling about it, so many people coming together for a wonderful cause. I don’t know if I’d ever felt anything that special before; it was magical.”

“It was a difficult challenge, especially for my team, no doubt about that, but there were so many benefits. Seeing the stunning views and working with an amazing group of people made it so worthwhile.”

Kit List



Please note – the weather in North Wales is highly unpredictable, even in summer months. We will be thoroughly checking each individual's kit to ensure they have the appropriate clothing and boots. As long as you come properly equipped, you will have a great day out and the sense of achievement when you complete the Push is guaranteed.

Each person must bring

- Tent plus sleeping bag and mattress/roll mat (and very warm layers for sleeping in)
- Walking boots - you won't be allowed up the mountain without boots with ankle support and a decent tread
- Full waterproofs (tops and trousers)
- Gloves e.g. ski or gardening gloves - gloves are not only useful to keep warm but are essential to protect hands when pulling on the ropes
- Water bottle or flask (filled), we recommend that each person carries at least two litres of water
- Fleece or warm jacket and a hat
- Daysack
- Packed lunch and high energy snacks such as cereal bars/chocolate bars/sweets
- Sun tan lotion
- Cash - there will be a raffle at the post-Push party and there will be no cash machines nearby so please make sure you have money with you
- Proof of at least £2,000 per team sponsorship raised before the Push weekend

Top Tips Checklist

- It gets very cold at night when camping so please bear this in mind when packing sleeping gear. Items such as hot water bottles, hand and foot warmers, and thermal nightwear will all help you to keep warm
- We suggest you eat a good, carbohydrate-rich, meal on Friday evening
- It is not a good idea to drink alcohol on Friday as it will dehydrate you on the following day
- A good breakfast in the morning is also essential - pack this in advance as you will have no time on Saturday morning!
- Please remember to have enough food and water for the climb



In addition, wheelchair users must have

- Full waterproofs (tops and trousers)
- Puncture repair kit (and pump!)
- Footwear which is warm and waterproof
- Foot straps
- Toolkit
- 'Off-road'/solid tyres are recommended, it takes a long time to repair a puncture!
- Spare inner tubes

Teams must have

- Ropes for pulling the chair
- First Aid Kit
- Mobile phones and portable charger



Our Safety Policy



Anyone who does not have the correct kit will not be allowed to take part. This may result in your team's fundraising having to be refunded to your sponsors.

Back Up and Up4it Outdoors reserve the right to stop any person inadequately equipped from participating in this event on the day.

Please be prepared for all weather conditions and bring appropriate clothing for mountain walking including waterproof jackets and trousers.

Please see our [guide to adapting a Snowdon Push chair](#) for information about how you can adapt a wheelchair for the challenge. If you would like a hard copy, please let us know.

Safety Information

Mount Snowdon is over 3,500 ft high. Weather can be unpredictable and the terrain is very challenging in places.

Please read this information carefully.

TRAINING

- We recommend that you increase your fitness prior to The Push by regularly exercising
- Get used to your hiking boots if you aren't already
- Practice over some rough ground with the whole team to prepare if you can

MEDICAL CONDITIONS OR ILLNESSES

- Please disclose any pre-existing medical conditions or recent illnesses on the liability forms and the Snowdon Push registration form. Please ensure that you flag this up when returning them to the Back Up Team (Reece). If you experience an illness or accident after you have signed these forms you must report it to the Back Up Team (Reece) as soon as possible
- If you fail to disclose any medical conditions, Up4ItOutdoors and Back Up cannot be held responsible for any injuries or illness you experience on the day as a result

TERRAIN AND MOUNTAIN MANNERS

- Please be thoughtful of other people using the mountain
- Never compromise your own safety or the safety of a passer-by or your team
- If another Back Up team wishes to overtake you, you must move aside and allow them enough space to pass safely before continuing
- If team members consistently compromise anyone's safety, the whole team may not be allowed to complete the challenge
- The terrain of The Push is varied and includes grass, rock, shingles, tarmac, small boulders and steps and is often rocky and uneven. If the weather is wet, the route will become muddy and slippery
- There are some steep drops along the route and in these areas we advise you to slow down and take care





All members of your team must stay together at all times

WEATHER

- The temperature falls as you climb higher – please ensure that you are dressed appropriately
- The weather can change from sunshine and clear views to driving rain and low visibility in a matter of moments
- Advice on fell conditions will be sought on the day from local experts
- There is a lower level contingency route

FOOD & DRINK

- Please ensure you bring your own food to eat on Friday night, Saturday morning and Sunday morning as well as food and plenty of water to take up the mountain.

