



BECOME A HEART FLYER!

Our exciting skydiving scheme gives you the opportunity to do a tandem parachute jump for free if you raise a minimum of £400 in sponsorship.

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 and how it works 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 per 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. If you are over 16 but under 18, you will need to obtain your parent's/guardian's permission to take part. There is no upper age limit for Tandem Skydives, 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.

HOW DOES THE SCHEME WORK?

The London Parachute School operates the British Heart Foundation's (BHF) parachute scheme and they will coordinate your jump wherever you live in the UK. We ask all Heart Flyers to raise a minimum of £400:

- ♥ £165 of this will come to the BHF
- ♥ 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 £400 minimum will come to the BHF.

In order 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. **Two week's before your jump, you must send in your £165 sponsorship to the BHF.** 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.

FUEL SURCHARGE

Due to the current fuel price being unpredictable (aviation fuel), several drop zones are now making a surcharge of up to £30 per person, should this be the case at your selected location the London Parachute School (0845 130 7194) will contact you and advise you of this prior to processing your booking. If you choose to jump at a drop zone that has added a fuel surcharge then you will have to raise that extra amount in addition to the £400 minimum amount to jump. For example, if the drop zone you choose has added a fuel surcharge of £15 then you will need to raise a minimum of £415 (paying £200 instead £185 on the day of your jump).

WHEN CAN I JUMP?

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

WHERE WILL I BE JUMPING?

England Grange over Sands (Cumbria), Lancaster (Lancashire), Bridlington (East Yorkshire), Nottingham (Nottinghamshire), Sibson (Cambridgeshire), Cambridge (Cambridgeshire), Norwich (Norfolk), Perranporth (Cornwall), Netheravon (Wiltshire), Dunkeswell (Devon), Cirencester (Gloucestershire), Brackley (Northamptonshire), Weston (Oxfordshire), Honiton (Devon), Hibaldstow (Lincolnshire), Peterlee (County Durham) and Marlow (Buckinghamshire)

Wales Swansea (West Glamorgan)

Scotland St Andrews (Fife), Auchterader (Perthshire) and Errol (Perthshire)

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 and there are a number of recommended insurers on the BPA website at <http://www.bpa.org.uk/insurance.htm>

ONLINE SPONSORSHIP

The BHF has a great online facility where you can set up your own online sponsorship page. This will enable your friends and family from far and wide to go online to sponsor you. All you need to do is go to www.justgiving.org.uk/bhf and follow the simple instructions. **Please note that all funds raised through your online sponsorship page will go to the BHF – these funds cannot be used to pay the £235 fee (plus any fuel surcharge) for your jump. You will need to use the money you collect offline to pay that fee.**

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 dropzones 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 around £80 to £100. It is worth checking with your dropzone in advance what will be available and how much it will cost.

If you have any queries about skydiving, please speak to the professionals on 0845 130 7194. The London Parachute School will give you honest and accurate advice and are available from 8am – 8pm 7 days a week 365 days a year.

HOW DO I SIGN UP?

Simply fill in the registration form and send it with your deposit of £50 (made out to the 'London Parachute School') to the address on the registration form. If you have a question about the BHF or fundraising for your parachute jump please call **0845 130 8663** or email Heartflyers@bhf.org.uk

WHY TAKE TO THE SKIES FOR THE BHF?

Parachuting and freefall are incredible experiences and as you soar through the air, you'll be helping the BHF to save lives. Unfortunately, heart disease touches us all and far too many people die prematurely from it. For those that survive, life can be frightening and hard. The BHF is the nation's heart charity and we are totally committed to preventing people's lives being devastated by heart disease. Every day the BHF saves lives by investing in pioneering research, supporting and caring for heart patients, campaigning for change and providing vital information to help people reduce their own risk of dying prematurely from a heart related disease. However we are a charity and we rely on the sponsorship you raise to continue our life-saving work. **TOGETHER WE CAN BEAT HEART DISEASE FOR THOSE WHO LIVE TODAY AND THOSE WHO WILL LIVE TOMORROW.**

