

# ECHC 10,000 Freefall Tandem Skydive

Please read this information thoroughly before you sign up to skydive.

## What does the jump involve?

Technically the jump is called a Tandem Skydive. It's a skydive because you will be freefalling through the air (without the parachute deployed) for several thousand feet; it's in tandem because you will be harnessed to a professional parachute instructor throughout. This is the only way you can jump from such an altitude without spending thousands of pounds becoming a freefall parachutist. It really is a once in a lifetime experience!

## Points to remember:

- Jump and training completed in one day.
- Harnessed to an experienced parachute instructor at all times.
- Jump from at least 10,000 feet - just like the professionals.
- Freefall down to 5,000 feet - falling through the air at 120 mph.
- Ride the parachute down to the ground – you're taught how to steer onto the drop zone.
- Landing controlled by your instructor.
- Certificate to prove that you have completed a 'two-mile high' tandem skydive.

## What must I do to qualify to jump? *(Please read this section carefully).*

In order to jump you will be required to raise a minimum sponsorship of £500 by asking your family, friends, and colleagues to sponsor you in aid of Edinburgh Children's Hospital Charity (ECHC). You can use our sponsorship forms and, or, set up a Just Giving online sponsorship page, provided by us. Please don't be put off by the amount. You have the option of supplementing your sponsorship by organising a small fundraiser such as a cake sale or quiz night and we can provide you with promotional items to assist you. We usually find that our skydivers significantly exceed their targets!

**Please note:** A £75 registration fee is required in advance to secure your place. Prior to the date of your jump, we must also be in receipt of at least the minimum sponsorship. You can pay this by card, over the phone, by cheque or in cash. You will then have four weeks from the jump to get your remaining funds to us. You will not be permitted to jump if you have not paid your minimum sponsorship of £500.

Of the £500 you raise, ECHC will benefit from £325 and the remaining £175, and your £75 deposit will cover your jump cost of £250. Remember, every penny you raise over £500 goes straight to helping children and their families in hospital, so we encourage you to raise as much sponsorship as you possibly can.

## Important Information

### When can I jump?

We have organised a special Team ECHC Skydive weekend as detailed in the booking form. If you are unable to jump on any of the dates, please contact Amy Russell on 0131 668 4949 to discuss the possibility of jumping on an alternative date.



## Where is the airfield?

Skydive St Andrews is situated on Osprey Road, Glenrothes. Once we have received your booking form and your place is secured, full confirmation details will be sent to you, including a map and directions to the airfield. You can also visit [www.skydivestandrews.co.uk](http://www.skydivestandrews.co.uk) for more information.

## Are there any restrictions on age or health?

For a tandem skydive you must be **at least 16 years old**.

You will be required to sign a medical form before your jump declaring your fitness to take part - please find this attached on the webpage. **You must read the Medical Declaration before you can take part and pay particular attention to the height – weight ratio chart.** Those under the age of 18 will need the medical form signed by a parent or guardian.

Pre-existing physical conditions will not necessarily prevent you from taking part but if you are in any doubt, please contact us for the medical form and discuss this with your GP.

## Weight restrictions

For safety reasons, strict weight restrictions have been put in place based on a risk assessment. Any person exceeding these weight limits will unfortunately be unfit for tandem jumping.

**14 stone (89kgs) is the maximum permitted weight.**

The Chief Instructor (CI) can authorise an increase up to 15 stone (95kg). This is generally for male participants only and is dependent on the individual's physical fitness with height/weight also being taken into consideration. Any clarification on this must be directed to the CI prior to initial arrival.

## What about insurance?

You will automatically be covered for up to £2,000,000 third party insurance but this will not cover you for personal injury. Should you wish to take out cover for personal injury, you should arrange this through your own broker.

## How do I book my place?

To book your place you must complete the booking form, which you can find on our website.

## What happens if my jump is cancelled, or I want to cancel my jump?

Whether or not your skydive goes ahead on the day you have booked is dependent on the weather, which is very changeable, especially in Scotland! However regardless of the weather, you must go to the airfield on the day of your jump to complete your training. You will be advised after your training if the jump is going ahead and if your jump is cancelled you will be able to rebook for another date. If for any reason you are unable to take part in the jump on the date you have booked, or you wish to cancel your jump, you must inform us as soon as possible and at least two weeks prior to your jump date. After this time a cancellation will incur a charge of £175.

## Get In Touch

If you have any questions, please get in touch:

[amy.russell@echcharity.org](mailto:amy.russell@echcharity.org)

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