

Back Up's Snowdon Push

Friday 30th June – Sunday 2nd July 2017

Essential information & application pack



The aim of this fantastic fundraising challenge event is to raise over £50,000 (net) for Back Up.

Back Up is a unique national charity that inspires people to transform their lives and challenges perceptions of disability. Our services include wheelchair skills training, mentoring and rehabilitative activity courses as well as support in getting back to work or school after an injury. All our services help to build confidence and independence. We aim to show people that they can still realise their potential after a spinal cord injury and get the most out of life.

The Push is a very challenging event so please read this pack carefully!

SO WHAT IS THE SNOWDON PUSH?

This incredible challenge is for teams of between 10 & 16 people to conquer the highest mountain in England & Wales – Mount Snowdon – which is over 3500ft high. One member of the team must be a wheelchair user.

This means walking, climbing, pushing, pulling and wheeling to the summit and back down again, covering about 9 miles of mixed terrain and raising money for Back Up into the bargain! It might sound crazy, and it is, but it's also hugely satisfying, an amazing achievement and most of all, its immense fun - just ask those who have done it before and keep coming back for more!

Teams will start at intervals along a planned route and it's likely to take around 3 to 8 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.

Each Snowdon Push team will pledge to raise over £200 minimum per person.

To get an idea of what the terrain is like on Mount Snowdon, have a look at these YouTube videos taken from our previous events:

<http://vimeo.com/69902485>

<http://www.youtube.com/watch?v=AZjFkGglcto>

<http://www.youtube.com/watch?v=jPGvR-laVIE>

<http://www.youtube.com/watch?v=NhPKx8z31jU>

Keep reading to find out how to get involved.....

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“The whole weekend was a highlight, it was the best experience of my life and I would gladly do it again”

(Quote from Snowdon Push participant)

KIT LIST

Please note – the weather in North Wales and around Mount Snowdon is VERY unpredictable, even in summer months. We will be thoroughly checking each individual's kit to ensure they have the appropriate clothing and boots.

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 & 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
- 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 & mattress/rollmat (and VERY warm layers for sleeping in)
- Walking boots. They must have ankle support and a decent tread
- Full waterproofs (tops and trousers)
- Gloves, eg, ski or gardening gloves. Gloves are not only useful to keep warm but are essential to protect hands when pulling on the ropes
- Fleece or warm jacket as well as a hat
- Water bottle or flask (filled), we recommend that each person carries at least 2 litres of water
- Daysack
- Packed lunch and high energy snacks such as cereal bars/chocolate bars/sweets
- Sun tan lotion
- Cash! There will be a cash bar at the Post Push Party and there will be no cash machines nearby so please make sure you have money with you for the Post Push Party
- Proof at least £200 sponsorship raised before the Push weekend



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
- Helmet – these are compulsory and *will be provided on the day by Up4it Outdoors*

Teams must have:

- Ropes for pulling the chair
- First Aid Kit
- Map (This will be provided)
- Mobile phones

We recommend:

- You bring at least 2 old climbing ropes, one for each side of the chair. They should be long enough for at least 6 people to pull on (about 30ft or 10 metres) and it will really help disperse the weight.
- Ropes can also be used as a braking mechanism to control the chair on the descent.

Example of an effective roping system:



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
- Do get used to your hiking boots if you aren't already
- Practice over some rough ground with the whole of the team to prepare if you can



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Medical conditions or illnesses

- Please disclose any pre existing medical conditions or recent illnesses on the liability forms and also the Snowdon Push registration form and flag this up when returning them to the Back Up Community Fundraiser. If you experience an illness or accident after you have signed these forms you must report it to the Back Up Community Fundraising Team (Kat/Alex) 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 a passer by, your teams or your own safety
- 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 compromise anyone's safety we will add penalties to their time
- The terrain of The Push is varied and includes grass, rock, shingle, tarmac, small boulders, 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
- The weather can change from sunshine and clear 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 and Saturday and Sunday morning as well as food & plenty of water to take up the mountain.

Adapting wheelchairs

- Wheelchairs are likely to be knocked about quite a lot on the mountain so we strongly suggest you don't use your everyday chair! Some participants will build or put together their own 'Push' chairs themselves.



