

Imagine the adrenaline rush as you leave the plane at 10,000 feet, heading towards the earth at 120 mile per hour for 5,000 feet of freefall...

What is a tandem jump?

A tandem jump is a combined freefall and parachute descent where you are strapped to a professional parachute instructor.

On the morning of your jump, you will get a 30 minute ground briefing on the equipment that will be used for your jump, as well as full information on exiting the aircraft, freefall and how to land safely.

Once you have been securely attached to an experienced tandem instructor with a four-point harness system, you will board the aircraft together. The plane will normally climb to around 10,000 feet where you will exit and begin your freefall. After reaching speeds of approximately 120 miles per hour your freefall will end at around 5,000 feet when the tandem instructor will deploy the main parachute and you will begin your descent under canopy. This will last between four to six minutes as you fly towards your landing area.

Are there any restrictions on who can skydive?

The minimum age for Tandem Skydives is 16 and jumpers must weigh less than 15 stone. There is no upper age limit for Tandems, however anyone over the age of 40 will need to have their 'Declaration of Fitness' signed or stamped by their GP.

There are also some restrictions in relation to medical conditions. Full details are given on the 'Declaration of Fitness' form that you will receive with your sponsor forms but generally if you have a medical condition like diabetes, epilepsy, heart disease or severe asthma you will need to get your Declaration signed by your GP, whatever your age. All under 18s must have their forms signed by a parent or guardian.

How does the scheme work?

The Great Ormond Street Hospital Children's Charity parachute scheme is operated by the London Parachute School (LPS) and they will coordinate your jump wherever you live in the UK.

We ask all fundraisers to raise a minimum of £400.

- £165 of this will come to Great Ormond Street Hospital Children's Charity.
- £235 will pay for your jump, payable as a deposit of £50 and then a fee of £185 on the day of your jump.
- Any funds you raise in excess of the £400 minimum will come to Great Ormond Street Hospital Children's Charity.

In order to book your jump you will need to pay your £50 deposit and send this in with your registration form. You can take this money back out of your sponsorship once you have started fundraising.

One week before your jump you must send in your £165 sponsorship to Great Ormond Street Hospital Children's Charity, (you can use justgiving.com). We will then confirm with the parachute school that this has been received and on the day of the jump you will pay the remaining £185 jump fee to the school, (you can not use justgiving.com).

When can I jump?

On the registration form you can select three dates. The parachute school will try to book your first choice, but if not, one of your other choices.

Where will I be jumping?

We use a number of British Parachute Association (BPA) approved drop zones around the UK and will book you in to whichever is nearest to you. Please let us know if you would like to jump at a particular site and we will try to accommodate you.

Auchterader	Scotland	Swansea	Wales
St Andrews	Scotland	Perranporth	Cornwall
Grange over Sands	Cumbria	Netheravon	Wiltshire
Lancaster	Lancashire	Cirencester	Gloucs
Bridlington	E Yorkshire	Brackley	Northants
Nottingham	Notts	Weston	Oxon
Sibson	Cambs	Marlow	Bucks
Cambridge	Cambs	Honiton	Devon
Peterlee	Durham	Hibaldstow	Lincs
Norwich	Norfolk		

What about insurance?

All jumpers will be covered by the BPA's Public Liability insurance for up to £2 million liability to third parties. However, this does not cover you or your dependents for personal injury or accident. We would advise that you arrange personal accident insurance for your skydive by contacting London Parachute School on 0845 130 7194.

Organising a group

If you would like to jump as group of friends or work colleagues please send your registration forms in together with a note to this affect. Jumping slots can book up quite quickly during the summer months so please give LPS as much notice as possible.

Filming your jump

Most drop zones will have professional cameramen available to capture your big moment. Video, DVD or photographs make a fantastic lasting reminder of your day – as well as providing proof to your sponsors that you actually did it! The cost of video and 35mm stills vary from drop zone to drop zone, usually £80 to £100. It is worth checking with your drop zone in advance what will be available and how much it will cost.



How do I sign up?

Simply fill in the registration form enclosed and send it with your deposit of £50 (made out to London Parachute School) to the address on the form and you will be sent an information pack, declaration of fitness form and sponsor form via email. If you have a query about fundraising for your parachute jump please call Great Ormond Street Hospital Children's Charity on 0207 239 3000.

If you have any queries or concerns about your skydive, please speak to the professionals on 0845 130 7194. The London Parachute School will give you honest and accurate advice and are available from 10am to 8pm seven days a week.

Registration form



Your details

Title First name

Surname

Address

Postcode

Day tel Mobile

Email

I am happy to be contacted by email text phone

I would not like to hear about future fundraising by post

Male Female Date of birth // Height Weight

I would like to book my tandem jump for one of the following dates:

1. 2. 3.

Preferred location

Do you have a medical condition that we (LPS) should be aware of? Yes No

If yes, please give details

<p>I enclose a cheque for £50 made payable to the London Parachute School <input type="checkbox"/></p> <p>Please charge £50 to my Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Delta <input type="checkbox"/> Switch <input type="checkbox"/></p> <p>Name on card <input type="text"/></p> <p>Card Number <input type="text"/><input type="text"/><input type="text"/><input type="text"/> <input type="text"/><input type="text"/><input type="text"/><input type="text"/><input type="text"/><input type="text"/><input type="text"/><input type="text"/><input type="text"/></p> <p>Valid from date <input type="text"/><input type="text"/><input type="text"/><input type="text"/> Expiry date <input type="text"/><input type="text"/><input type="text"/><input type="text"/> Switch issue number <input type="text"/><input type="text"/></p> <p>Security code (last three digits on the signature strip) <input type="text"/><input type="text"/><input type="text"/></p>

Agreement with London Parachute School (LPS)

I acknowledge that LPS have been engaged by the Great Ormond Street Hospital Children's Charity as experts in the field of parachute descents and this agreement is between me and the LPS. In consideration of LPS accepting me as a member and student parachutist, I hereby acknowledge and agree: That I will be bound by the School's rules and regulations and that I am 18 years of age or over. I further acknowledge that I enter into this agreement with the School on the basis that the School contracts with me on its own behalf and as agent for all its staff and for all instructors who may be put at the disposal of the School for the purpose of assisting it to carry on its activities. I further agree not to make any claim against the School in respect of injury to person or loss of property and indemnify the school against claims brought against them arising out of neglect or default on my behalf whilst involved with the School activities.

Signed Date

If you are between 16 and 18 a parent/guardian will need to countersign below:

Print name Signed Date

Please complete this form in block capitals and in black or blue ink and send it to: Jump for Great Ormond Street Hospital Children's Charity, c/o LPS, The Byre, Woods Farm, Easthampstead Way, Wokingham, Berkshire, RG40 3AE