



Hi there,

Thank you for your enquiry regarding our Charity skydiving courses for the complete beginner.

**So why book your skydive with us?**

**We are professional skydivers and are always here to answer your questions and give you honest and accurate advice from 8am – 8pm 7 days a week 365 days a year.**

Your attention is drawn to the guidance notes to help you book your jump.

It is preferable to give as much notice as possible to book your jump, particularly if you want to jump on one of the busy summer weekends and/ or with a group. Your deposit (see tariff) will enable London Parachute School to start processing your form, full payment is required on the day of your jump (in some instances the balance must be settled prior to the jump date). If you would like to jump at very short notice, please book by phone on 0845 130 7194.

**Booking your Skydive is Easy!**

- 1. Read the info**
- 2. Complete and send us the booking form and deposit.**
- 3. We will send you confirmation and directions for your nearest Drop Zone.**

## **SPONSORED PARACHUTE JUMP**

### **HOW TO GO ABOUT IT!**

**Many people like to raise money for charity and this gives you the perfect opportunity to help a worthwhile cause. All charities will be very grateful for your donation, at London Parachute School we are happy to assist you in raising money for any charitable cause**

**Using the sponsor form, collect pledges from the people who wish to sponsor you. After completing your jump you can collect your sponsor money in. We will give you a certificate to prove you took the plunge.**

**Once you have collected all your sponsor money you must send it to your chosen charity. Many charities will reimburse the cost of the course if you raise enough money for them. Contact your charity to find out their policy on this.**

**We offer discounts for groups so it may be worthwhile getting all your friends to keep you company!**





### **Sponsored Charity Jumps**

Raise £400 and you jump for free. Tandem and RAPS courses available at all our Centres nationwide.

What a great opportunity to raise some money for a good cause and have the experience of your life at the same time.

At London Parachute School we work in direct partnership with 3 charities per year. All the funds you raise over and above the cost of your skydive will go straight to the charity. London Parachute School cover all the extra administration costs incurred and are dedicated to ensuring the charities receive maximum funds.

Please contact us on 0845 130 7194 to find out more about these worthy causes, or download the info pack at [www.londonparachuteschool.com](http://www.londonparachuteschool.com)



### **Organising a Group**

If you are organising a group all our correspondence will be via yourself, but we will happily speak to any individuals if they wish to discuss something in person. For groups of 5 or more contact us for a discount that may be available.

### **Terms and Conditions**

It is the person paying for the skydive that is required to sign the terms and conditions. If this person is not the skydiver then they have the responsibility to ensure that the skydiver is aware of all points laid out in the terms and conditions. Particularly those points pertaining to the skydivers suitability and fitness to jump, and the forbidding of the consumption of alcohol on the day of the jump. **All students will need to purchase a mandatory provisional membership of the British Parachute Association, which entitles them to a Third Party liability insurance of £2,000,000. The cost of this insurance cover is currently £30.**

### **Booking Form**

In order to book your skydive complete the details on the booking form, sign the terms and conditions and enclose deposit, send it to: London Parachute School, The Byre, Easthampstead Rd, Wokingham, Berks, RG40 3AE Once received we will send you confirmation, directions and details specific to your chosen Drop zone.

### **Skydivers Medicals and Consent Forms**

On the day of the jump all skydivers will be required to complete the British Parachute Association Student Parachutist Declaration of Fitness. If the jumper is over 40, or has a medical condition that may affect their ability to freefall or parachute safely then they will require a doctor's certificate to be completed in advance. If the skydiver is aged 16 or 17 they will need their parent or guardian to sign their medical form and a consent form. We will have enclosed the medical and consent forms if we knew you needed them, but if we have not and you now think it may be required then please let us know as soon as possible. Medicals and consent forms need to be kept by the skydiver and taken to the dropzone on the day. You can contact us for these forms or download them at [www.londonparachuteschool.com](http://www.londonparachuteschool.com)

## **Skydiving Gift Vouchers, Gift Packs and Surprise Jumps**

Our gift vouchers and gift packs are available for tandem, RAPS and AFF level 1 courses. There is no extra charge for the Gift Voucher.

Our Gift Packs are an extra £13.95 and include the Jump voucher, T-shirt and £20 off voucher (any future course). The pack is personalized, gift wrapped and sent Special Delivery.

