



Kirkwood
The Hospice for Kirklees

Take the plunge **Skydive** for Kirkwood



9th May & 20th September 2015 Book your place today!

Contact Emily on 01484 557 911 or email emily.kennedy@kirkwoodhospice.co.uk
No experience required. Minimum sponsorship and Terms & Conditions apply.

Kirkwood Hospice Skydive 9th May and 20th September 2015

INFORMATION PACK

Thank you for enquiring about Kirkwood Hospice's Tandem Skydive experience! Everything you need to know about this thrilling challenge is enclosed in this pack (including booking information).

Kirkwood Hospice provides specialist care for those people in Kirklees facing life-threatening illness. We respect individual needs and wishes caring for the whole person to help them achieve the best possible quality of life. Families, friends and carers are offered additional support and help during the illness and in bereavement. With your help we can continue to do this. All we ask is a little time and effort to raise the minimum amount of sponsorship and as much more as you can and you will get to experience the thrill of skydiving from 15,000ft!

What kind of skydive will I be doing?

After a short briefing you will jump harnessed to the front of a fully qualified parachuting instructor from 15,000ft. From this height, you will enjoy one whole adrenaline-fuelled minute of freefall reaching terminal velocity at 120mph. This type of skydive is open to most people however there are a few age, weight and health restrictions so please check before booking. Your skydive takes place at Skydive Hibaldstow, Hibaldstow Airfield, Redbourne Road, Hibaldstow, NE Lincolnshire, DN20 9NN.

How much do I have to fundraise?

In order to take part and Skydive with Kirkwood Hospice we ask you to raise a minimum sponsorship amount of £395. This amount covers the cost of the tandem skydive jump (£200 paid which is paid directly to Target Skysports who kindly offer a discounted price) and a minimum donation of £195 that will come to Kirkwood Hospice. Every extra penny that you raise over the minimum sponsorship amount comes straight to Kirkwood Hospice, so please try to raise as much as you possibly can!

How to take part

- Complete the enclosed 'Skydive Registration Form' and post it directly to Kirkwood Hospice along with your deposit of £50 per person to secure your place. Please complete your card details or send a cheque/PO payable to Kirkwood Hospice along with the Registration Form including all the required jumper details. Please ensure you complete **ALL** parts of the form for every jumper you are registering (and that you meet the restrictions overleaf). The only form that you should not post to us is the 'Student Tandem Parachute Declaration of Fitness', please bring this with you on the day of your skydive. Please note the booking deadlines identified on the Reservation Form.
- Start fundraising! Once you have returned your Registration Form we will then issue you with sponsorship forms. You can then use these to collect donations from friends and family. You can also create an online giving page via www.virginmoneygiving.com or www.justgiving.com

On the day of your skydive you will need to:

- Arrive at the airfield at 10:30am and register at the dropzone in the reception hut.
- Make sure you have your Student Tandem Parachute Declaration of Fitness completed and with you to hand in.
- If you are aged 40+ or have a medical condition you will also need to hand in your BPA medical form signed and stamped by your doctor.
- You will need to pay £200 for the skydive directly to Target Sky Sports at the dropzone reception hut. *Kindly note that this amount can only be paid in cash or by debit (or credit card with a 3% fee).*
- You will also need to hand in cash or a cheque or payable to 'Kirkwood Hospice' for the minimum amount of £145 or more (along with your sponsorship forms). If you have fundraised via an online giving page please contact us in advance regards proof of online fundraising. *Kindly note that card payments cannot be accepted at the airfield for payment of the sponsorship money.*
- Complete 20 minutes of training with your instructor
- Take the plunge and enjoy your Tandem Skydive from 15,000ft!

What about the insurance?

The only type of insurance included is the mandatory membership to the British Parachute Association. **There is no medical or personal accident insurance included.** However if you would like to take out a one-off tandem jump policy then there are several companies that offer this including Extreme Plus www.extremeplus.co.uk or call 0845 676070.

RESTRICTIONS

Age Restrictions

- Overall age range: 16 years and older. There is no upper age limit for tandem skydiving.
- Age 16-17: Parental/guardian consent and signature is required on the Skydive Hibaldstow membership form, BPA Tandem medical and 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 medical form stamped by their doctor.

