

Skydive Frequently Asked Questions

How much do I have to raise? To take part in a tandem skydive you'll need to pay a £50 registration fee and raise a minimum sponsorship of £350 for the Chilterns MS Centre. This £350 covers the remainder of your skydive costs and a minimum sponsorship amount which goes towards the services we provide to people affected by MS. Many people find it really easy to raise much more than £350 - and we will provide you with help and support to smash your fundraising targets and help us make a difference.

Are there any age and weight restrictions? You have to be at least 16 years old to jump – if you are over 16 but under 18, you'll need your parent's or guardian's permission. There is no upper age limit for a tandem skydive. However, it is required that you weigh 15 stone or less, fully clothed and you will be weighed on the day at the Centre before being allowed to jump.

Will I need to fill out a medical form? You will be required to complete a Declaration of Fitness form before your jump, confirming you're able to take part. There are some restrictions in relation to medical conditions like diabetes, epilepsy, fits, recurrent blackouts, heart or lung disease, mental illness and some cases of asthma. Full details are given on the form, but if you have one of the medical conditions listed, you will need to get the form signed by your GP, whatever your age. If you are aged 16 or 17 years old, you will need your parent or guardian to sign the form. We will send you the Declaration of Fitness form after we have received your registration.

What about insurance? If a UK resident, you'll automatically be covered by the British Parachute Association's Public Liability insurance for up to £5,000,000. However, this insurance doesn't cover you for personal injury or death. The British Parachute Association recommends that tandem skydivers take out their own personal accident insurance cover through their own insurance broker or one of the insurers listed on their website bpa.org.uk.

I have MS, can I take part? If you have MS you should still be able to take part as long as you:

- have control of all your limbs
- can walk to the plane and get on the plane unaided
- can lift your legs together, to a 90 degree angle for landing

You will also need your GP to sign your Declaration of Fitness. There are some restrictions for other conditions but these will be listed on the forms that will be sent to you.

More questions? If there's anything else you'd like to know, give us a call on 01296 823040