

Hi there

Thank you for your enquiry regarding charity skydiving courses.

This is a great opportunity to raise funds for a good cause and to have the experience of a lifetime.

### **Why choose Help for Heroes?**

What is H4H all about? It's about the blokes, our men and women. It's about Derri, a rugby player who has lost both his legs, it about Carl whose jaw is wired up so he has been drinking through a straw. It's about Richard who was handed a mobile phone as he lay on the stretcher so he could say goodbye to his wife. It is about Ben, its about Steven and Andy and Mark, its about them all. They are just blokes but they are our blokes; they are our heroes. We want to help our heroes."

### **How does Help for Heroes help?**

Help for Heroes was launched on 1st October 2007. We wanted to do something practical for the men and women of our Armed Forces who are wounded while serving in the current conflicts in Iraq and Afghanistan. We asked the Chief of the General Staff for a task and we were told that we could best help by raising money to provide a much needed swimming pool and gym complex at Headley Court.



We are non political and do not wish to comment on the rights and wrongs of a particular conflict; we simply want to do something to help those very special people who are brave enough to volunteer to serve their country and are wounded while doing so.

We have had the most wonderful reaction from the public and we are well on the way to raising our initial target of £6 million. Once we have done that, we will ask for further tasks and hope that the British public will demonstrate its support for our men and women by continuing to donate to Help for Heroes.

**This is our chance to show we care, appreciate and support all our Servicemen and women.**

### **So why book your skydive with UK Skydiving?**

We are professional skydivers and are always here to answer your questions and give you honest and accurate advice from 8:30am – 6pm 7 days a week 360 days a year. Freephone 0800 1116 880

Your attention is drawn to the guidance notes to help you book your jump.

It is preferable to give as much notice as possible to book your jump, particularly if you want to jump on one of the busy summer weekends and/ or with a group.

### **Booking your Charity Skydive is Easy!**

- 1. Read the info, make copies of the sponsor form (page 6) and start collecting sponsors.**
- 2. Use the dropzone/Tariff listing to choose your dropzone and jump, (page 7) allow yourself ample time to raise the sponsorship.**
- 3. Complete and send us the booking form, signed terms and conditions (page 4&5) and £50 deposit per jumper.**
- 4. We will send you confirmation of your skydive and directions to the dropzone/centre.**
- 5. Once you have done your skydive you will have a further 2 weeks to collect and send the balance of the money raised.**

Additional forms and information are available at [www.ukskydiving.co.uk](http://www.ukskydiving.co.uk)

Finally on behalf of Help for Heroes and UK Skydiving we would like to thank you in advance.

Have a great day and a fantastic skydive.

Rachel Organ and Team

## THE COURSES

### TANDEM COURSE

Tandem is arguably the best way to experience your first freefall! You get a 30 minute ground briefing on the equipment, exiting the aircraft, freefall and landing. You are then securely attached to an experienced tandem instructor with a 4-point harness system, and board the aircraft. The aircraft will normally climb to around 10 000 to 12 000 feet where you exit and begin to freefall. You will reach speeds of approximately 120 miles per hour. Your freefall ends at around 5 000 feet when the tandem instructor will deploy the main parachute and you begin your descent under canopy. This will last between 4 to 6 minutes as you fly towards your landing area. We have professional cameramen available to capture the moment. A video and photographs will be a lasting reminder of your day. The cost of video and 35mm stills vary from dropzone to dropzone, usually £80 to £100. Remember to ask for details when you arrive. The time of your jump will depend on weather and the number of jumpers attending the course. Expect to be at the dropzone for the day.



### RAPS COURSE

The RAPS (Ram-Air Progression System) course is a two day static line parachute course. On the first day you will receive ground training on equipment, aircraft exit, parachute control and landing. On the second day you will jump, weather permitting, using an advanced ram air square parachute. You will jump from around 3 500 feet. Your parachute is deployed automatically by the static line. Once your parachute is open and you have performed your safety checks, you will fly your parachute to the landing area. If you would like to continue on after this course, additional jumps are available from £27 to £35 each. Within another six to ten jumps you could be qualified to begin freefall. The course fee includes P6 membership to the British Parachute Association, third party insurance, all instruction, hire of parachutes, helmets, radios, altimeters, overalls, your aircraft ride and your first jump. **Spectators are welcome.**



## Guidance Notes

### Skydivers Medicals and Consent Forms

On the day of the jump all skydivers will be required to complete the British Parachute Association Student Parachutist Declaration of Fitness. If the jumper is over 40, or has a medical condition that may affect their ability to freefall or parachute safely then they will require a doctor's certificate to be completed in advance. If the skydiver is aged 16 or 17 they will need their parent or guardian to sign their medical form and a consent form. We will have enclosed the medical and consent forms if we knew you needed them, but if we have not and you now think it may be required then please let us know as soon as possible. Medicals and consent forms need to be kept by the skydiver and taken to the dropzone on the day.

