



SKYDIVING  
APPLICATION  
PACK



## What you need to do

Everyone is required to raise a minimum of **£450** to take part.

### **Details:**

The Skydive is 15,000ft

### **Location:**

Hibaldstow Airfield  
Hibaldstow  
Near Brigg  
North Lincolnshire  
DN20 9NN

### **Date:**

You can choose, please check with airfield that your required date is available.

### **Registering:**

For a place you need to fill out the application form and return it to

*Sarah-Jane Ainley  
Office Manager  
The Laura Crane Youth Cancer Trust  
PO Box 437  
Huddersfield  
HD1 9QH*

Along with a non-refundable deposit of £50, preferably in the form of a **cheque made payable to the 'Laura Crane Youth Cancer Trust'**

This amount can be deducted from your final amount raised, For example; if you raise £450, you will pay £50 registration fee in advance and pay £400 directly to the charity before the day of the skydive.

### **Process:**

- Complete the application form and sign the membership agreement and declaration of fitness.
- Send them to Sarah-Jane Ainley, Office Manager, The Laura Crane Youth Cancer Trust, PO Box 437, Huddersfield, HD1 9QH along with a **cheque for £50**
  - Get sponsored using the sponsor form in the pack and setting up a Justgiving site ([www.justgiving.com/lauracranetrust](http://www.justgiving.com/lauracranetrust))
- Collect all sponsor money before taking part in the skydive and make sure it is sent to the charity call 01484 510013 to find out how this can be achieved.
  - Arrive on the day to do the jump!

PLEASE NOTE THE DEPOSIT IS NON-REFUNDABLE

Should anyone have any questions, please don't hesitate to contact me on the details below. I would like to take this opportunity to thank you for your time and look forward to hearing from you

Many Thanks



Sarah-Jane Ainley  
Office Manager

T: 01484 510013 E: [sarahjane@lauracranetrust.org](mailto:sarahjane@lauracranetrust.org)

## Always wanted to skydive?

You'll be exiting a perfectly good aircraft and enjoying the highest skydive in the UK whilst also raising valuable funds for The Laura Crane Youth Cancer Trust.

## Who your sponsorship will help – a little about our charity

The Laura Crane Youth Cancer Trust is the only UK charity funding research specifically into cancers affecting the 13-24 age group, Laura's trust also funds measures to improve the quality of life for these young cancer patients, during their frequent and often debilitating stays in hospital.

## What kind of skydive will I be doing?

A Tandem skydive allows you to enjoy one minute of adrenaline-fuelled freefall harnessed to the front of a BPA-qualified instructor and you simply need a short 20 minute briefing beforehand as it is the instructor who opens and lands the parachute. **It will be the most exhilarating experience of your life!**

## How much do I have to fundraise?

In order to take part the Laura Crane Youth Cancer Trust asks you to raise a minimum amount of £450 in sponsorship money. This amount covers the cost of the Tandem jump which is £200 paid to Skydive Hibaldstow who offer a discounted price. Every extra penny that you raise over the minimum comes straight to us, so please try to raise as much as you possibly can for the fight against cancer in young people.

## When Can I jump?

You can skydive on any date that the skydiving centre is open subject to availability.

## How to take part

- 1) Complete the '[Skydiving Registration form](#)' and post or scan and email it to [hello@lauracranetrust.org](mailto:hello@lauracranetrust.org)
- 2) Reserve a place on your chosen date by paying a deposit of £50 per person to the Laura Crane Youth Cancer Trust. This deposit will be deducted from the total amount of £450 sponsorship you have to raise.
- 3) **Start fundraising!** You will be provided with official sponsorship forms to collect donations from friends and family and you can also register to fundraise online via [www.justgiving.com/lauracranetrust](http://www.justgiving.com/lauracranetrust) and get your own text to donate number.

## On the day of your skydive you will need to

- Arrive at the airfield at the designated time and register in the reception.
- You will need to hand in your BPA medical form 115a or form 115b as applicable
- Complete 20 minutes of training with your instructor
- **Enjoy your Tandem Skydive from 15,000ft!**

# Who can take part in a Tandem Skydive?

## AGE RESTRICTIONS - Tandem Skydiving

- Minimum Age 16 (parental or legal guardians consent required for age 16/17)
- There is no upper age limit for tandem skydiving, subject to health.

