

SKYDIVING LIMITATIONS 2016 (Amended May 2016)



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.

BPA FITNESS FORMS Tandem Skydiving

- All tandem jumpers are required to sign a **BPA Tandem Student Parachutist Medical Information & Declaration Form 115a.**
- Those unable to sign the form due to medical conditions or injuries must bring a copy of **Form 115b Tandem Student Parachutists Doctors Medical Certificate** signed and stamped by their doctor instead.

Only the official BPA forms should be used – letters or notes from doctors or medicals for any other activity will not be accepted. All forms should be brought along on the day – we do not require them in advance.

Customer notice : Our governing body the British Parachute Association (BPA) has changed the regulations regarding fitness forms for tandem skydives. From April 2016 two BPA Fitness forms 115 A & B have replaced previous form 115 and the mandatory requirement for doctors medicals for age 40+ has been removed. Customer who have already had the the old form 115 will still be accepted and do not need to get the form replaced.

WEIGHT & HEIGHT 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 & BODY MASS INDEX 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 particularly females, or those close to the upper weight limit. We suggest that those with a BMI of 30+ are likely to need suitable wind conditions, and those with a BMI of 35+ will most likely need a constant wind speed of at least 10 knots. We regret that those with a BMI of 39+ are not able to take part in a tandem skydive.

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 and for you to appreciate that we only have your best interests and safety in mind.

AGE RESTRICTIONS Solo Courses - AFF & Static Line Parachuting

Overall age range: minimum age 16 to maximum 49 years old.

Age 16-17: Parental consent will be required

Age 16-39: will sign a BPA solo student fitness form 114-A on arrival.

Age 40-49: must have a BPA Solo student fitness form 114-A stamped by A doctor.

BPA Solo Student Declaration of Fitness form 114a

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 are unable to declare themselves fit to jump for any reason regardless of their age.

WEIGHT & HEIGHT RESTRICTIONS Solo Courses (AFF) and Static Line

Solo students must be under **15 stones (95kg)** AND weight should be in proportion to height with a **Body Mass Index (BMI) no greater than 27.5.**

MEDICAL CONDITIONS

Certain medical conditions (for example, epilepsy, some cardiovascular and neurological conditions and some forms of diabetes) or recurring injuries (for example, recurring dislocations) may prevent you from participating in a skydiving course. If you are in any doubt, please contact us or consult your doctor.

AFF & Static Line					
Imperial			Metric		
st	lb	ft in	kg	cm	
7	7	4 4	47	133	
7	11	4 5	49	135	
8	2	4 6	51	138	
8	6	4 7	53	140	
8	10	4 8	55	143	
9	1	4 9	57	145	
9	5	4 10	59	148	
9	10	4 11	61	150	
10	0	5 0	63	153	
10	5	5 1	66	155	
10	10	5 2	68	158	
11	1	5 3	70	161	
11	6	5 4	72	163	
11	11	5 5	74	166	
12	2	5 6	77	168	
12	7	5 7	79	171	
12	12	5 8	82	173	
13	4	5 9	84	176	
13	9	5 10	86	178	
14	1	5 11	89	181	
14	6	6 0	91	183	
14	12	6 1	94	186	
15	4	6 2	97	188	
15	10	6 3	99	191	
16	1	6 4	102	194	
16	7	6 5	105	196	
16	13	6 6	107	199	

These figures relate to a Body Mass Index (BMI) of no greater than 27.5.