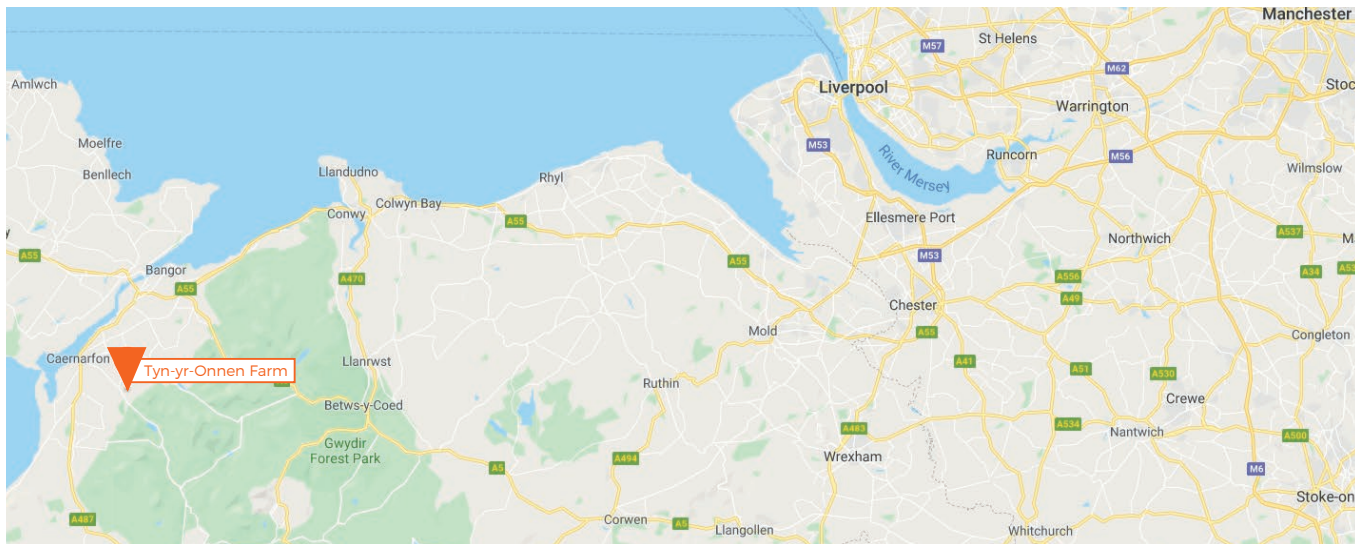
Accommodation



WE HAVE RESERVED A CAMPSITE AT TYN-YR-ONNEN FARM

Address

Tyn-yr-Onnen Farm | Waunfawr | Caernarfon | Gwynedd | LL55 4AX



- The post push party will be held in an accessible barn at this campsite
- There will be accessible toilets
- The campsite is in a field with no tarmac roads. Terrain can be bumpy and uneven – you may want to bring a free wheel or off road tyres if you have them
- There is one accessible shower at the campsite with a shower chair. This is for wheelchair users only

■ Directions to Tyn-yr-Onnen Farm Campsite:

Just off the A4085 between Caernarfon and Beddgelert is Waunfawr. Look for the Skoda showroom and convenience shop on the right, pass this and then take the third left which is signposted to the campsite

At the first fork you MUST go right (a No Through road) and follow the road until you find the campsite on your left about half a kilometre from the main village road

Timings for the Weekend



Friday 3 July - Arrival

BETWEEN 4PM AND 8.30PM - ARRIVE AT CAMPSITE

- Arrive at Tyn-yr-Onnen Farm campsite, Waunfawr, Caernarfon, Gwynedd, LL55 4AX
- More information about the campsite can be found at:
<https://www.tyn-yr-onnen.co.uk/>
- The traffic can be extremely heavy so it is advisable to leave in the afternoon if possible
- **IMPORTANT - 9.00pm - Safety briefing and team registration. All teams to attend.**
 - In the barn behind the toilets at the campsite
 - This briefing must be attended by at least one team member
 - Teams will be informed of their start time



Saturday 4 July – The Push

6.30AM – 10AM: START

- Start times for teams will be staggered with the first team registering and setting off at 6.30am
- Teams will be started at 15 minute intervals - teams will be informed of their start time at the safety briefing
- You will not be able to start until your kit has been checked and liability forms have been signed



6.30PM – FINISH

- Last team returns (we hope!)
- 7.30pm to 11:00pm – post push party!
- This will be taking place at the barn at Tyn-yr-Onnen farm campsite
- 8:00pm: Food – this will include a vegetarian option (if you have any other dietary requirements please state this on the team registration form)
- 9:00pm: Prize Ceremony (prizes include 'Top fundraising team', 'Fastest team' and 'Spirit of the Push'), raffle and DJ
- All food and entertainment for Saturday evening is included in your registration fee
- Please remember to bring cash for the raffle. There is not a cash point nearby

Sunday 5 July – Everyone goes home

Sponsorship



Back Up is a leading UK charity that inspires people affected by spinal cord injury to get the most out of life. Each year, we reach over 800 people with our award-winning services that are designed and delivered by people with a spinal cord injury – placing those we support at the heart of everything we do.

We offer wheelchair skills training, an accredited mentoring service, telephone support, life skills and activity courses, and support returning to work or school. All our services give people the skills, confidence and independence to get back up to living life to the full.



As a charity that receives no government funding, Back Up relies entirely on the efforts and generosity of our supporters to survive and continue our work.

THIS IS HOW YOU MAKE AN ENORMOUS DIFFERENCE TO BACK UP!

With your fundraising support, Back Up can continue to deliver services that build confidence and independence as well as offer a supportive network

How much do you need to raise and how?

- Minimum of £2,000 in sponsorship per team (excluding Gift Aid)
- All teams must have an online fundraising page. The Back Up team will inform team captains how to set this up
- Each team must have raised £2,000 before The Push (excluding Gift Aid)
- We will support you with paper sponsorship forms, posters and anything else you may require to help with your fundraising
- We can also support you with advice and information on getting your company to match whatever amount your team raises



Applying



I'M IN! - WHAT DO I DO NOW?

1. Complete the registration form online <https://www.backuptrust.org.uk/bookings/snowdon-push> either as an individual or with details of team members
2. Set up your online fundraising page, Reece will send you a link to where your team captain can set this up.
3. Pay your registration fee online (deadline Friday 5 June 2020)

THIS IS YOUR CHANCE TO CHANGE SOMEONE'S LIFE!

Start FUNdraising today!





IF YOU WOULD LIKE TO GET INVOLVED OR WANT ANY MORE INFORMATION, PLEASE CONTACT
Reece at reece@backuptrust.org.uk or on 020 8875 6749