## WEIGHT RESTRICTIONS - Tandem Skydiving

- Maximum weight : 16 stones (100kg) fully clothed at Hibaldstow in Lincolnshire (15st/95kg at Brackley)
- The minimum weight is 7st and minimum height 4ft11. Those who have a height and/or weight under this will require a harness fitting assessment before being approved
- There is no upper height limit, as yet we have been able to accommodate taller customers, but we advise that anyone over 6ft5 will need to fit comfortably in the harness.

## WIND LIMITATIONS Tandem Skydiving

Please be aware that Approval to skydive on a given day is based on wind strength & speed and your own unique personal combination of Age, Height and Weight as tandem jumpers are required to lift their legs up 90 degrees to their body to assist with the landing. Therefore not all conditions are suitable for all tandem students and, for your safety, the 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 (see table), particularly females, or those close to the upper weight limit.**

We hope this does not de-motivate you from taking part, but we do feel that it is important to be as honest as possible so that our customers have a realistic understanding of the complexities of such an amazing once in a lifetime opportunity and for you to appreciate that we only have your best interests and safety in mind.

## BPA FITNESS FORM 115a

Only the official BPA form should be used – letters or notes from doctors or medicals for any other activity will not be accepted. You should read the BPA Fitness form 115a as soon as possible - if having read all the statements you are unable to declare yourself fit to jump and sign this form, then you will need to take Form 115B to your doctor to be signed and bring this along with you on the day of your jump.

## 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 form for more detailed 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.

## What about 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 this is your choice. We cannot provide or recommend insurance however there are several companies that offer this including Sky Cover [www.sky-cover.co.uk](http://www.sky-cover.co.uk) or call **0844 892 1515 for a quote.**

## Contact details

### Charity contact details

Sarah-Jane Ainley - Office Manager  
Email - [sarahjane@lauracranetrust.org](mailto:sarahjane@lauracranetrust.org)  
Telephone - 01484 510013

Pam Thornes - Trust Manager  
Email - [pam@lauracranetrust.org](mailto:pam@lauracranetrust.org)  
Telephone - 01484 510013

If you need any information about the skydive itself or the age, weight and medical restrictions then please contact Skydive Hibaldstow directly on 0113 250 5600 or email [info@skydiving.co.uk](mailto:info@skydiving.co.uk) as they are in the best position to answer any questions.

## **Your support means a great deal to us. Good luck with raising your sponsorship and we look forward to hearing from you soon.**

**CHARITY SKYDIVING TERMS** - By taking part in a skydive for charity you are bound by the following terms and agree:

1. That if you intend to cover the cost of the skydive with sponsorship money you will aim to meet the minimum fundraising target set by the charity, otherwise you will cover the remaining amount yourself and/or pull out of the event and refund all monies to the sponsors.
2. To make every effort to exceed the minimum target.
3. To send on any additional funds raised directly to the charity within the timeframe agreed. Failure to do so is considered theft.
4. To make clear to sponsors if you are not paying for the skydive yourself and that the cost will be covered with their sponsorship money.
5. That your contact details will be shared between the charity and the skydiving centre. They may support you with your fundraising efforts and arrange to collect any additional sponsorship after the jump and contact you regarding any queries about the details you have given. Your details will not be passed on by us to any other third party for any reason.
6. Skydiving is an adventure sport and participation involves a risk of injury or death and you voluntarily accept all the risks inherent .
7. That the charity will not accept any liability or responsibility for you taking part in a skydive.



(This form should be presented to the Parachute Training Organisation by the Participant in person immediately prior to the commencement of their training - it should NOT be sent to the British Parachute Association)

## TANDEM STUDENT PARACHUTIST MEDICAL INFORMATION AND DECLARATION

Name in CAPITALS .....

Date of Birth .....

Weight .....

Height .....

BPA Number .....

(May be issued on day of Course)

Skydiving is a risk sport where there is always a small but definite risk of death, injury or worsening of a pre-existing medical condition. This form is designed to help you identify whether you may be at greater than normal risk and may need to take qualified medical advice before jumping. If you are in any doubt, please take qualified medical advice (normally your GP or a specialist treating you). Your parachute instructor is not able to give medical advice. **If you have one of these conditions, it does not necessarily mean that you cannot jump but you should first seek qualified medical advice and certification, using BPA form 115B.**

### I DECLARE AND CONFIRM THAT:

I am in robust physical health and am able to exercise and move my limbs without restriction. I understand that being unfit, being overweight for my height or having frailty of aging will render me more prone to injury.