If you wish to organise the whole jump as a surprise then you may fill in the skydivers details, preferred date and location on the form yourself. You need to consider the jumpers age and health as a BPA medical form may have to be completed in advance by their doctor. There can be no exceptions to the BPA rules on this I'm afraid, and this could unfortunately thwart your plans to surprise

## **FAQ's Restrictions and Exclusions – Full list on website**

**Age** – Minimum age 16 (16 – 18 with written consent from parent or guardian). Those over 50 will not usually be accepted for AFF or RAPS but there is no upper age limit for Tandem skydives. **Weight** – 96 kilos or 15 stones.

**Fitness and Health** - A fair level of fitness is required for AFF and RAPS but not necessarily for Tandem skydives. If you are over the age of 40 you will need your doctors approval, we will send you the relevant documentation for your doctor to sign. Under the age of 40 you may sign a self declaration of fitness.

**Weather** - Skydiving is weather dependant!

**Cloud** – Good visibility and broken cloud is required for all forms of skydiving, and the cloud base should be no lower than your parachute deployment altitude.

**Wind** – The maximum ground speed for Tandems is 20kts and for Raps and AFF 15kts. Check with your chosen club the afternoon before or morning of your jump for a weather update; don't rely on TV or radio.

**Disabilities** - If you are disabled this does not mean you cannot skydive. Contact us for more details.

**Insurance** - On registration at the club on the day of your skydive you will automatically be covered by 3rd party insurance, if you would like to take further personal injury cover, I recommend Extreme Plus on 0845 6760700 or [www.extremeplus.co.uk](http://www.extremeplus.co.uk).

**Safety** - All our chosen clubs are regulated by the BPA British Parachute Association, to ensure that equipment and training is of the highest standards. All Student and Tandem skydivers wear a dual parachute system, where if the main parachute should fail there is a reserve parachute, which is easily deployed. Student and Tandem equipment are also fitted with an automatic reserve parachute-opening device (Cypres) this is in case of extreme emergency and this device is governed by speed and altitude.

**Glasses and Contacts** - Our goggles fit comfortably over your glasses and contact lenses are no problem

**Breathing in freefall** - On exiting the aircraft you may gasp for breath for a second but will soon find yourself breathing normally.

**How fast will I fall?** - This varies, but you can expect to be falling around 120mph during freefall.

**What should I wear?** - If it's a cold day wrap up warm not bulky as you will be provided with a jumpsuit to wear over your clothes. On a hot day a t-shirt and trousers/shorts are ample. Trainers are recommended, do not wear any open toed shoes ie sandals.

We're here to help, so if you want more information please don't hesitate to get in touch.

## **The London Parachute School Team**



**ALL BOOKING FORMS TO BE SENT TO:**

**London Parachute School  
The Byre, Easthampstead Road  
Wokingham  
Berks  
RG40 3AE  
Tel: 0845 130 7194**



Name: .....

Address: .....

Email ..... Tel no: (Home).....

(Work)..... DOB: ..... Weight: ..... Height: .....

Course Type .....

Please book me on a course for the following dates:

1<sup>st</sup> Choice..... 2<sup>nd</sup> Choice..... 3<sup>rd</sup> Choice.....

Credit/Debit Card No..... Expiry..... CV2.....  
Mm/yy last 3 numbers on signature strip

I enclose £50.00 deposit and will pay the balance of £ .....at the start of the course. I understand that reservations can only be made if the deposit accompanies this booking form. Please make payments to London Parachute School Ltd.

**AGREEMENT: To the London Parachute School.**

In consideration of you 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. I understand that **All students will need to purchase a mandatory provisional membership of the British Parachute Association, which entitles them to a Third Party liability insurance of £2,000,000. The cost of this insurance cover is currently £30.00.**

..... (Signed) .....(Date)

**NEXT OF KIN:** (To be completed by all students)

Name: ..... Relationship: .....

Address: ..... Tel No: .....

**NOTE: If under 18 years of age, parent / guardian to complete the following:**

**To:** The London Parachute School

I(Name).....(Address).....

being the parent / guardian of ..... hereby confirm that I have given permission for him/her to undertake training and make a parachute descent and that I agree to the terms set out above.