### Organising a Group

If you are organising a group all our correspondence will be via yourself, but we will happily speak to any individuals if they wish to discuss something in person.

### Group Discounts and Special Offers

For group bookings the following discounts apply:

5-10 Jumpers - £10 per person  
11-19 Jumpers - £15 per person  
20-29 Jumpers - £20 per person  
30 Jumpers or more POA

Please ensure you quote this discount reference number on the booking form: **GPD** we will work out your discount and send you confirmation. **Discounts cannot be applied in conjunction with any other offer.**

### FAQ's Restrictions and Exclusions

**Age** – Minimum age 16 (16 and 17 with written consent from parent or guardian). Those over 50 will not usually be accepted for RAPS but there is no upper age limit for Tandem skydives. **Weight limit** – 96 kilos or 15 stones at most centres.

**Fitness and Health** - A fair level of fitness is required for AFF and RAPS but not necessarily for Tandem skydives. If you are over the age of 40 you will need your doctors approval, we will send you the relevant documentation for your doctor to sign. Under the age of 40 you may sign a self declaration of fitness.

**Weather** - Skydiving is weather dependant! Cloud – Good visibility and broken cloud is required for all forms of skydiving, and the cloud base should be no lower than your parachute deployment altitude. Wind – The maximum ground speed for Tandems is 20kts and for Raps and AFF 15kts. Check with your chosen club the afternoon before or morning of your jump for a weather update, don't rely on TV or radio.

**Disabilities** - If you are disabled this does not mean you cannot skydive. Contact us for more details.

**Insurance** - On registration at the club on the day of your skydive you will automatically be covered by 3rd party insurance. If you would like to take further personal injury cover, we recommend Extreme +. You can contact them on 08456760700 or via [www.extremeplus.co.uk](http://www.extremeplus.co.uk). Please select UK Skydiving as "where you heard about us".

**Safety** - All our chosen clubs are regulated by the BPA British Parachute Association, to ensure that equipment and training is of the highest standards. All Student and Tandem skydivers wear a dual parachute system, where if the main parachute should fail there is a reserve parachute, which is easily deployed. Student and Tandem equipment are also fitted with an automatic reserve parachute-opening device (Cypres) this is in case of extreme emergency and this device is governed by speed and altitude.

**Glasses and Contacts** - Our goggles fit comfortably over your glasses, and contact lenses are no problem

**Breathing in freefall** - On exiting the aircraft you may gasp for breath for a second but will soon find yourself breathing normally.

**How fast will I fall?** - This varies, but you can expect to be falling around 120mph during freefall.

**What should I wear?** - If it's a cold day wrap up warm not bulky as you will be provided with a jumpsuit to wear over your clothes. On a hot day a t-shirt and trousers/shorts are ample. Trainers are recommended, do not wear any open toed shoes ie sandals. **We're here to help, so if you want more information please don't hesitate to get in touch.**

### Declaration of Fitness and Consent Forms for 16 & 17 Year Olds

#### **Note to parents & guardians:**

We recommend that you read all the literature that has been sent to the young person in your care outlining the nature of the course they have chosen, booking forms and our company's terms and conditions. We draw your attention to the medical form, which also requires your signature. Please contact our team if you have any further questions. You can download these forms at [www.ukskydiving.co.uk](http://www.ukskydiving.co.uk) or contact us on 0800 1116 880

#### **Note to jumpers:**

Take the consent form and medical form, both signed by your legal parent/ guardian to the dropzone/centre on the day of your jump. Without these you will not be able to jump.

In order to book your skydive complete the details on the booking form, sign the terms and conditions and enclose payment, gift voucher or credit card details. Once received we will send you confirmation, directions and details specific to your chosen Drop zone.

