



Beccles Heliport, Beccles, Suffolk, NR34 7TE

Tel 01502 476131

email: [jump@ukparachuting.co.uk](mailto:jump@ukparachuting.co.uk) website: [www.ukparachuting.co.uk](http://www.ukparachuting.co.uk)

## **Tandem Skydive with UK Parachuting in aid of Julian Campbell Foundation**

Welcome to UK Parachuting! Our dedicated full time skydiving staff will guide you through the thrill and exhilaration of freefall - we hope you enjoy this unique experience!

Your jump will be from a tandem at Beccles Heliport with UK Parachuting.

This pack contains important details about your booking. Please read it thoroughly and make sure you print out and complete the relevant documents ready for the day of your jump.

### Drop Zone Location

UK Parachuting is located at Beccles Airfield

If coming via the A12, approx 10 miles South of Lowestoft take the B1127 towards Beccles, after 5 miles look for a turning on the right signposted UK Parachuting. Park in car park and then follow signs to Registration

If coming via A143, at Kirby Row roundabout turn right onto the A146, at second roundabout turn right onto the B1127. Next Roundabout turn right and the car park for UK Parachuting is ½ mile on the left. Park in car park and then follow signs to Registration

### On the day

You need to arrive at the Airfield at the time stated on your confirmation email  
Once you arrive at the airfield, please report to UK Parachuting Registration.

### What to Wear

Comfortable tracksuit type clothing is recommended for skydiving, with suitable footwear such as trainers. Slip on shoes or shoes with hooks or high heels must not be worn. Jeans are not recommended.

### Facilities

Spectators are welcome. Camping or local B&B accommodation can be arranged on request.

### Payment

The balance of £135.00 per person is payable on the day.

Should you wish to pay by cheque, please ensure you bring a cheque guarantee card.

Please bring with you a copy of your sponsorship forms and a cheque for the charity money raised which must be a minimum of £100.00 per person.

### Documentation

Attached are two forms:

Student Tandem Parachutist Declaration of Fitness

If you are 40 years of age or over on the day of your skydive, the Declaration of Fitness must be signed and stamped by your doctor prior to your jump.

UK Parachuting Student Declaration

If you are under 18 years of age on the day of your skydive, the Parental/Guardian Consent part of the Student Declaration must be completed prior to your jump.

Please print out and complete both forms. You should bring them with you on the day of your skydive.

Should you have any further questions please don't hesitate to contact us.

We look forward to seeing you on the day!

## **BOOKING CONDITIONS**

The term 'skydive' applies to any type of parachute descent.

1. UK Parachuting will make every effort to comply with the preferred dates for booking. If both the dates are unavailable, UK Parachuting will contact you before proceeding with the booking.
2. Bookings are made on the understanding that any skydive will only take place in accordance with the safety limitations imposed by the Civil Aviation Authority (CAA) and the British Parachute Association (BPA).
3. A booking, once made, is final and the date cannot be changed with less than 21 days notice. An administration fee may be charged for changing the date once agreed.
4. The balance of payment is due on or before the day of the course. Any fee(s) or deposit(s) paid are non-refundable.
5. If you fail to turn up on the day of the course (irrespective of reason or cause), you will not be permitted to a refund of any fee(s) or deposit(s) paid or be permitted to commute any fees paid towards another course on another date. You will still be liable for the balance of payment.
6. If inclement weather or technical problems with the aircraft prevents skydiving on the day booked, you will be able to re-book a mutually convenient date free of charge. Refunds will not be made under these circumstances.
7. Due to irregularities in weather, aircraft limitations and numbers of participants on the day of the course, you may need to be at the drop zone for the entire day, irrespective of your arrival time. For Static Line (RAPS) and AFF courses, it may be necessary for the jump to take place on the day following the ground training.
8. On the day of the course, if you do not conform to the age, weight and health requirements of the CAA and the BPA, or you do not have the correct paperwork required for skydiving (see below), you will not be permitted to take part in any skydive and the balance of payment will still be due.
9. When booking in a group, you accept responsibility for these terms on behalf of all participating members of the group. If a group booking has been made and some of the group fail to turn up, the non-group price will be charged.

### **GIFT VOUCHERS**

10. Any vouchers purchased are non-transferable and non-refundable, and are not valid beyond the expiry date.
11. All standard terms and conditions apply to bookings made to redeem vouchers.
12. Once a date has been booked to redeem a voucher, if the participant does not turn up the voucher will be deemed used.

## **PAPERWORK REQUIRED FOR SKYDIVING**

You will be required to complete the following on the day of the course:

- Membership/Indemnity form for the parachute centre.
- Membership form for membership or temporary membership to BPA.
- Medical form. In addition, If you are 40 years of age or over (or will not be able to complete a medical form to certify yourself fit to skydive) on the day of the course you will be required to bring a medical certificate that has been signed and stamped by your doctor. Medical certificates are available from UK Parachuting.
- If you are under 18 years of age, you will be required to bring written consent for you to skydive from a parent or guardian.

## **IMPORTANT NOTICES WEIGHT AND HEIGHT RESTRICTIONS**

The weight limit for all Parachute Jumps is 16 st 7lbs. The height limit for tandem jumps only, is 6' 3". In addition, your weight should be in proportion to your height.