**Signed:** .....

**Date:** .....

BRITISH PARACHUTE ASSOCIATION

www.bpa.org.uk

Wharf Way, Glen Parva, Leicester, LE2 9TF

Tele: 0116 278 5271, Fax: 0116 247 7662, e-mail: skydive@bpa.org.uk

# 'SOLO' STUDENT PARACHUTIST DECLARATION OF FITNESS TO PARACHUTE

I hereby declare that I am physically fit. I do not, and have not, suffered from any of the following conditions, which I understand may lead to a dangerous situation with regard to myself or other persons during parachuting:

Epilepsy, fits, severe head injury, recurrent blackouts or giddiness, disease of the brain or nervous system, high blood pressure, heart or lung disease, recurrent weakness or dislocation of any limb, diabetes, mental illness, drug or alcohol addiction.

I further declare that in the event of contracting or suspecting any of the above conditions, or in the event of sickness absence over twenty consecutive days, incapacitating injury or confirmation of pregnancy, I will cease to parachute until I have obtained medical approval. I have read the notes overleaf. I also accept that if my weight is above the level set for my height opposite I stand a higher than average risk of sustaining injury upon landing.

Name in CAPITALS

Date of Birth

Weight

Signature

Date

BPA Number\*

Height

(\*issued at Parachute Centre on day of Course)

Name of witness in CAPITALS

Signature of witness

(for parachutists under 18 years of age the Witness MUST be the parent or guardian)

NOVICES ONLY			
Height		Weight	
ft	in	st	lb
4	4	7	7
4	5	7	11
4	6	8	1
4	7	8	6
4	8	8	10
4	9	9	0
4	10	9	5
4	11	9	9
5	0	10	0
5	1	10	5
5	2	10	10
5	3	11	0
5	4	11	5
5	5	11	10
5	6	12	2
5	7	12	7
5	8	12	12
5	9	13	3
5	10	13	9
5	11	14	0
6	0	14	6
6	1	14	12
6	2	15	3
6	3	15	9
6	4	16	1
6	5	16	7
6	6	16	13
6	7	17	5
6	8	17	11
6	9	18	4

  

NOVICES ONLY	
cm	kg
130	46
132	48
134	49
136	51
138	52
140	54
142	55
144	57
146	59
148	60
150	62
152	64
154	65
156	67
158	69
160	70
162	72
164	74
166	76
168	78
170	79
172	81
174	83
176	85
178	87
180	89
182	91
184	93
186	95
188	97
190	99
192	101
194	103
196	106
198	108
200	110
202	112
204	114

## IMPORTANT

Check with the Parachute Centre for details of any height-weight restrictions they may have.

IF YOU CANNOT SIGN THE DECLARATION BECAUSE OF ANY OF THE ABOVE CONDITIONS, OR IF YOU ARE AGED 40 OR MORE, YOU MUST OBTAIN THE DOCTORS CERTIFICATE BELOW BEFORE PARACHUTING. THIS IS NOT N.H.S. WORK AND YOUR DOCTOR MAY CHARGE YOU FOR THIS. A SPECIFIC APPOINTMENT MAY NEED TO BE MADE.

## DOCTOR'S CERTIFICATE

I understand that the applicant wishes to parachute but is unable to sign the above declaration/aged 40 or over\*. I have read the notes overleaf. In my opinion the applicant is physically and mentally capable of parachuting and is medically safe to do so. Glasses or contact lenses must/need not\* be worn. Body Mass Index is below/at or above\* 27.5. \* Delete as applicable

Signature

Date of Signature

Date of Expiry

(Doctors Stamp)

**NOTES FOR PARACHUTISTS** Parachuting is a “Risk Sport”. In order to reduce the risk of injury as a novice, you need a reasonably high standard of physical fitness and must not be overweight in relation to your sex, age, and height. Any person whose weight-for-height exceeds that in the chart overleaf stands a higher risk of injury on a solo first jump than the average person making a first jump (approximately double for a male and even greater for a female). No person above the age of 55 years will normally be allowed to undertake their first jump as a solo jump, without the permission of the BPA Safety & Training Committee (STC). Higher ages may be acceptable for persons training as Student Tandem Parachutists, for whom BPA Form 115 should be used.

As well as the conditions listed overleaf, the following may cause problems to parachutists and if you have ever suffered from any of them you must seek medical approval and certification before parachuting:

Previous fractures, back strain, arthritis and severe joint sprains. Chronic bronchitis. Asthma. Rheumatic fever. Pneumothorax. Liver or Kidney disease. Thyroid, adrenal or other glandular disorder. Chronic ear or sinus disease. Any condition which requires the regular use of drugs. Anaemia. Recent blood donation.