Weight Restrictions

- Maximum weight: 16 stones (100kg) for both males and females.
- Students need to be aware that some degree of physical fitness is required to undertake a tandem skydive. Students must be aware that some weather conditions are less suitable for students who are less physically fit, less agile, and in particular those with a high Body Mass Index of 27.5 or over and/or are close to the weight limit or for those with physical disabilities. **These students may have to wait for more favourable weather in order to complete their skydive, particularly if winds are light and this could result in the skydive being postponed to an alternative date.**

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 or consult the notes on the BPA Tandem Medical Form for more detailed information.**

Target Sky Sports 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.

If you need any information about the skydive itself or the age, weight and medical restrictions then you can contact Target Sky Sports directly on telephone number 0113 250 5600 or email info@skydiving.co.uk as they are in the best position to answer any questions.

Please note the skydive is organised and run by Target Sky Sports. Kirkwood Hospice is the beneficiary charity of the fundraising but is not involved in the organisation or running of the Parachute Jump.

Many thanks for your enquiry and indeed your support.

We look forward to hearing from you.

Kindest regards

Emily Kennedy
Fundraiser

Skydive Reservation Form

If you are jumping with others please attach a list of group members and tick here

Please note each individual jumper must have their own reservation form

Please complete this form (in BLOCK CAPITALS and black ink) and return it to the address below as soon as possible. Please also provide your £50 booking deposit cheque (payable to 'Kirkwood Hospice') or card details. Thank you.

I would like to jump on:

Saturday 9th May 2015 (please note last day for booking is 9th March)

Sunday 20th September 2015 (please note the last day for booking is 20th July)

If you are not able to jump on the weekend dates mentioned above please contact Emily in Fundraising on 01484 557911 to discuss arranging an alternative date for your jump.

How did you find out about the jump?

Newspaper/website/newsletter, please specify _____

First Name _____ Surname _____

Address _____

Post Code _____

Email Address _____

(Please specify as this will be our primary source of contact)

Tel No. (Mobile) _____ Tel No. (Home) _____

Male / Female _____ Date of Birth __ / __ / __ Height _____ Weight _____

I enclose a cheque payable to 'Kirkwood Hospice' for £ _____

Please charge my Visa / Mastercard / Maestro £ _____

Card Number _ _ _ _ _ _ _ _ _ _

Valid From __ / __ / __ Expiry Date __ / __ / __ Security Code (last three digits on reverse of card) _ _ _

IMPORTANT: I confirm that I have read the Booking Terms and Conditions, Medical Restrictions, Insurance and Important Notice overleaf (if these are not listed then please call Emily at Kirkwood Hospice on 01484 557911 to request a copy) and I understand and agree to be bound to those terms and conditions and to comply fully with the same.

Signature _____ Date _____

Please read all sections of the declaration attached and return along with this form.

Please read all sections of this page carefully before signing the declaration below

Booking Terms and Conditions

1. In order for you to recover reimbursement of the booking deposit and the cost of the training and the jump, you must raise the minimum sponsorship level as detailed in the covering letter.
2. The cost for the training and the jump must be paid on the day of training and this payment is totally non-refundable even if you do not jump for any reason, if the money is not paid, you will NOT be allowed to jump.
3. Should the weather be unsuitable for jumping on the day it will be up to you to return to the parachute centre on another occasion(s) if necessary to complete your jump.
4. All booking deposits are completely non-refundable. However, the standard booking deposit is valid for twelve months from the date of booking and should you be unable to complete your jump due to inclement weather alternative arrangements will be made.
5. A fee of £50 will be charged for all cancellations or changes of jump date. This is in addition to the standard booking deposit and is not in any way deductible from any sponsorship money raised for Kirkwood Hospice.

Medical Restrictions

For a tandem skydive you must be at least 16 years old and must weigh under 16 stone with your weight in proportion to your height. The principal medical restrictions are diabetes, epilepsy, fits, recurrent blackouts, heart or lung disease, mental illness and some cases of asthma but if you are in any doubt please contact us for further information 01484 557911. You will be required to sign a medical form before your jump declaring your fitness to take part - this will be sent to you upon receipt of your reservation form but is also available on request. Those under the age of 18 will need the medical form signed by a parent or guardian; those aged 40 and over, or those with a medical condition, will need it signed by their doctor.

