

Parity for Disability Sponsored Skydive



You are just a step away from a day that you will remember forever. Nothing compares to the unique experience of skydiving.

Whether you've always yearned for the thrill of freefall or you're just looking for a challenge, this one will provide you with the experience of a lifetime while raising vital funds for a local charity.

The Experience

After a briefing you will take to the skies. It's the ultimate adrenalin experience! After a twenty-five minute plane ride to reach the required altitude, the roar of the engines softens, and you are over the drop zone. What follows is up to 7,000ft of freefall at speeds of around 120mph, strapped securely to a qualified instructor. At 5000ft the instructor deploys the parachute and you float gently into the landing zone.

You will be provided with a skydiver's jump suit to go over your clothes (you should wear comfortable clothing such as a track suit and trainers). Then after fitting a tandem parachute harness (and appropriate headgear and goggles) the jump plane will take off.

You can choose your own date, or you can join the Parity teams that are planning to skydive over Cambridgeshire. If you would like to be a part of the team, please check the Parity web site for agreed dates or contact Helene or Bernadette on 01252 375581. Please remember to allow plenty of time to raise sponsorship.

Why not organise a group of friends, family or co-workers and jump together? If you'd like to arrange your own group skydive independently of anyone else, just let us know what date would suit your group and we'll check availability.

We ask that you raise sponsorship to cover the cost of the skydive as well as additional sponsorship in support of Parity. We would ask that you pledge to raise a minimum of £100 in support of Parity.

We are using the North London Parachute Centre (<http://www.ukskydiving.com/tandem.htm>).

Their fees are: **£165 per person on Wednesdays** and £200 per person on Tuesdays, Thursdays and Fridays. Weekend and other group discount prices are as follows...

1 person attending on their own on any Saturday or Sunday	£220
2 people attending as a group on any Saturday or Sunday	£205 per person
3 people attending as a group on any day (excluding Wednesdays)	£195 per person

4 people attending as a group on any day (excluding Wednesdays)	<i>£185 per person</i>
5 - 9 people attending as a group on any day (excluding Wednesdays)	<i>£175 per person</i>
10 - 14 people attending as a group at any time	<i>£165 per person</i>
15+ people attending as a group at any time	<i>£155 per person</i>

All prices include the mandatory membership of the British Parachute Association and third party insurance cover for £2,000,000 as well a separate payment to the instructors who provide their services independently.

Air to air videos cost £80 and can be organised on the day. Alternatively, supporters are welcome to bring their own cameras and film free of charge from the spectators' area.

Weight Limits

Weight limits between centres vary between 14.5 stone and 15 stone. Your weight will be checked on the day.

Age Limits

The minimum age for sport parachuting is 16 years. For those under 18 years of age a separate signed letter of consent from a parent or guardian will be required before training commences.

Fitness

You will be required to complete and sign a 'Declaration of Fitness' to Parachute before training commences (this will be provided when your booking is confirmed).

If you are 40 years of age or over, you must obtain written approval from your Doctor on the 'Declaration of Fitness to Parachute' form before commencing training.

You will also need a 'Declaration of Fitness to Parachute' if you have suffered from any of the following: previous fractures, back strain, arthritis and severe joint sprains, chronic bronchitis, asthma, rheumatic fever, pneumothorax, liver or kidney disease, thyroid, adrenal or other glandular disorder, chronic ear or sinus disease, or any condition which requires the regular use of drugs, anaemia or if you have recently donated blood.

You will not be allowed to undertake parachute training if you have ever suffered from any of the following medical conditions, unless you and your Doctor have obtained the prior approval of the Medical Advisor to the British Parachute Association (who may be contacted via the address on the 'Declaration of Fitness' form): Epilepsy, fits, severe head injury, recurrent blackouts or giddiness, disease of the brain or nervous system, high blood pressure, heart or lung disease, recurrent weakness or dislocation of any limb, diabetes, mental illness, drug or alcohol addiction.

Weather

Skydiving is a sport governed by the weather. For important safety reasons skydiving will only take place when weather conditions permit.

Clothing

Comfortable clothing such as trainers and a tracksuit should be worn.

If you have any questions or require further information, please contact Helene or Bernadette on 01252 375581 or info@parityfordisability.org.uk. We hope to hear from you soon.

Parity for Disability Tandem Skydive

Entry Form and Declaration

<i>Location: North London Parachute Ctr, Cambridgeshire</i>	<i>Date of Skydive:</i>
<i>Name:</i>	
<i>Address:</i>	
<i>Post Code:</i>	
<i>Tel No (Day):</i>	<i>Tel No (Evening):</i>
<i>E-mail address:</i>	
<i>Place of work (if entering as part of a team):</i>	
<i>I heard about this event from:</i>	
<i>Date of birth:</i>	
<i>I have enclosed my £50 deposit <input type="checkbox"/> (Please make cheques payable to Parity for Disability)</i>	

We welcome entry forms from participants with special needs. We will contact you beforehand to discuss your specific requirements.

If you have a special need, medical condition or disability which may affect your ability to participate in the event (e.g. cardiovascular or respiratory disorders or epilepsy), please give details (if in doubt please consult your Doctor):

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 Persons age 40 or more will require a [medical form](#) signed by their doctor. Anyone under the age of 18 will require the same medical form to be witnessed by a parent or guardian in addition to providing parental consent on a [BPA membership form](#). These forms can be obtained from the Parity office. The minimum age is 16.

I, the undersigned, wish to take part in the Skydive specified above. I understand that this is a sponsored event and will endeavour to raise £100 minimum in addition to the deposit. I accept that Parity for Disability reserve the right to cancel or postpone the event and to refuse participation if it is deemed necessary and that deposits are non-refundable. I understand that any photographs taken on the day of the event may be used by Parity for Disability for publicity purposes.

I accept that the organisers cannot be held liable for injuries and damage sustained when not under direct supervision or from failing to follow instructions.

SIGNED:.....*DATE:*.....

Please return completed form to:

Parity for Disability, 94 Whetstone Road, Farnborough, Hants GU14 9SX