



Age, Weight and Medical Information

➔ Before completing your booking with us, please check the following information regarding medical conditions, age, weight and physical ability requirements for skydiving courses.

AGE RESTRICTIONS

➔ Tandem Skydiving

Overall age range: 16 years and older. There is no upper age limit for tandem skydiving.

- Age 16-17: Parental consent will be required. This is in the form of parental/guardian signature on the Centre membership form, BPA medical form and BPA membership form.
- Age 16-39: Students will be required to sign a tandem student self-declaration medical when booking in.
- Age 40 and over: Students must have a tandem student medical stamped by their doctor prior to training.

➔ Solo Courses - Accelerated Freefall (AFF) and RAPS (Static Line)

Overall age range: 16 to 49 years old. You must be at least 16 to parachute/skydive, although those over 50 will **not** normally be accepted for solo courses. For more information please contact the booking office.

- Age 16-17: Parental consent will be required. This is in the form of parental/guardian signature on the Centre membership form, BPA medical form and BPA membership form.
- Age 16-39: Parachutists will be required to sign a solo student self-declaration medical when booking in.
- Age 40-49: Parachutists must have a solo student medical stamped by their doctor prior to training.

WEIGHT RESTRICTIONS

➔ Tandem Skydiving

The weight limits for tandem skydiving are **16 stones for both males and females** (Lincolnshire), and **15 stones for males and 13 stones for females** (Oxford). Although it is less important to be physically fit for a tandem skydive, students must be aware that some weather conditions are less suitable for those who are less physically fit, less agile or for those with physical disabilities – **these students may have to wait for more favourable weather conditions before completing their skydive.**

➔ Solo Courses - Accelerated Freefall (AFF) and RAPS (Static Line)

The weight limit for solo skydiving is **15 stones** (both Lincolnshire and Oxford), and it must be noted that student weight should be in proportion to student height. For a solo jump, the student should have a Body Mass Index (BMI) no greater than 27.5. Exceptions to the BMI **may** be possible for those who are obviously physically fit, at the Centre Chief Instructor's discretion. Use the chart (opposite) to assess your height and weight to see if you meet the solo course requirements. A reasonable, but not high, degree of fitness and agility is required for solo skydiving.

MEDICAL CONDITIONS AND NOTES – Please Read Carefully

Certain medical conditions (for example, epilepsy, some cardiovascular and neurological conditions and some forms of diabetes) or recurring injuries (for example, recurring dislocations) may preclude you from participating in a skydiving course. If you are in any doubt, please contact the booking office for more information. We reserve the right to refuse training or to postpone a jump if weather conditions or other factors are deemed not suitable for an individual student at the Centre Chief Instructor's discretion. It should be noted that not all weather conditions may be suitable for all students.

| SOLO NOVICES ONLY | | | | | |
|-------------------|----|----|----|--------|-----|
| Imperial | | | | Metric | |
| st | lb | ft | in | kg | cm |
| 7 | 7 | 4 | 4 | 47 | 133 |
| 7 | 11 | 4 | 5 | 49 | 135 |
| 8 | 2 | 4 | 6 | 51 | 138 |
| 8 | 6 | 4 | 7 | 53 | 140 |
| 8 | 10 | 4 | 8 | 55 | 143 |
| 9 | 1 | 4 | 9 | 57 | 145 |
| 9 | 5 | 4 | 10 | 59 | 148 |
| 9 | 10 | 4 | 11 | 61 | 150 |
| 10 | 0 | 5 | 0 | 63 | 153 |
| 10 | 5 | 5 | 1 | 66 | 155 |
| 10 | 10 | 5 | 2 | 68 | 158 |
| 11 | 1 | 5 | 3 | 70 | 161 |
| 11 | 6 | 5 | 4 | 72 | 163 |
| 11 | 11 | 5 | 5 | 74 | 166 |
| 12 | 2 | 5 | 6 | 77 | 168 |
| 12 | 7 | 5 | 7 | 79 | 171 |
| 12 | 12 | 5 | 8 | 82 | 173 |
| 13 | 4 | 5 | 9 | 84 | 176 |
| 13 | 9 | 5 | 10 | 86 | 178 |
| 14 | 1 | 5 | 11 | 89 | 181 |
| 14 | 6 | 6 | 0 | 91 | 183 |
| 14 | 12 | 6 | 1 | 94 | 186 |
| 15 | 4 | 6 | 2 | 97 | 188 |
| 15 | 10 | 6 | 3 | 99 | 191 |
| 16 | 1 | 6 | 4 | 102 | 194 |
| 16 | 7 | 6 | 5 | 105 | 196 |
| 16 | 13 | 6 | 6 | 107 | 199 |

These figures relate to a Body Mass Index (BMI) of no greater than 27.5.