### **INSURANCE**

Included in the price of your skydive is temporary membership to the BPA, which automatically covers you for third party liability up to £2,000,000. This does not however, cover you for personal injury and you are therefore strongly advised to arrange special personal cover for yourself. We can arrange this for anybody making a jump with us and full details will be forwarded upon request. Please note that any cover you take out does not necessarily have to be through us. If you are in any doubt at all about what is being offered to you, you should seek advice from your insurance broker.

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**PLEASE PRINT AND COMPLETE THE  
STUDENT DECLARATION AND THE DECLARATION OF FITNESS  
AND BRING THEM WITH YOU ON THE DAY OF YOUR SKYDIVE**

## **UK Parachuting Student Declaration**

Before reading and signing this form we ask you to understand that the sport of skydiving/parachuting is an adventure sport. When skydiving/parachuting in such sports you must realise there is a risk of injury or death.

**Student's name:** .....

**Age:**.....

**Date of birth:**.....

**Address:**.....

.....

**Post code:**.....

**Email address:**.....

**Tel numbers: (h)..... (m).....**

**Next of kin name:**.....

**Address:**.....

.....

**Tel Number:**.....

**BPA P6 (to be completed by UK Parachuting):**.....

## **Declaration**

I hereby acknowledge and agree that I shall abide by the rules and regulations of the British Parachute Association (BPA) and UK Parachute Services Limited (UKPS) further understand that I will be trained to make a skydive/parachute jump(s) from an aircraft in flight and that the training for, and making such a jump could result in injury or death. I further understand that I will be making such a jump (or jumps) and declare that I will reveal any reason or circumstances that may increase the risk of injury or death whilst skydiving/parachuting and which would thereby result in my being forbidden to do so by UKPS. Such reasons would include lack of medical fitness; intoxication; lack of training; lack of adequate clothing and equipment; and lack of documentation (including any medical certificate/declaration of fitness to skydive/parachute and BPA membership).

**Signed:** .....  
(parent/Guardian to complete below if applicant is under 18 years of age)

**Date:**.....

## **Parental/Guardian Consent**

**I (Block Capitals):**.....

**Address:**.....

.....

**Post code:**..... **Tel**

**numbers: (h)**..... **(m)**.....

being the **Mother/Father/Legal guardian of:**.....  
(who is now aged over 16 and under 18 years)

hereby confirm that I give permission for him/her to receive skydiving/parachute training and to make a skydive/parachute jump or jumps.

**Signed:**.....

**Name:**.....

**Date:**.....

**BRITISH PARACHUTE ASSOCIATION LTD**

5 Wharf Way, Glen Parva, Leicester, LE2 9TF  
Telephone: 0116 278 5271, Fax: 0116 247 7662, e-mail: skydive@bpa.org.uk  
(This form should not be sent to the British Parachute Association)

[www.bpa.org.uk](http://www.bpa.org.uk)

**STUDENT TANDEM PARACHUTIST  
DECLARATION OF FITNESS**

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\*/I have had one of the following conditions and have declared full details to the certifying doctor\*:

Epilepsy, fits, severe head injury, recurrent blackouts or giddiness, disease of the brain or nervous system, high blood pressure, heart or lung disease, dislocated shoulder, 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.

<input type="text"/>		<input type="text"/>	<input type="text"/>
Name in CAPITALS		Date of Birth	Weight
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Signature	Date	BPA Number <small>(May be issued on day of Course)</small>	Height
<input type="text"/>		<input type="text"/>	
Signature of Witness		Name of Witness in CAPITALS	

(All parachutists require their Declaration Witnessed, for parachutists under 18 years of age, the Witness MUST be the parent or guardian)

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IF YOU HAVE HAD 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.  
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**DOCTOR'S CERTIFICATE**

*(A certifying doctor is not stating that a candidate will remain free of injury or other problems during parachuting, but that records, history or appropriate clinical examination have not suggested unacceptable medical risk factors. Level of Skill preferred: NonSpecialist GP, usually with access to patient records or Specialist responsible for care of parachutist.)*

I understand that the applicant wishes to make a Student Tandem parachute descent but has a listed condition/is aged 40 or over\*. I have read the notes overleaf. In my opinion as a doctor without specialist knowledge of parachuting, the applicant is physically and mentally capable of parachuting as a tandem student and is *medically* safe to do so.

.....  
Signature

.....  
Date of Signature

.....  
Date of Expiry



(Doctors Stamp) see – Validity, over)

\* Delete as applicable

**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. Regular or recent blood donation.

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 15,000 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. 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. Unstable or dislocatable shoulders are particularly likely to dislocate again while parachuting. This is painful and risks further injury to the joint. 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.

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 addiction 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.** The preferred level of skill is usually that of a GP without specialist knowledge of parachuting but usually with access to the candidates records or a specialist responsible for the patients care. Other doctors completing the certificate should remain aware that lack of access to the medical record can result in important conditions being overlooked. 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 certificate if he/she develops any of the listed conditions. It should be renewed every 10 years up to the age of 40, and thereafter whenever a doctors certificate is reissued. *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 from date of issue" or "until age 50"
<b>Age 50 years or over</b>	-	<b>3 years</b>

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