



## **YWCA England & Wales Fundraising Skydive Scheme**

Take an adrenaline challenge in aid of YWCA, organised by London Parachute School, professionals in skydiving in the UK.

Raise over £395 in sponsorship and your tandem parachute jump is free.

### What is a tandem jump?

A tandem jump is a combined freefall and parachute descent where you are strapped to a professional parachute instructor. On the morning of your jump, you will get a 30 minute ground briefing on the equipment that will be used for your jump, as well as full information on exiting the aircraft, freefall and how to land safely.

Once you have been securely attached to an experienced tandem instructor with a 4-point harness system, you will board the aircraft together. The plane will normally climb to around 10,000 feet where you will exit and begin your freefall. After reaching speeds of approximately 120 miles an hour your freefall will end at around 5,000 feet when the tandem instructor will deploy the main parachute and you will begin your descent under canopy. This will last between 4 to 6 minutes as you fly towards your landing area.

### Are there any restrictions on who can skydive?

The minimum age for Tandem Skydives is 16 and jumpers must weigh less than 15 stone. There is no upper age limit for Tandems, however anyone over the age of 40 will need to have their 'Declaration of Fitness' signed or stamped by their GP.

There are also some restrictions in relation to medical conditions. Full details are given on the 'Declaration of Fitness' form that you will receive with your sponsor forms but generally if you have a medical condition like diabetes, epilepsy, heart disease or severe asthma you will need to get your Declaration signed by your GP, whatever your age. All under 18s must have their forms signed by a parent or guardian.

### How does the scheme work?

YWCA 's parachute scheme is operated by the London Parachute School and they will co-ordinate your jump wherever you live in the UK.

We ask all fundraisers to raise a minimum of £395.

- £160 of this will go to YWCA
- The other £235 will pay for your jump, payable as a deposit of £50 and then a fee of £185 on the day of your jump
- Any funds you raise in excess of the £395 minimum will go to YWCA.

To book your jump you will need to pay your £50 deposit and send this in with your registration form. You can take this money back out of your sponsorship once you have started fundraising. One week before your jump you must send in your £160 sponsorship to YWCA. We will then confirm with the parachute school that this has been received and on the day of the jump you will pay the remaining £185 jump fee to the school.

### When can I jump?

On the registration form you can select three dates. The parachute school will try to book your first choice but if not one of your other choices.

### Where will I be jumping?

We use a number of British Parachute Association (BPA) approved drop zones around the UK and will book you in to whichever is nearest to you. Please let us know if you would like to jump at a particular site and we will try to accommodate you.

Auchterader	Scotland	St Andrews	Scotland
Errol	Scotland	Grange over Sands	Cumbria
Lancaster	Lancs	Bridlington	E Yorks
Peterlee	North East	Nottingham	Central
Sibson	Central	Peterborough	Central
Hibaldstow	Central	Cambridge	Cambs
Norwich	South	Swansea	Wales
Perranporth	Cornwall	Honiton	Devon
Netheravon	Wilts	Cirencester	Gloucs
Brackley	Northants	Weston	Oxon
Marlow	Bucks		

Northern Ireland currently suspended for payment changes, this will be reinstated asap.

### **What about insurance?**

All jumpers will be covered by the BPA's Public Liability insurance for up to £2 million liability to third parties. However, this does not cover you or your dependents for personal injury (including death). We would advise that you arrange personal accident insurance for your skydive by contacting London Parachute School on 0845 130 7194.

### **Organising a group**

If you would like to jump as group of friends or work colleagues please send your registration forms in together with a note. Jumping slots can book up quite quickly during the summer months so please give LPS as much notice as possible.

### **Filming your jump**

Most drop zones will have professional cameramen available to capture your big moment. Video, DVD or photographs make a fantastic lasting reminder of your day – as well as providing proof to your sponsors that you actually did it! The cost of video and 35mm stills vary from drop zone to drop zone, usually £80 to £100. It is worth checking with your drop zone in advance what will be available and how much it will cost.

