



LWR
Living With Reflux

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 Living With Reflux?

Living With Reflux, has been set up by parents for parents, supported and advised by leading experts in this field. We offer support and information to families with infants and children with gastro-oesophageal reflux (GOR) a normal condition in infants below the age of 12 months and gastro-oesophageal reflux disease (GORD) where further complications may occur.

GOR and GORD is a condition where the contents of the stomach are regurgitated back up into the throat and mouth and in some cases, ejected from the mouth, known as vomiting, spitting up, or regurgitating.

Due to inaccurate information, GOR has become one of the scrooges of infancy leading to miss-diagnosis and on occasion's treatment. New medical studies that have shown lifestyle changes and parental reassurance can be 70% effective in the treatment of GOR than medications, which may have adverse effects.

In contrast to this, GORD is a serious condition which can lead to the infant or child feeling extreme pain, discomfort and/or suffering with failure to thrive, recurrent pneumonias and many other symptoms. Usually medications are required and in some cases, tube feeding. In very serious cases, major surgery to correct the mechanical problem.

Our aim is to re-educate the general public at large via information leaflets, medical conferences and up to date accurate website and community networks.

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

There are two ways to book your charity skydive and 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 HAS NEVER BEEN EASIER!

NEW! On-Line Fundraising

1. Register your intent to skydive for charity at [www.ukskydiving.co.uk/.....](http://www.ukskydiving.co.uk/) Or call on us 0800 111 68 80
2. Pay £25 registration fee – you will have no further out of pocket expenses from this point
3. We will set up your dedicated fund-raising page
4. Encourage your friends/family/colleagues, etc., to donate online on your dedicated fundraising page
5. We will contact you once your target has been reached and book your skydive!
6. Enjoy your skydive!!
7. UK Skydiving will forward your charity donation to your specified charity.

Traditional Method

1. Read the info, inform the charity of your intent, make copies of the sponsor form and start collecting sponsors.
2. Use the dropzone/Tariff listing to choose your dropzone and jump, allow yourself ample time to raise the sponsorship.
3. Complete and send us the booking form, signed terms and conditions and £50 deposit per jumper.
4. We will send you confirmation of your skydive and directions to the dropzone/centre.
5. We will inform your chosen charity of your intent.
6. You will be required to pay the balance of the cost of the skydive on the day of your skydive.
7. Once you have done your skydive collect and send the balance of the money raised to the charity.

Alternatively, you can book online at www.ukskydiving.co.uk

Additional forms and information are available at www.ukskydiving.co.uk

Finally on behalf of Living With Reflux 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:

6-10 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. 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 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.

Groups

Complete group details as follows:

Name	Height	Weight	Age	Contact Number	M/F

Continue on a separate sheet if necessary

TERMS AND CONDITIONS FOR ALL COURSES

- The final decision on your suitability to skydive rests entirely with the jump centre/club and you must comply with their rules at all times.
- Although the maximum weight limits for tandem, RAPS and AFF courses is usually 15stone, this does vary at different dropzones. Height must also be in proportion to weight. Your suitability to skydive will be assessed based on the heights and weights provided at the time of booking. If incorrect information is given, you run the risk of forfeiting your skydive along with all costs incurred.
- You must not consume alcohol on the day of your skydive.
- If you fail to turn up on the day without giving at least 72 hours notice, you may forfeit your skydive and be invoiced for the full cost of your skydive. An administration fee of £50 (in all cases except bad weather) will be charged to rearrange your skydive.
- If bad weather prevents you from jumping, a new date can be arranged to mutual convenience. Under no circumstances will a refund be made.
- If you arrive without the necessary paperwork you may forfeit your skydive.
- You must be prepared to stay at the centre for the entire day.
- Gift vouchers are non-transferable and non-refundable and redemptions must be received within three months of expiry date. Vouchers are valid for twelve months from date of purchase.
- If purchasing a deposit-only gift voucher – the balance payable on the day will be at the price listed on the website, minus the deposit already paid, for your chosen centre on the day of redemption.
- Any charity jumps and funds raised should be with express permission from the chosen charity.
- All monies paid are non-refundable and non-transferrable.
- We cannot accept any responsibility for centres changing or postponing operating days, however we will transfer your booking to another centre or arrange an alternative date at no charge in such a case.
- UK Skydiving cannot accept any responsibility for verifying the authenticity of your chosen charity, unless you are jumping for one of our chosen charities, you are entirely responsible for collecting and donating sponsorship money honestly. It is common for the jumper to use part of the money collected to pay for part or all of the cost of the jump, but you must declare this intent to your sponsors.
- UK Skydiving will contact your chosen charity to inform them of your intent with all relevant skydive information and contact details.
- The overall cost of the skydive comprises two elements. The first part is a booking fee which includes VAT. The second part, which we treat as a disbursement is a charge for the jump itself. UK Skydiving Limited, in consideration of the booking fee, will act as your agent in arranging the jump with a jump centre / club. UK Skydiving Ltd only use jump centres / clubs which are affiliated to the British Parachute Association as the National Governing Body for the sport. We incur the cost of the jump as a disbursement on your behalf as an agent and if an invoice is requested by yourselves, the cost of the jump will be shown as a disbursement on the invoice. We do not therefore, add a mark up to the cost of the jump and always pass that charge on at cost price. We are incurring the cost of the jump as your agent and in booking a jump through ourselves, you are authorising UK Skydiving Ltd to act on your behalf.
- Refunds can only be offered in very exceptional circumstances and where all parties are in agreement.
- Parachuting is an extreme sport. In participating in the sport I understand that there is a risk of injury or death. I accept the risks inherent with the sport and agree that I cannot hold UK Skydiving and any charities working in partnership with UK Skydiving Ltd liable against any claim or claims whether from myself or my representatives which may arise from any accident or incident resulting in any kind of loss or damage, including bodily injury and death.

Parachuting is an extreme sport. In participating in this sport I understand that there is a risk of injury or death. In signing below I accept the risks inherent with the sport and agree that I cannot hold UK Skydiving Ltd or the Charity I am fundraising for liable against any claim or claims whether from myself or my representatives which may arise from any accident or incident resulting in any kind of loss or damage including bodily injury and death.

You may elect to get additional insurance cover other than the included standard 3rd party cover. Contact us for further details. I the undersigned have read and understood the terms and conditions as listed above.

Name.....

Signature..... Date.....

If in any doubt of the above please do not hesitate to call us.



Globe House, Love Lane, Cirencester, Glos, GL7 1YG Tel: 0800 1116 880

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.

ON-LINE FUNDRAISING BOOKINGS

Skydivers Details

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

Name of Charity: _____ Charity Address: _____

_____ Postcode: _____

Tel if known: _____ email if known: _____ website _____

Don't worry if you don't have all the contact details for your chosen charity – we will do our best to help.

Correspondence Address (if different from above)

Name: _____ Email: _____

Address: _____ Post Code: _____ Land Line: _____

Mobile: _____

Payment

Name, Address and Post Code of Cardholder _____

Registration fee £25.00 (Cheques payable to UK Skydiving Ltd)

Cheque enclosed **Or** please debit my:

