



SKYDIVE HIBALDSTOW (DROPZONE), HIBALDSTOW AIRFIELD,
REDBOURNE ROAD, HIBALDSTOW, NE LINCOLNSHIRE, DN20 9NN

TARGET SKYSPO RTS (BOOKING OFFICE), WOODLEIGH HALL FARM,
WOODLANDS DRIVE, RAWDON, LEEDS, LS19 6JT

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AGE RESTRICTIONS - HIBALDSTOW

Tandem Skydiving

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

- Age 16-17: Parental consent in the form of parental/guardian signature is required on the Skydive Hibaldstow membership form, BPA Tandem medical form and the BPA membership agreement form.
- Age 16-39: Students will be required to sign a tandem student self-declaration medical on arrival.
- Age 40 and over: Students must have a BPA Tandem student medical form stamped by their doctor.

Solo Courses - Accelerated Freefall (AFF) and Static Line

Overall age range: minimum age 16 to maximum 49 years old.

- Age 16-17: Parental consent will be required in the form of parental/guardian signature on the Skydive Hibaldstow membership form / the BPA Solo Student medical and the BPA membership agreement form.
- Age 16-39: Parachutists will be required to sign a solo student self-declaration medical on arrival.
- Age 40-49: Parachutists must have a BPA Solo student medical form stamped by their doctor.

WEIGHT RESTRICTIONS – HIBALDSTOW

Tandem Skydiving

The maximum weight limit for tandem skydiving is **16 stones (100kg) fully clothed**.
(Please note a lower limit of 15stone (95kg) fully applies at Brackley, Northants.)

Wind conditions

Please be aware that not all conditions are suitable for all tandem students and, for your safety, the Centre Chief Instructor may choose to postpone your jump until wind conditions are more suitable. In some cases this unfortunately may result in your skydive being rescheduled for an alternative date.

This particularly affects those tandem students who are elderly, less agile, have limited mobility or are otherwise less physically fit as well as **those who have a high body mass index of 27.5 or over** (please see table), particularly females, or those close to the weight limit.

Solo Courses - Accelerated Freefall (AFF) and Static Line

The weight limit for solo skydiving is **15 stones (95kg)**, and it must be noted that **student weight should be in proportion to height. For a solo jump, the student should have a Body Mass Index (BMI) of no greater than 27.5**. Exceptions to the BMI **may** be possible for those who are obviously physically fit, at the 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.

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 Parachute centre on 01652 648837 or consult the notes on the medical form for more details. *A copy of the relevant BPA medical form can be provided on request or downloaded from our website www.skydiving.co.uk.*

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.