### **About YWCA England & Wales**

YWCA is one of the leading charities working with girls and women from some of the most disadvantaged communities of England and Wales.

Young women face unique problems in today's society: their voices are often ignored and they lack influence. We want a future where they can overcome prejudice, take charge of their own lives and fulfil their potential. They may face poverty, sexism, drug addiction, violence or racism. We run services to support them and campaign with them to combat the discrimination they face.

Too often girls and young women are invisible in policy made for young people, or women in general, and their needs are not met by mixed gender services.

### **What your sponsorship will buy**

90p out of every £1 we spend goes directly to help young women.

- £5 could enable a young woman to attend a literacy, numeracy or IT skills session to help her get back into education or improve her chances of finding employment.
- £7 could enable a young mum or mum-to-be to get support and information to help her look after herself and her baby.
- £15 could pay for a girl who has been trafficked into this country for the sex industry to get a translator and access to the support, information and training she needs.
- £20 could mean a young woman can get one-to-one counselling so she can talk through her problems, get advice and information.
- £50 could mean a young woman can attend a course on parenting, sexual health or coping with anxiety.
- £100 could pay for a YWCA tutor to run an eight week course for women with learning disabilities about health, life choices and the right to say no.
- £1,000 could allow us to work with a woman just released from prison, encouraging her with advice, support and training to prevent her re-offending and help her find a job.

For more information, visit [www.ywca.org.uk](http://www.ywca.org.uk) or contact our supporters' team on 01865 304205 or [supporters@info.ywca.org.uk](mailto:supporters@info.ywca.org.uk).

### **How do I sign up?**

Simply fill in the registration form and Declaration of Fitness Form enclosed and send it with your deposit of £50 (made out to London Parachute School) to the address next page.

If you have a question about your jump, please call LPS on 0845 130 7194.

# Registration Form



Please complete this form in BLOCK CAPITALS and in black or blue ink then send it to:

London Parachute School  
The Byre  
Woods Farm  
Easthampstead Road  
Wokingham  
Berkshire RG40 3AE

**Title:** \_\_\_\_\_ **Name:** \_\_\_\_\_ **Surname:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Postcode:** \_\_\_\_\_

**E-mail address:** \_\_\_\_\_

**Day Tel:** \_\_\_\_\_

**Eve Tel:** \_\_\_\_\_

**Male / Female**

**Date of Birth:** \_\_\_\_\_

**Height:** \_\_\_\_\_

**Weight:** \_\_\_\_\_

I would like to book my tandem jump for one of the following weekends:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

I enclose a cheque for £50 made payable to the London Parachute School or

Please charge £50 to my Visa / Mastercard / Delta / Switch

Card Number: \_\_\_\_\_

Expiry Date: \_\_\_\_/\_\_\_\_ Security Code: \_\_\_\_ (3 digit code on reverse of card)

Start Date: \_\_\_\_/\_\_\_\_ issue number: \_\_\_\_ (if applicable, Switch etc.)

## Agreement with London Parachute School (LPS)

I acknowledge that LPS have been engaged by YWCA England & Wales as experts in parachute descents and this agreement is between me and the LPS. In consideration of LPS accepting me as a member and student parachutist, I hereby acknowledge and agree: That I will be bound by the School's rules and regulations and that I am 18 years of age or over. I further acknowledge that I enter into this agreement with the School on the basis that the School contracts with me on its own behalf and as agent for all its staff and for all instructors who may be put at the disposal of the School for the purpose of assisting it to carry on its activities. I further agree not to make any claim against the School in respect of injury to person or loss of property and indemnify the school against claims brought against them arising out of neglect or default on my behalf whilst involved with the School activities.

Signed \_\_\_\_\_ Date \_\_\_\_\_

If the above person is aged between 16 and 18 years then a parent/guardian must countersign below granting their permission for this person to take this challenge

Signed \_\_\_\_\_ Date \_\_\_\_\_