MasterCard / VISA / Switch / Delta / Solo / Other _____ for the amount of £25*

***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

BPA Medical / Parental Consent

UK Skydiving Ltd On-line Fundraising, Terms and Conditions

- The final decision on your suitability to skydive rests entirely with the jump centre/club and you must comply with their rules at all times.
- Although the maximum weight limits for tandem, RAPS and AFF courses is usually 15stone, this does vary at different dropzones. Height must also be in proportion to weight. Your suitability to skydive will be assessed based on the heights and weights provided at the time of booking. If incorrect information is given, you run the risk of forfeiting your skydive along with all costs incurred.
- You must not consume alcohol on the day of your skydive.
- If you fail to turn up on the day without giving at least 72 hours notice, you may forfeit your skydive and be invoiced for the full cost of your skydive. An administration fee of £50 (in all cases except bad weather) will be charged to rearrange your skydive.
- If bad weather prevents you from jumping, a new date can be arranged to mutual convenience. Under no circumstances will a refund be made.
- If you arrive without the necessary paperwork you may forfeit your skydive.
- You must be prepared to stay at the centre for the entire day.
- Any charity jumps and funds raised should be with express permission from the chosen charity.
- We cannot accept any responsibility for centres changing or postponing operating days, however we will transfer your booking to another centre or arrange an alternative date at no charge in such a case.
- UK Skydiving cannot accept any responsibility for verifying the authenticity of your chosen charity, unless you are jumping for one of our chosen charities.
- Your skydiving date will only be booked once your donations page has reached the minimum sponsorship level. You will be contacted when this occurs to arrange your skydive for a date mutually convenient.
- The normal £50 deposit payment will be withdrawn from your online account at the time of booking
- The balance payment for the cost of the skydive will be paid directly to your booked centre.
- The charity will be paid directly into their account not later than one month after your booked skydive, This amount will be the total amount paid into your on-line fundraising account minus the cost of the skydive and processing fees Processing fees currently stand at a rate of 4%..
- Sponsors will be required to agree to terms and conditions at the time of donation.
- It is common for the jumper to use part of the money collected to pay for part or all of the cost of the jump, but you must declare this intent to your sponsors.
- Many charities disapprove of, and do not wish to be involved in activities such as skydiving. It is your responsibility to check with the charity first that your chosen activity does not contravene the charity's policies.
- Should your account lay dormant for a period of longer than six months, UK Skydiving will close the account and send all monies raised directly to your chosen charity minus the booking fee and all processing costs.
- We regret that there can be no refunds for any donations, however, UK Skydiving pledge to only charge mandatory fees and send all other monies raised directly to the charity, regardless of whether the skydive has actually taken place.
- All sponsors (donators) are aware that the cost of the skydive and all processing fees will be deducted from the total amount raised online.
- The overall cost of the skydive comprises two elements. The first part is a booking fee which includes VAT. The second part, which we treat as a disbursement is a charge for the jump itself. UK Skydiving Limited, in consideration of the booking fee, will act as your agent in arranging the jump with a jump centre / club. UK Skydiving Ltd only use jump centres / clubs which are affiliated to the British Parachute Association as the National Governing Body for the sport. We incur the cost of the jump as a disbursement on your behalf as an agent and if an invoice is requested by yourselves, the cost of the jump will be shown as a disbursement on the invoice. We do not therefore, add a mark up to the cost of the jump and always pass that charge on at cost price. We are incurring the cost of the jump as your agent and in booking a jump through ourselves, you are authorising UK Skydiving Ltd to act on your behalf.
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You may elect to get additional insurance cover other than the included standard 3rd party cover. We recommend Extreme +. You can contact them on 08456760700 or via www.extremepius.co.uk. Please select UK Skydiving as "where you heard about us".

I the undersigned have read and understood the terms and conditions as listed above.

Name.....

Signature..... Date.....

If in any doubt of the above please do not hesitate to call us.

Dropzones / Centres Sponsorship levels & courses for 2011			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	400	50	180	170				
5	Headcorn, Kent	7 Days	400	50	215	135	375	50	185	140
6	Perranporth, Cornwall	Sat to Sun	400	50	190	160				
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	230	120				
12	Shotton Colliery, Durham	Wed, Fri, Sat, Sun	400	50	230	120	375	50	190	135
13	Swindon, Wiltshire	Sat, Sun	400	50	190	160	375	50	150	175
14	South Cerney, Gloucestershire	Wed, Fri, Sat, Sun	400	50	185	165	375	50	150	175
15	Fife	Sat Sun Bank Hols	400	50	245	105				
16	Auchterarder, Perthshire	Sat Sun Bank Hols Fri - Summer	400	50	220	130	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	400	50	195	155				
20	Stonehenge, Wiltshire	Fri, Sat, Sun	400	50	200	150	375	50	160	165
21	Weston on the Green, Oxford	Sat Sun Bank Hols	400	50	190	160	375	50	170	155
22	Swansea, South Wales	Sat & Sun	400	50	210	140				
23	Salisbury, Wiltshire	Fri, Sat, Sun	400	50	200	150				

This price list is for use with Traditional Method bookings. Please note the balance to pay column is required on the day of your skydive and you must have these funds available. We cannot accept donations made through any other on-line fundraising sites. There is a one-off payment of £25 required to register for on-line fundraising with us, however, this fee will be your only out of pocket expense. Terms and conditions apply.