

# AFF & CS TRAINING

## WHO CAN TAKE PART

As a solo jump, both the AFF and Static Line Parachute Courses have different limitations to a tandem skydive.

As a sports activity a reasonable degree of fitness is required.

We pride ourselves on working to the highest standards of safety and want to ensure we provide the highest standard of customer service by making the possible limitations clear in advance to ensure a pleasant experience with us on the day. If there are any queries our team is always ready to help.

	AFF & SL	Notes
Maximum Age	49	50-54 considered based on individual assessment – please contact us.
Minimum Age	16 years	With parental consent for 16/17 on specific paperwork
Minimum Weight	8 stone / 50kg / 112lbs	
Maximum Weight	15stone / 95 kg / 210lbs	Your weight in your own clothes. With weight in proportion to your height
Minimum Height	4ft10 / 147cm	
Body Mass Index	A recommended maximum Body Mass Index of 27.5 applies. Exceptions may be made for those in good physical shape please contact us to discuss your particular situation in advance before booking.	
Health	Some medical conditions may prevent some customers from taking part.	

## BPA Fitness Form 115-c & 115-D

- All solo jumpers are required to sign BPA Fitness form 115-C. You should bring this along with you on the day and hand it in at reception when you register. Please ensure you have this witnessed by a friend or family member.
- If you are unable to agree to all the statements, then you will need to take a different form (115-D) Doctor Certificate to your doctor and bring a signed /stamped copy along with you on the day.

Please note that we cannot accept notes or letters from your doctor. You must advise us of any relevant medical conditions as well as your instructor if applicable. If you have any queries please don't hesitate to get in touch.

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# IMPORTANT INFORMATION

1. Taking part in a solo training course requires a reasonable degree of fitness
2. The British Parachute association state that In order to reduce the risk of injury as a novice, you need a reasonably high standard of physical fitness and must not be overweight in relation to your gender, weight and height. Any person whose weight-for-height exceeds that in the BMI chart, as laid out on BPA form 115-C 'Solo student parachutist declaration of fitness to parachute' stands a higher risk of injury on a solo first jump than the average person making a first jump (approximately double for a male, and is greater for females)
3. Acceptance on the course is based on your height and weight information provided to us at the time of booking and dependent on your weight not increasing during your time as a student. Any weight lost during this period would reduce your risk of injury.
4. Booking an AFF course with a student BMI of over 27.5 also increases the risk of not being successful during the ground-training, and/or progressing through the course.
5. By booking an AFF course with us you accept the above information and that no refunds are available should you not successfully complete the ground-training or levels.

## MEDICAL CONDITIONS & NOTES

Please bear in mind that the full day of ground training does require students to be able to concentrate in a classroom environment for long periods of time as well as understand and apply basic principles.

The written test section of the groundschool is designed to highlight any elements that a student may not have fully understood so that the instructor can re-visit those areas. If you suffer from learning difficulties then please contact us in advance.

We regret that certain medical conditions may prevent you from taking part in a skydive. These include - epilepsy, some cardiovascular and neurological conditions, some forms of diabetes and recurring injuries such as dislocations.

A full list with notes can be found on the Fitness forms 115C & D

### To work out your BMI :

Divide your weight in Kilograms (Kg) by your height in Metres (m).

Then Divide the answer by height again to get your BMI.

Eg. If you weight 70kg and are 1.75m tall, then divide 70 by 1.75. The answer is 40. Then divide that answer 40 by 1.75 again. This equals your BMI of 22.9