

# TANDEM SKYDIVING

## WHO CAN TAKE PART

Tandem Skydiving is an activity open to a wide range of people, but as an adventure sport some limitations do apply.

We pride ourselves on working to the highest standards of safety and want to ensure we provide the highest standard of customer service by making the possible limitations clear in advance to ensure a pleasant experience with us on the day. If there are any queries our team is always ready to help.

	TANDEM	Notes
Maximum Age	None	Subject to health
Minimum Age	16 years	With parental consent for 16/17 on three specific documents
Maximum Weight	<b>100kg*</b> (approx. 16st / 224lbs)	Your weight in your own clothes
Body Mass Index	In addition to overall weight, BMI can affect your ability to jump. We regret that those with a BMI of 39+ are not suitable. Those with a BMI of 35+ will be subject to assessment. Please contact us for further explanation, we're happy to talk you through it.	
Minimum Weight	<b>44kg*</b> (approx. 7st/98lbs)	Those under one or both of these heights and/or weights should arrive 15minutes early for a harness fitting.
Minimum Height	<b>147cm *</b> (approx. 4ft10)	
Health  Please read BPA Form 115A – this form supercedes any other information.	Some medical conditions or injuries may prevent you from taking part. If you have any concerns regarding your physical or medical ability to take part please consult your doctor. You should also advise us of any relevant conditions in advance, as well as letting your instructor know on the day. Asthmatics should take inhalers with them in the aircraft. Any previous shoulder dislocations MUST be declared and discussed in advance.	

\*Please note on the day the KG / CM values apply

## British Parachute Association Fitness forms

- All tandem jumpers are required to sign a BPA Tandem Student Parachutist Medical Information & Declaration Form 115A.
- Those unable to agree to all the statements on form 115A due to medical conditions or injuries must bring a copy of Form 115B Tandem Student Parachutists Doctors Medical Certificate signed and stamped by their doctor instead.

Only the official BPA forms should be used, we cannot accept letters or other types of medical.

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# ADDITIONAL INFORMATION

Approval to skydive on a given day is based on wind strength & speed and your own unique personal combination of Age, Gender, Height and Weight.

Please be aware that not all wind conditions are suitable for all tandem jumpers and, for your safety, the Centre Chief Instructor may choose to postpone your jump until wind conditions are more suitable. In some cases, this may unfortunately result in your skydive being rescheduled for an alternative date.

However it is also equally possible that wind speeds on the day may be suitable for all jumpers.

This particularly affects those tandem students who are elderly, less agile, have limited mobility or are otherwise less physically fit, over-weight and those who have a high Body Mass Index - particularly females or those close to the tandem weight limit.

## Body Mass Index and why it is important

When we land the parachute all tandem students need to lift their legs up 90 degrees to their body for a period of time so that the instructors legs land first. From experience we have found that customers with a higher Body Mass Index find this more difficult.

All tandem jumpers are assessed during the briefing and will have the opportunity to discuss this on the day should there be any concern. We do also understand that some participants may have high BMIs due to muscle mass.

We land into the direction of the wind to enable a slower landing. If there is no wind at all then the landing is therefore faster, so we need to wait for stronger wind conditions before we can take you skydiving so the instructor has the option of a different type of landing.

Please also bear in mind that it is perfectly possible that wind speeds on the day could be good and suitable for all jumpers, however it is important to be aware that the following can apply:

- We suggest that customers with a BMI of 30+ may need suitable wind conditions on the day, but this will be determined on an individual basis on the day.
- We suggest that customers with a BMI of 35+ will definitely need a wind speed of 10 knots or more. This limitation is also likely to apply to any customers aged 70+ or who have limited mobility.

On occasion it is possible that some people may not be able to jump when others can, and if the wind strength does not reach a suitable level then certain customers skydives may have to be postponed to an alternative date.

We hope this does not de-motivate you from taking part, but we do feel that it is important to be as honest as possible so that our customers have a realistic understanding of the complexities of such an amazing once in a lifetime opportunity and and for you to appreciate that we only have your best interests and safety in mind.

To work out your BMI :

Divide your weight in Kilograms (Kg) by your height in Metres (m). Then Divide the answer by height again to get your BMI.

Eg. If you weight 70kg and are 1.75m tall, then divide 70 by 1.75. The answer is 40. Then divide that answer 40 by 1.75 again. This equals your BMI of 22.9