**Skydivers Details**

**Number of jumpers**  (Groups see overleaf)

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Post Code \_\_\_\_\_ Land Line: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: Male / Female Mobile \_\_\_\_\_

**16/17 or over 40? Please send me a BPA Medical**

Course: Tandem / RAPS

Jump Date 1<sup>st</sup> choice \_\_\_\_\_ 2<sup>nd</sup> choice \_\_\_\_\_ Dropzone/Centre \_\_\_\_\_

Discount Ref: \_\_\_\_\_

**Correspondence Address** (if different from above)

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Post Code: \_\_\_\_\_ Land Line: \_\_\_\_\_

Mobile: \_\_\_\_\_

**Payment**

Name, Address and Post Code of Cardholder \_\_\_\_\_

Deposit £ \_\_\_\_\_ or Full amount £ \_\_\_\_\_ (Cheques payable to UK Skydiving Ltd)

Cheque enclosed **Or** please debit my:

MasterCard / VISA / Switch / Delta / Solo / Other \_\_\_\_\_ for the amount of £ \_\_\_\_\_

**Note: There is no charge for Debit Cards but there is a 3% charge for Credit cards.**

- We found you:**
- Search Engine
  - Yellow Pages
  - Poster
  - Recommendation
  - Airkix
  - Other

Card number:

Issue date:   /   Expiry date:   /   Security No:    (last 3 digits on signature strip)

Issue No

Signature: \_\_\_\_\_ Date \_\_\_\_\_

**Your Checklist**

Terms and conditions  **see overleaf**

Payment/Voucher

Office Ref: [Help4Heroes](#)

BPA Medical / Parental Consent





Dropzones / Centres Sponsorship levels & courses for 2010			Charity Tandem Skydive Prices correct at print and can vary				Charity RAPS Jump Prices correct at print and can vary			
	Dropzone / Centre	Operating Days	Minimum Sponsorship	Deposit	To pay on the day	Balance to the Charity	Minimum Sponsorship	Deposit	To pay on the day	Balance to the Charity
1	Cockerham, Lancaster	Fri, Sat, Sun, Mon	400	50	205	145	375	50	175	150
2	Langar, Nottingham	7 Days	400	50	225	125	375	50	210	115
3	Wansford, Peterborough	Fri, Sat, Sun	400	50	195	155				
4	Honiton, Devon	Wed to Sun Contact us for special offer details!	400	50	220	130	375	50	180	145
5	Headcorn, Kent	7 Days	400	50	215	135	375	50	180	145
6	Perranporth, Cornwall	Sat to Sun	400	50	190	160	375	50	160	165
7	Lewknor, Buckinghamshire	Sat Sun	400	50	200	150	375	50	170	155
8	March, Cambridgeshire	Tues to Sun	400	50	170	180	375	50	155	170
9	Grange-over-sands, Cumbria	Sat Sun Bank Hols	400	50	210	140	375	50	175	150
10	Errol, Perthshire	Sat, Sun	400	50	210	140	375	50	145	180
12	Shotton Colliery, Durham	Wed, Fri, Sat, Sun	400	50	230	120	375	50	190	135
13	Swindon, Wiltshire	Sat, Sun Contact us for special offer details!	400	50	190	160	375	50	150	175
14	South Cerney, Gloucestershire	Wed, Fri, Sat, Sun Contact us for special offer details!	400	50	185	165	375	50	150	175
15	Fife	Sat Sun Bank Hols	400	50	215	135	375	50	155	170
16	Auchterarder, Perthshire	Sat Sun Bank Hols Fri - Summer	400	50	180	170	375	50	135	190
17	Brigg, N. Lincolnshire	7 Days	400	50	200	150	375	50	180	145
18	Whitchurch, Shropshire	Fri and Sat	400	50	220	130	375	50	175	150
19	Beccles, Suffolk	7 Days Contact us for special offer details!	400	50	180	170	375	50	160	165
20	Stonehenge, Wiltshire	Fri, Sat, Sun	400	50	200	150	375	50	160	165
21	Weston on the Green, Oxford	Sat Sun Bank Hols Contact us for special offer details!	400	50	190	160	375	50	170	155
22	Swansea, South Wales	Sat & Sun	400	50	210	140				
23	Salisbury, Wiltshire	Sat, Sun	400	50	200	150				