Insurance

On payment to the parachute centre of the fee for the training and the jump, all jumpers are covered by the British Parachute Association Liability Insurance Policy up to £2 million for liability to Third Parties. **Please note that this does not cover you or your dependants for personal injury including death. You are therefore strongly recommended to take out your own insurance cover for personal accident benefits to whatever level you consider appropriate.** You can do this either in conjunction with your own insurance broker or you can call Extreme Plus who specialise in skydive insurance. Their single jump cover costs £25. Contact on 0845 676 0700 or visit www.extremepius.co.uk. If in any doubt you should seek independent advice.

IMPORTANT NOTICE

Parachuting is an adventure sport and participation in such sports necessarily involves a risk of injury or death regardless of the standard of training, supervision and equipment employed. I voluntarily accept all the risks inherent in the sport and I agree for myself and my personal representatives to indemnify and hold harmless Kirkwood Hospice and Skydive Hibaldstow against any claim or claims whether on my own account or from third parties arising out of any accident or incident resulting in any loss or damage (including bodily injury and death).

I confirm I have read all the above sections marked Booking Terms and Conditions, Medical Restrictions, Insurance and Important Notice, and I understand and agree to be bound to those terms and conditions and to comply fully with the same.

Name: _____

Signature: _____

Date: _____

**Please send this form and your deposit to:
Kirkwood Hospice, 21 Albany Road, Dalton, Huddersfield, HD5 9UY.
Thank you.**



SKYDIVE
HIBALDSTOW

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

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

DROPZONE: 01652 648837 // BOOKING OFFICE: 01132 505 600
INFO@SKYDIVING.CO.UK // WWW.SKYDIVING.CO.UK



TARGET
SKYSPOrts

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.

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.

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.



STUDENT TANDEM PARACHUTIST DECLARATION OF FITNESS

I hereby declare that I am physically fit. I do not, and have not, suffered from any of the following conditions, which I understand may lead to a dangerous situation with regard to myself or other persons during parachuting*/I have had one of the following conditions and have declared full details to the certifying doctor*:

Epilepsy, fits, severe head injury, recurrent blackouts or giddiness, disease of the brain or nervous system, high blood pressure, heart or lung disease, dislocated shoulder, recurrent weakness or dislocation of any limb, diabetes, mental illness, drug or alcohol addiction.

I further declare that in the event of contracting or suspecting any of the above conditions, or in the event of sickness absence over twenty consecutive days, incapacitating injury or confirmation of pregnancy, I will cease to parachute until I have obtained medical approval. I have read the notes overleaf.

Name in CAPITALS		Date of Birth	Weight
Signature	Date	BPA Number <small>(May be issued on day of Course)</small>	Height
Signature of Witness		Name of Witness in CAPITALS	

(All parachutists require their Declaration Witnessed, for parachutists under 18 years of age, the Witness MUST be the parent or guardian)

IF YOU HAVE HAD ANY OF THE ABOVE CONDITIONS, OR IF YOU ARE AGED 40 OR MORE, YOU MUST OBTAIN THE DOCTORS CERTIFICATE BELOW BEFORE PARACHUTING. THIS IS NOT N.H.S. WORK AND YOUR DOCTOR MAY CHARGE YOU FOR THIS. A SPECIFIC APPOINTMENT MAY NEED TO BE MADE.

DOCTOR'S CERTIFICATE

(A certifying doctor is not stating that a candidate will remain free of injury or other problems during parachuting, but that records, history or appropriate clinical examination have not suggested unacceptable medical risk factors. Level of Skill preferred: NonSpecialist GP, usually with access to patient records or Specialist responsible for care of parachutist.)

I understand that the applicant wishes to make a Student Tandem parachute descent but has a listed condition/is aged 40 or over*. I have read the notes overleaf. In my opinion as a doctor without specialist knowledge of parachuting, the applicant is physically and mentally capable of parachuting as a tandem student and is *medically* safe to do so.

.....
Signature

.....
Date of Signature

.....
Date of Expiry
(see – Validity, over)

(Doctors Stamp)

* Delete as applicable

NOTES FOR PARACHUTISTS No persons under the age of 16 are permitted to parachute, or carry out parachute training. Tandem Student parachutists do not have to be particularly fit but there are some medical conditions that can cause problems. As well as the conditions listed overleaf, the following may cause problems to parachutists. If you have ever suffered from any of them you must have your doctors approval before parachuting:

Previous fractures, back strain, arthritis and severe joint sprains. Chronic bronchitis. Asthma. Rheumatic fever. Pneumothorax. Liver or Kidney disease. Anaemia. Thyroid, adrenal or other glandular disorder. Chronic ear or sinus disease. Any condition which requires the regular use of drugs. Regular or recent blood donation.