If you wear spectacles they should be securely attached while parachuting. If contact lenses are used, protective goggles should be worn. Your sight must be adequate to read a car number plate at 25 yards.

**NOTES FOR DOCTORS** Cardiorespiratory fitness is important. Sport parachutists make descents from unpressurised aircraft at heights of 2,000 to 15,500 feet above sea level without supplementary oxygen. At 15,000 feet there is a 40% reduction in available oxygen. A tachycardia of 120 - 160 bpm is common in experienced parachutists and 200 bpm is not unusual in novices. The tachycardia may be present at the same time as relative hypoxia and considerable physical exertion.

Musculoskeletal fitness is required. Each hand should be able to operate the equipment and be able to exert a pull of 30 lbs in any direction. During the parachute deployment there is a brisk deceleration, usually about 4g but occasionally up to 15g. The landing impact typically involves a descent rate equivalent to jumping from a wall 4 feet high, with a horizontal speed of 0 - 15mph.

Occasionally the landing impact may be considerably greater than this. Pre-existing spinal or joint injuries may be exacerbated.

Obesity increases the likelihood of lower limb or spinal injuries. Novices should be aware that if they undertake their 1<sup>st</sup> jump as a solo descent and their BMI exceeds 27.5 they stand a greater risk of landing injury than a person below 27.5 (approximately double the risk for a male and even greater for a female). This does not apply to the few obviously very fit candidates who have a raised BMI due to a large muscle mass. Exceptions may be made for those who have recent relevant experience (e.g. Tandem jumps).

A visual acuity of at least 6/12 (after correction with spectacles or contact lenses) is required. Blindness in one eye is acceptable provided that the remaining eye has a full field and the candidate has adapted to monocular vision. Middle ear or sinus disease may cause problems due to the rapid changes in ambient air pressure. The rate of descent in freefall may exceed 15,000 ft/min and under an open canopy 1,000 ft/min. Normal peripheral sensation and co-ordination are required to activate the parachute but may be impaired by disorders of the nervous system or peripheral vasculature. On early jumps the candidate is responsible mainly for his own safety but must behave in such a way as to cause no hazard to others. After further training, but no further medical evidence, the candidate may be the sole person responsible for the safety of an aircraft full of student parachutists. The candidate must be physically and psychologically fit to carry this responsibility.

The following conditions will normally make a candidate UNFIT to parachute, although there are some exceptions. Any condition which can lead to blackouts, impaired consciousness or impaired concentration. Tendency to persistent or recurrent weakness or dislocation of any limb (unless successfully corrected by surgery). Conditions requiring the use of medication with sedative or psychotropic side effects. A history of ischaemic heart disease, uncontrolled hypertension, other significant cardiac or respiratory disease, cerebrovascular disease, epilepsy, diabetes, mental illness, drug addiction, alcohol dependence, significant CNS disease. A certifying doctor is not stating that a candidate will remain free of injury during parachuting, but that records, history or appropriate clinical examination have not suggested unacceptable medical risk factors. In cases of doubt, or where further information is required, the Medical Adviser to the British Parachute Association or the National Coach and Safety Officer will be pleased to help, and may be contacted at the address overleaf.

These notes are not exhaustive. Some candidates who are 'unfit' using the above criteria may still be fit to make a tandem parachute descent (strapped into a common harness with an experienced instructor) - see separate 'Student Tandem Parachutist' form.

**VALIDITY** The *Parachutist's Declaration* overleaf places the parachutist under a permanent obligation to cease parachuting until obtaining a doctors approval if he/she develops any of the listed conditions. The Parachutist's Declaration is valid initially up to the age of 40, but should be renewed every 2 years between the ages of 40 and 49 and every year from the age of 50. *Doctor's Certificates* are valid as follows:

If required under age 40	-	As indicated by stability of medical condition (but not beyond age 40)
Age 40 - 49 years	-	The longer of “3 years” or “until age 50”
Age 50 years or over	-	3 years

unless the examining doctor specifies a shorter period of validity.



