



Muscular **Dystrophy** *Campaign*

Registered Charity No. 205395 and Registered Scottish Charity No. SC039445

Our exciting new skydiving scheme gives you the opportunity to do a tandem parachute jump for free if you raise a minimum of £395 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 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 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. 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?

The Muscular Dystrophy Campaign parachute scheme is operated by the London Parachute School and they will coordinate your jump wherever you live in the UK. We ask all fundraisers to raise a minimum of £395.

£160 of this will come to Muscular Dystrophy Campaign

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 come to the Muscular Dystrophy Campaign.

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. One week before your jump you must send in your £160 sponsorship to the Muscular Dystrophy Campaign. 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
Errol
Lancaster
Nottingham
Cambridge
Swansea
Netheravon
Brackley
Marlow
Hibaldstow

Scotland
Scotland
Lancashire
Central
Cambridgeshire
Wales
Wiltshire
Northants
Bucks
N Lincs

St Andrews
Grange over Sands
Tilstock
Sibson
Norwich
Perranporth
Cirencester
Weston
Peterlee
Honiton

Scotland
Cumbria
Shropshire
Central
South
Cornwall
Gloucs
Oxon
Durham
Devon

Northern Ireland has special requirements and is available to order only, please contact LPS on 0845 130 7194

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 £90 to £110. It is worth checking with your drop zone in advance what will be available and how much it will cost.

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 below. If you have a query about Muscular Dystrophy Campaign or fundraising for your parachute jump please call 0207 803 4800

Muscular Dystrophy Campaign

61 Southwark Street, London, SE1 0HL

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

Muscular Dystrophy Campaign

61 Southwark Street, London, SE1 0HL

Title

Name

Surname

Address

Postcode

E-mail address

Day Tel

Eve Tel

Male / Female

Date of Birth

Height

Weight

Are you a Tesco employee?

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 the Muscular Dystrophy Campaign as experts in the field of 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 _____