Blindness is no barrier to Tandem parachuting. However, if you do wear spectacles they should be securely attached while parachuting. Protective goggles should be worn.

NOTES FOR DOCTORS Cardiorespiratory fitness is important. Student Tandem parachutists make descents from unpressurised aircraft at heights of 5,500 to 15,000 feet above sea level without supplementary oxygen. At 15,000 feet there is a 40% reduction in available oxygen. A tachycardia of 120 - 160 bpm is common in experienced parachutists and 200 bpm is not unusual in novices. The tachycardia may be present at the same time as relative hypoxia. Ischaemic heart disease, uncontrolled hypertension and cerebrovascular disease are absolute contraindications. Candidates with traumatic tetraplegia may have reduced ventilatory capacity. The examining doctor should be satisfied that any impairment will not cause respiratory embarrassment at altitude. A history of autonomic dysreflexia should be excluded in candidates with spinal injuries above mid-dorsal level. Specialist advice should be sought in cases of doubt.

Student Tandem parachutists are strapped to an experienced instructor throughout the aircraft ride and parachute descent. The instructor and student share a common large parachute but only the instructor can open it or initiate any emergency procedures. Musculoskeletal fitness is not required and even paralysis or partial amputation of limbs is acceptable provided the instructor secures flaccid limbs before the jump. Unstable or dislocatable shoulders are particularly likely to dislocate again while parachuting. This is painful and risks further injury to the joint. During the parachute deployment there is a brisk deceleration, usually about 4g but occasionally up to 15g. Unstable spinal injuries or subluxation may be exacerbated by such deceleration. The landing impact typically involves a variable descent rate equivalent to jumping from a wall 0 - 4 feet high, with a horizontal speed of 0 - 15 mph. Occasionally the landing impact may be considerably greater than this. Pre-existing spinal problems, joint injuries and arthritis can be exacerbated but are far less likely to be aggravated by a tandem jump than by any other form of parachuting, due to the descent and landing being controlled by a very experienced instructor.

Middle ear or sinus disease may cause problems due to the rapid changes in ambient air pressure. The rate of descent in freefall may exceed 10,000 ft/min and under an open canopy 1,000 ft/min.

Neither blindness or deafness constitutes a barrier to Student Tandem parachuting, but the candidate must be capable of appreciating what is happening and of giving informed consent. Stable diabetes with no tendency to hypoglycaemia is acceptable. Epilepsy is not a contraindication provided that control is good and there have been no fits or changes in medication in the last two years. Most neurodegenerative disorders are acceptable unless respiratory impairment or marked postural hypotension are present.

Normal mental development and a stable mental state are important. The candidate must be able to understand what he/she is about to do and be capable of giving fully informed consent. The candidate's behaviour must not pose a risk to the Tandem Instructor. Current neurosis requiring active treatment, history of psychosis, subnormality, pathological euphoria, drug addiction and alcohol dependence all constitute a contraindication.

A certifying doctor is not stating that a candidate will remain free of injury during parachuting, but that records, history or appropriate clinical examination have not suggested unacceptable medical risk factors. The preferred level of skill is usually that of a GP without specialist knowledge of parachuting but usually with access to the candidates records or a specialist responsible for the patients care. Other doctors completing the certificate should remain aware that lack of access to the medical record can result in important conditions being overlooked. In cases of doubt, or where further information is required, the Medical Adviser to the British Parachute Association or the National Coach and Safety Officer will be pleased to help, and may be contacted at the address overleaf.

VALIDITY The *Parachutist's Declaration* overleaf places the parachutist under a permanent obligation to cease parachuting until obtaining a doctors certificate if he/she develops any of the listed conditions. It should be renewed every 10 years up to the age of 40, and thereafter whenever a doctors certificate is reissued. *Doctor's Certificates* are valid as follows:

If required under age 40	-	As indicated by stability of medical condition (but not beyond age 40)
Age 40 - 49 years	-	The longer of "3 years from date of issue" or "until age 50"
Age 50 years or over	-	3 years

providing that the examining doctor can specify a shorter period of validity if he/she feels it appropriate.

British Parachute Association

5 Wharf Way, Glen Parva, Leicester, LE2 9TF

Telephone: 0116 278 5271, Fax: 0116 247 7662, e-mail: skydive@bpa.org.uk (This form should not be sent to the British Parachute Association)