**NOTES FOR PARACHUTISTS** Tandem Student parachutists do not have to be particularly fit but there are some medical conditions that can cause problems. As well as the conditions listed overleaf, the following may cause problems to parachutists. If you have ever suffered from any of them you must have your doctors approval before parachuting:

Previous fractures, back strain, arthritis and severe joint sprains. Chronic bronchitis. Asthma. Rheumatic fever. Pneumothorax. Liver or Kidney disease. Anaemia. Thyroid, adrenal or other glandular disorder. Chronic ear or sinus disease. Any condition which requires the regular use of drugs.

Blindness is no barrier to Tandem parachuting. However, if you do wear spectacles they should be securely attached while parachuting. Protective goggles should be worn.

**NOTES FOR DOCTORS** Cardiorespiratory fitness is important. Student Tandem parachutists make descents from unpressurised aircraft at heights of 5,500 to 15,000 feet above sea level without supplementary oxygen. At 15,500 feet there is a 40% reduction in available oxygen. A tachycardia of 120 - 160 bpm is common in experienced parachutists and 200 bpm is not unusual in novices. The tachycardia may be present at the same time as relative hypoxia. Ischaemic heart disease, uncontrolled hypertension and cerebrovascular disease are absolute contraindications. Candidates with traumatic tetraplegia may have reduced ventilatory capacity. The examining doctor should be satisfied that any impairment will not cause respiratory embarrassment at altitude. A history of autonomic dysreflexia should be excluded in candidates with spinal injuries above mid-dorsal level. Specialist advice should be sought in cases of doubt.

**Student Tandem parachutists are strapped to an experienced instructor throughout the aircraft ride and parachute descent. The instructor and student share a common large parachute but only the instructor can open it or initiate any emergency procedures. Musculoskeletal fitness is not required and even paralysis or partial amputation of limbs is acceptable provided the instructor secures flaccid limbs before the jump. During the parachute deployment there is a brisk deceleration, usually about 4g but occasionally up to 15g. Unstable spinal injuries or subluxation may be exacerbated by such deceleration. The landing impact typically involves a variable descent rate equivalent to jumping from a wall 0 - 4 feet high, with a horizontal speed of 0 - 15 mph. Occasionally the landing impact may be considerably greater than this. Pre-existing spinal problems, joint injuries and arthritis can be exacerbated but are far less likely to be aggravated by a tandem jump than by any other form of parachuting, due to the descent and landing being controlled by a very experienced instructor. There have been isolated reports of advanced osteoporosis in chronically immobile candidates being associated with spontaneous fractures in the course of an "uneventful" tandem parachute descent.**

Middle ear or sinus disease may cause problems due to the rapid changes in ambient air pressure. The rate of descent in freefall may exceed 10,000 ft/min and under an open canopy 1,000 ft/min.

Neither blindness or deafness constitutes a barrier to Student Tandem parachuting, but the candidate must be capable of appreciating what is happening and of giving informed consent. Stable diabetes with no tendency to hypoglycaemia is acceptable. Epilepsy is not a contraindication provided that control is good and there have been no fits or changes in medication in the last two years. Most neurodegenerative disorders are acceptable unless respiratory impairment or marked postural hypotension are present.

Normal mental development and a stable mental state are important. The candidate must be able to understand what he/she is about to do and be capable of giving fully informed consent. The candidate's behaviour must not pose a risk to the Tandem Instructor. Current neurosis requiring active treatment, history of psychosis, subnormality, pathological euphoria, drug addition and alcohol dependence all constitute a contraindication.

**A certifying doctor is not stating that a candidate will remain free of injury during parachuting, but that records, history or appropriate clinical examination have not suggested unacceptable medical risk factors.** In cases of doubt, or where further information is required, the Medical Adviser to the British Parachute Association or the National Coach and Safety Officer will be pleased to help, and may be contacted at the address overleaf.

**VALIDITY** The *Parachutist's Declaration* overleaf places the parachutist under a permanent obligation to cease parachuting until obtaining a doctors approval if he/she develops any of the listed conditions. It is valid initially up to the age of 40, but should be renewed every 2 years between the ages of 40 and 49 and every year from the age of 50. *Doctor's Certificates* are valid as follows:

If required under age 40	-	As indicated by stability of medical condition (but not beyond age 40)
Age 40 - 49 years	-	The longer of "3 years" or "until age 50"
Age 50 years or over	-	3 years

providing that the examining doctor can specify a shorter period of validity if he/she feels it appropriate.

Form 115(ii)

(Issue 7, June 2004)