

TANDEM SKYDIVING

WHO CAN TAKE PART

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|  | **TANDEM** | **Notes** |
| Maximum Age | None | Subject to health. Over 70s will require an assessment on site, ahead of time. Please contact us directly to arrange this. A 115b medical form may be requested. |
| Minimum Age | 16 years | With parental consent for under 18s. |
| Maximum Weight | **100kg\*** (approx. 15st 10lbs) | Your weight in your own clothes and shoes. A £15 surcharge is applied to anybody weighing over 95kg. |
| 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.  |
| Minimum Weight | **44kg\*(**approx. 7st/98lbs) | Those under one or both heights and/or weights should arrive 15 minutes early for a harness fitting.  |
| Minimum Height | **147cm \***(approx. 4ft10) |
| HealthPlease read British Skydiving Form 115A –  | 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.  |

If you have any questions or need any further information, please call the office on 01652 648837 or

alternatively drop us an email to info@skydiving.co.uk. We will be happy to assist.

v1.6 Jul 2024

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

We pride ourselves on working to the highest standards of safety. Therefore, it is imperative to us that we make all the possible limitations clear in advance, so that we can provide the best experience for you!

ADDITIONAL INFORMATION

**Approval to skydive on any given day is based on wind speed and your personal combination of age, height and weight.**

Please be aware that not all wind conditions are suitable for all tandem students, and, for your safety, our 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.

Body Mass Index and why it is important

When we land all tandem students need to lift their legs up 90 degrees to their body for a period 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 students 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 the winds are low then the landing is faster, so we need to wait for stronger wind conditions before we can take you, so that the instructor has different landing options.
Please bear in mind that it is perfectly possible that wind speeds on the day could be good and suitable for all tandems, 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.

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

British Skydiving self-declaration and medical forms

* All tandem students will need to sign the online waiver attached to the confirmation email even if a 115b is needed.
* Those unable to agree to all the statements on the 115A section of the waiver due to medical conditions or injuries must bring a copy of the 115B medical form signed and stamped by their doctor.
* Only official British Skydiving forms should be used. These forms are available on the British Skydiving website. Alternatively, we will be happy to send you a copy if you get in contact with us.

