



THE SKY'S THE LIMIT: Tandem skydive in aid of Wakefield Hospice

WAKEFIELD HOSPICE are organising an event you do not want to miss! Enjoy the thrill of the ultimate adrenalin experience whilst raising vital funds to support the patients and their relatives at Wakefield Hospice.

Who your sponsorship will help..... By taking part in a tandem sky dive for Wakefield Hospice, you can make a difference. Based on raising the minimum amount of sponsorship, the money the Hospice will receive from your jump could fund nearly 10 hours of nursing care.

Wakefield Hospice, a registered charity, is committed to providing the highest level of symptom management and care for people who have advanced active, progressive and life threatening illness. The Hospice endorses a holistic approach in promoting quality of life for patients as well as in the continuing support that is offered to families and carers throughout the period of illness and into bereavement.

On average, the Hospice caters for 268 in-patients and 1,800 day care attendances every year. No charge is made for care and with around 1 in 4 days funded by the Government, the Hospice is reliant on the generosity and support of the community to help fund the other 3 days. In total, it costs over £3.2 million to maintain the Hospice each year.

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 raise? In order to jump for free we ask that you to raise a minimum amount of £395 in sponsorship money. This amount covers the cost of the jump which is £200 paid to Target Skysports who offer a discounted price so that a minimum donation of £195 will go to Wakefield Hospice. Every extra penny that you raise over the minimum comes straight to the hospice too as the costs have already been met, so please try to raise as much as you possibly can!

When Can I jump? You can skydive on any date that the skydiving centre is open subject to availability.

- Jan/Feb/March/October/November/December – open 5 days a week, closed Monday & Tuesday
- April/May/September – open 6 days a week closed Tuesday
- June/July/August – open 7 days a week, plus late night arrivals up to 6pm on Wednesdays and Fridays

How to take part ~ register with Skydive Hibaldstow and Fundraising with Wakefield Hospice!

- 1) **Complete** the 'Skydiving Registration form'
 - a. Post it to: Target Skysports, Woodleigh Hall Farm, Rawdon, Leeds, West Yorkshire, LS19 6JT
 - b. or scan and email it to info@skydiving.co.uk
 - c. or enter online at www.skydiving.co.uk/Booking.htm and put Wakefield Hospice in the comments box.
- 2) **Reserve a place** on your chosen date by paying a deposit of £75 per person to Skydive Hibaldstow. This deposit will be deducted from the total amount of sponsorship you have to raise. Use the registration form to do this or phone Skydive Hibaldstow with your credit/debit card, telephone 01132 505600.
- 3) **Start fundraising!** Once registered, you will receive sponsor forms from Wakefield Hospice. Should you require any more of these, please Wakefield Hospice directly on **01924 213900** and if you have internet access, you can also set up your very own fundraising webpage at www.virginmoneygiving.com or www.justgiving.com – it costs you nothing and is ideal to email your web link to friends and family or add it to your facebook page! The money is paid directly into the hospice's account, saving you time and effort chasing money and cheques. Once registered, please send or bring in all sponsorship money directly to Wakefield Hospice.
- 4) **On the day of your skydive you will need to**
 - Arrive at the airfield at the designated time and register in the reception.
 - Provide proof of having raised the minimum amount of sponsorship
 - Hand in or sign any required medical forms. 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. If you are aged 16 or 17 then you will need a parent present to sign consent on three forms.
 - Complete 20 minutes of training with your instructor

Then it's over to you to:

ENJOY YOUR TANDEM SKYDIVE FROM 15,000ft





Who can take part in a Tandem Skydive?

AGE & WEIGHT RESTRICTIONS - 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/legal guardian signature is required on the Skydive
- Hibaldstow membership form, BPA Tandem fitness form 115 and the BPA membership agreement form.
- Age 16-39: will sign a Tandem student declaration of fitness form 115 on arrival.
- Age 40 and over : must have a BPA Tandem student declaration of fitness form 115 stamped by their doctor.
- Maximum weight: 16 stones (100kg) for both males and females

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 students who are less physically fit, less agile, 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 favorable 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.

BPA FITNESS FORM 115

Only the official BPA form should be used – letters or notes from doctors or medicals for any other activity will not be accepted. Everyone needs to complete the top section of the form.

The bottom section of the form is to be signed and stamped by a doctor for those aged 40 or over, or for those with medical conditions, recent or recurring injuries or who are unable to declare themselves fit to jump for any reason regardless of their age. *All forms should be brought along on the day – we do not require them in advance.*

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 or call 0844 892 1515 for a quote.

Contact details

For bookings and enquiries regarding the skydive itself, please contact Skydive Hibaldstow directly: telephone 01132 505600 or email info@skydiving.co.uk as they are in the best position to answer any questions.

For fundraising advice, please contact the Fundraising department at Wakefield Hospice: telephone 01924 213900 or email sam.wood@wakefieldhospice.co.uk

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, 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 Wakefield Hospice 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. This is so that 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 Wakefield Hospice will not accept any liability or responsibility for you taking part in a skydive.