You will need to use ropes so the team can pull you up, but by far the biggest hindrance to progress up (and down) the mountain tracks will be front castors. If you don't have an attachable front wheel, you will need to create something to adapt the chair. Some tips are:

- Make adaptations to an old chair
- Try using three or four big wheels – larger wheels reduce the amount of lifting you need to do
- Use a long pole/s on the back of the chair to enable more than one person to push at a time



ACCOMMODATION

- We have reserved a campsite at **Treborth Leisure**

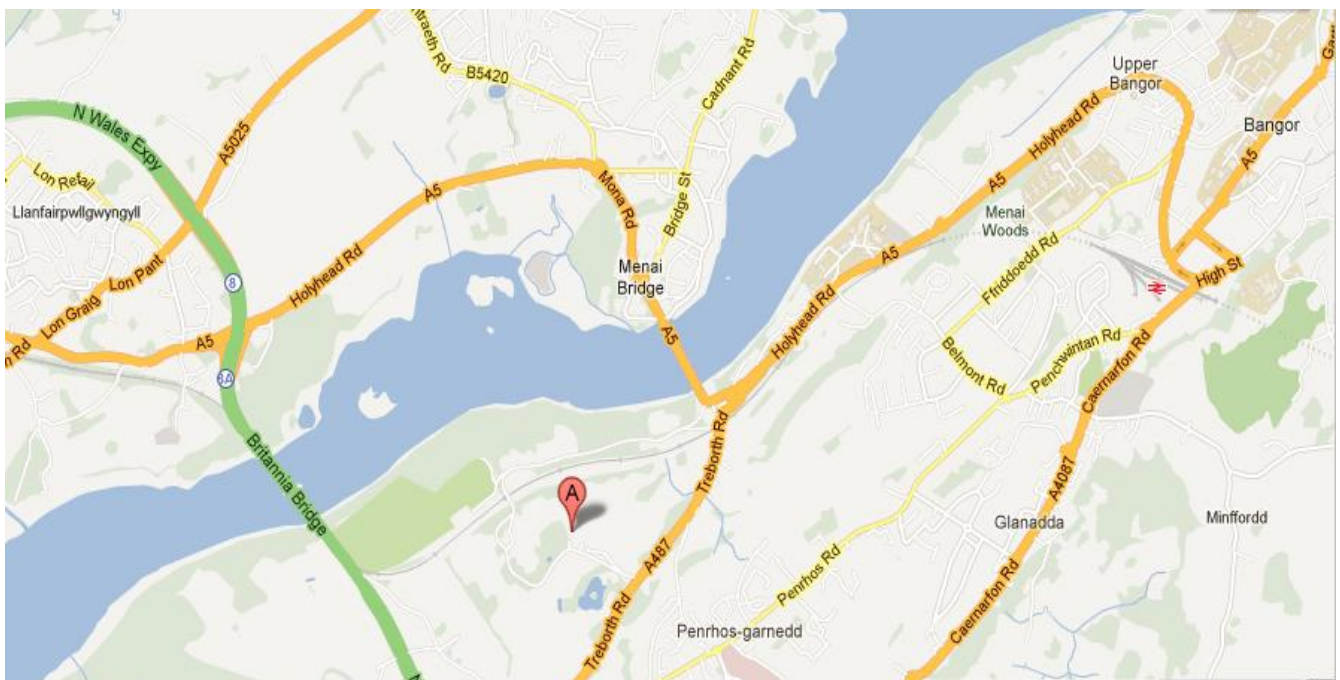
Address:

**Treborth Leisure
The Old Barn
Treborth Hall Farm
Bangor
Gwynedd
LL57 2RX**

- The Post Push party will be held in a marquee at this campsite
- There will be accessible toilets
- The actual campsite is located in a field with no tarmac roads. Terrain can be bumpy and uneven – you may want to bring a free wheel or off roads tyres if you have them.
- Ensure you bring your own food to eat on Friday night and Saturday and Sunday morning as well as food to take up the mountain.
- There are no accessible showers at the campsite. Therefore we have arranged for the use of an accessible shower for the Saturday after the Push at a local gym. This is for the use of wheelchair users only so instructions and directions will be given to them separately.

Directions to Treborth Leisure:

- Leave the A55 at junction 9 & take the A487 to Bangor/Caernarfon
- At the roundabout take the 1st exit on A487 heading to Bangor. Go through one roundabout, then turn left and then turn right



REGISTRATION FEES

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:

- A) Log onto the [website](#) & follow the link to your required registration fee
- B) Call the Back Up office and pay by credit card – 020 8875 1805

Team registration form entry deadline is MONDAY the 20TH FEBRUARY, 2017

The deadline for payment of registration fees is FRIDAY 19th MAY, 2017

OPTION 1 – PARTICIPANT - CAMPING – FULL COST FEE - £65 PER PERSON

This includes:

- 2 nights camping at Treborth Leisure campsite
- Food & entertainment on Saturday night at the post-push party
- Snowdon Push 2016 t-shirt
- Safety on the mountain
- Medals & trophies for the winners at the post-push party
- Post-event certificates

OPTION 2 – PARTICIPANT - NOT CAMPING - £40 PER PERSON

This option is for those individuals who do not wish to camp at Treborth Leisure campsite, preferring to make their own accommodation arrangements. It includes everything stated in Option 1 except camping.

OPTION 3 – SUPPORTER - CAMPING- £38 PER PERSON

This is for all supporters who are not taking part in The Push itself but wish to camp for two nights and attend the post-push party. It also covers your food at the party.