I am not receiving any regular repeat medication, whether tablets, liquids, injections, patches or inhalers (*the contraceptive pill can be ignored for the purposes of this section*). I do not have a recurrent need to use painkillers. I have never received prolonged courses of steroids or high dose steroid treatment in the past.

I do not have joint, back, sciatic or neck problems and have not been prone to these in the past. I have never had fractured or broken bones. I have NEVER dislocated or partially dislocated a shoulder. I have not had torn tendons, ligaments or cartilages. I do not have weakness or paralysis of any limb. I have not had partial or complete loss of any limbs. I do not have rheumatism, arthritis or arthrosis.

I do not have any form of heart disease. I have never had a heart attack, myocardial infarction, coronary disease, angina, ischaemic heart disease, heart valve problems, heart failure, irregular pulse, palpitations, chest pain on exercising, peripheral vascular disease, Hypertrophic Cardiomyopathy (HOCM), cardiac pacemaker, aneurysm. I do not have a family history of sudden death at an early age. I do not have raised blood pressure or hypertension. If over 40 years of age, I understand that blood pressure problems are often "silent" and painless at first and that I should have had a blood pressure check with a qualified professional within the last five years.

I do not have any form of lung disease and can exercise vigorously without wheeze or unusual breathlessness. I have not been diagnosed with asthma, emphysema, chronic bronchitis, Chronic Obstructive Pulmonary Disease (COPD), fibrotic lung disease, pulmonary embolism (clot on the lung), pneumothorax (collapsed lung), Cystic Fibrosis, obstructive sleep apnoea. I do not use inhalers, nebulisers or ventilators. I have not had a chest infection or pneumonia within the last 3 months.

I do not have any form of colostomy, ileostomy, urostomy, catheter, PEG, reservoir or other drainage, collection, infusion, shunt or pump device. I do not have any surgical implants or artificial joints. I have not had any surgical procedures within the last 3 months. I have not received an organ transplant. I do not suffer from anaemia, Thalassaemia, Sickle Cell disease or bleeding disorders such as stomach or bowel haemorrhage, haemophilia, ITP or Von Willebrand's disease.

I have never had a serious head injury or fractured skull. I do not have epilepsy or fits and have not suffered from recurrent giddiness, dizziness, faints, blackouts or loss of consciousness. I do not have Cerebral Palsy, myositis, Muscular Dystrophy, Multiple Sclerosis, Parkinsons Disease or any other progressive disease of the brain or nervous system. I have never had a stroke, subarachnoid haemorrhage (SAH), transient ischaemic attack (TIA) or Vertebro-basilar Insufficiency (VBI). I do not suffer from disabling headaches.

I do not have diabetes. I do not have any form of endocrine or hormonal disease or deficiency such as thyroid or adrenal problems. I have never been diagnosed with osteopenia or osteoporosis (reduced bone strength).

I do not have a history of drug or alcohol dependence.

I do not have anxiety, panic attacks, depression or post-traumatic stress disorder and have neither needed to see a doctor nor needed any treatment for any of these in the last 2 years. I have never been diagnosed as having psychosis, schizophrenia, manic-depressive psychosis, bipolar disease or any other serious mental illness. I do not have a history of self-harming behaviour or suicide attempts.

I do not have significant learning difficulties, behavioural problems, ADHD, mental subnormality, Down's Syndrome (Trisomy 21) or any other form of trisomy. I do not have any problems with my memory. I have not been diagnosed as suffering from dementia, Alzheimer's Disease or significant cognitive impairment.

I do not have sinus or ear disease. I do not suffer from ear or sinus pain in aircraft. I understand that colds or sore throats may make me temporarily unfit to skydive because they increase the risk of ear or sinus pain or damage.

I have not been diagnosed as having cancer in any form.

I have not donated blood in the last 6 months, or if I have donated within the last 6 months I have had a subsequent blood test showing my blood count is still normal.