OPTION 4 – SUPPORTER - NOT CAMPING- £13 PER PERSON

This is for all supporters who are not taking part in The Push itself and who do not wish to camp but would still like to attend the post-push party. It will cover the cost of your food.

SPONSORSHIP

This is how you make a huge 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 **£200** in sponsorship **per person** (excluding Gift Aid)
- All teams must have an online fundraising page, it can be set up in 5 minutes:
www.justgiving.com
- Each team member must have raised £200 before The Push (excluding Gift Aid)
- We will support you with paper sponsorship forms, posters you might require and advice on getting company sponsorship and matching for your team

JustGiving™

Mentoring

“Without my Back Up mentor, I would never have got out of the terrible place I was in.” (Darren)

Telephone Support

“Back Up made me realise that it was going to be possible to laugh and enjoy life again.” (Ian)

Wheelchair skills training

“Through Back Up I discovered my zest for life, confidence and sense of fun.” (Yasmin)

Rehabilitative courses

“The course completely transformed my life and inspired me to share what I had experienced with others.” (Jane)

Children & young people

“Back Up supports schools to adapt to accommodate the child – not the other way round.” (Primary school head teacher)

TIMINGS FOR THE WEEKEND

Friday 30th June - Arrival

Between 4pm and 8.30pm - Arrive at campsite

- Arrive at Treborth Leisure campsite - The Old Barn, Treborth Hall Farm, Bangor Gwynedd LL57 2RX
- <http://www.treborthleisure.co.uk/>
- The traffic can be EXTREMELY heavy so it is highly advisable to leave in the afternoon if possible.

9.00pm – Safety briefing and team registration

- In the marquee @ Treborth Leisure campsite
- This briefing must be attended by at least **one** team member
- Teams will be informed of their start time

Saturday 1st July – The Push

7.00am – 9.30am: Start

- @ The Electric Mountain on the A4086 (approximately a 25 minute drive from Treborth Leisure campsite)
- Team 1 will register at 7am to start at 7.15am
- Teams will be started at 15 minute intervals, teams informed of start time at safety briefing
- You will not be able to start until your kit has been checked & liability forms have been signed
- The car park is open to the public so spaces will be limited and there will be a cost to park there so please fill up your vehicles and bring as few cars as possible.

Once your team has set off from the Electric Mountain railway, you will need to cross a main road to reach the Llanberis Path. On the lower tarmac of the Llanberis Path you may also encounter traffic. Please be road aware and careful on these areas of The Push. You will also be coming down this way so same applies on the return.

6.30pm - Finish

- Last team returns (we hope!)

7.30pm to Midnight – Post Push party!

- @ Treborth Leisure campsite
- 8pm: Food with vegetarian option
- 9:30pm: Prize Ceremony (including top individual fundraiser, top fundraising team, fastest team & Spirit of the Push!!), raffle and DJ
- All included in your registration fee

Remember to bring cash as there will be a bar in the marquee

Sunday 2nd July – Everyone goes home

I'M IN! – WHAT DO I DO NOW?

1. Complete the registration form either as an individual entrant or with details of team members & send it to katherine@backuptrust.org.uk by Monday 20th February, 2017
2. Set up your online fundraising page – <http://www.justgiving.com>
3. Pay your registration fee [online](#) (deadline Friday 19th May 2017)

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 feet warmers, and thermal nightwear will all help you to keep warm.
- ✓ We suggest you eat a good, carbohydrate rich, meal on Friday evening on the way
- ✓ 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 & water for the climb

**This is your chance to change someone's life.
Start FUNdraising today!**





This is your chance to change someone's life!

Snowdon Push 2017 ~ Application Form

- I am entering a team and my team is called.....
- I would like you to help me join another team
- My team expects to raise £.....in sponsorship (minimum £200 per person)
- My team expects to complete the challenge inhours.....minutes

#	Name	Email address	Mobile phone number	Chair user? Yes/No	Done The Push before?	T-Shirt Size S/M/L/XL	Special dietary needs?
1 – Team leader							
2							
3							
4							
5							
6							
7							
8							
9							
10 - Minimum							
11							
12							
13							
14							
15 -							
16 - Maximum							

Please advise us of any medical condition that you or any of your team members may have (e.g Asthma, Diabetes, Epilepsy, Autonomic Dysreflexia) or any other specific needs or requirements that you feel would be useful for us to know.

Data Protection Act 1998

The data collected in this form may be used for the purposes of keeping you informed about The Snowdon Push and Back-Up's work. The data will not be disclosed to any organization that is not associated with the Back-Up Trust. Please tick the box if you do not wish to hear from us again []

Please return this form to: Katherine Espiritu, The Back-Up Trust, Jessica House, Red Lion Square, 191 Wandsworth High Street, London SW18 4LS
or email to: katherine@backuptrust.org.uk **ENTRY DEADLINE 20th FEB 2017**