I am not on sick leave and am not currently certified as unfit for work. I do not receive any form of sickness benefit, disability benefit or attendance allowance. I have not received a terminal diagnosis. I am not waiting for the results of any tests or investigations. I am not under medical review for any problems

To the best of my knowledge, I am not pregnant.

I have no problems with seeing or hearing, or if I have such problems I will ensure that my instructors are fully aware of them.

I do not have any form of infectious disease such as hepatitis, HIV or tuberculosis, which may be transmitted by body fluids. I understand that, due to the direction and speed of airflow, my tandem instructor may be exposed to my saliva, blood or vomit in the course of even a normal parachute jump.

**I FURTHER DECLARE AND CONFIRM THAT:**

If my health status changes so that this declaration is no longer valid, I will stop skydiving until I have received qualified medical advice.

I understand that the purpose of this declaration is to enhance my safety and that of my instructor. I know that if I have doubts, or do not understand any part of the form, I should postpone any skydive until I have obtained qualified advice.

I have had enough time to read (or be read) this form. I have understood it or taken appropriate advice to enable me to understand it.

I accept all risk and understand that any medical condition I have may be made worse by parachuting or may increase my risk of injury or death. I understand that I should take medical advice **before** parachuting if I have any doubts about any medical condition.

Signed ..... Print Name .....

Date .....

Witness to signature (must be parent or legal guardian for skydivers aged less than 18 years):

Signed ..... Print Name .....

Date ..... Print Address .....

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# Sky Diving Registration Form



Thank you so much for offering to raise funds for The Laura Crane Youth Cancer Trust by taking part in a 15,000ft tandem skydive at Skydive Hibaldstow. To enable us to support you in the most appropriate way please complete this form and return to us by post or email. Our many thanks for your support.

Name:		
Address:		
Postcode:		
Contact Number(s):		
Email:		
DOB:	Weight:	Height:

## Event Information

Name of Event: Tandem Skydiving Charity Jump at Skydive Hibaldstow Skydive Hibaldstow, Hibaldstow Airfield, Hibaldstow, North Lincolnshire, DN20 9NN
Date of Event:
Size of T-Shirt (small/medium/large/xl £5 each)

## Additional Information

How much are you hoping to raise from your event?	£
Do you intend to set up a justgiving.com page?	Yes/No
If yes, what is your justgiving.com web page address?	
Do you have a special reason for deciding to raise money for the Laura Crane Youth Cancer Trust?	

## Declaration

I understand that I should seek medical advice from my general practitioner if I am in any doubt about my physical ability to take part in this event. I acknowledge that I am undertaking this activity entirely at my own risk and that the Laura Crane Youth Cancer Trust shall not be liable in any way for any injury or loss that might occur as a result of my participation. I understand that the Laura Crane Youth Cancer Trust will, in no way, be liable for any claim that may arise from this event. I agree to pay all proceeds of the event to the Laura Crane Youth Cancer Trust, unless otherwise indicated.

## Data Protection Statement

The Laura Crane Youth Cancer Trust would like to hold your details in order to contact you about our fundraising, campaigning and services. We will not pass on your details to third parties.

If you would prefer for us not to use your details please tick this box  and return this form to us. We will not sell your details to other organisations.

Signed:
Date:
Please Print Name:

Please send this form and your deposit of £50 to the address below, to the attention of Sarah-Jane Ainley:  
The Laura Crane Youth Cancer Trust, PO Box 437, Huddersfield, HD1 9QH

Would you like to be kept up to date about other events and fundraising?	Yes/No
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Email: [hello@lauracranetrust.org](mailto:hello@lauracranetrust.org)

Tel: 01484 510013

Please note that your event will not be covered under the Laura Crane Youth Cancer Trust's public liability insurance, and that you will therefore need to make sure that you, or the venue in question, has insurance to cover your event. Please also be advised that anyone organising an event for the public should carry out a risk assessment and should therefore take a look at the Good Practice Safety Guide which shows professional and amateur organisers of smaller scale events how to set up events, carry out a risk assessment, and ensure that fire and safety requirements are met:

<http://police.homeoffice.gov.uk/news-and-publications/publication/operational-policing/event-safetyguide.pdf>

Our sincere thanks for supporting the work of the Laura Crane Youth Cancer Trust and for joining the fight against cancer in young people.

