



Hi there,

Thank you for your enquiry regarding our Accelerated Freefall (AFF) courses for the complete beginner.

So why book your skydive with us?

We are professional skydivers not desk jockeys and are always here to answer your questions and give you honest and accurate advice from 8am – 8pm 7 days a week 365 days a year.

Your attention is drawn to the guidance notes to help you book your jump.

It is preferable to give as much notice as possible to book your jump, particularly if you want to jump on one of the busy summer weekends and/ or with a group. Your deposit (see DZ listing) will enable London Parachute School to start processing your order, full payment is required on the day of your jump (in some instances the balance must be settled prior to the jump date).

If you would like to jump at very short notice, please book by phone on 0845 130 7194.

Booking your Skydive is Easy!

- 1. Read the info**
- 2. Complete and send us the booking form and deposit.**
- 3. We will send you confirmation and directions to your nearest Drop Zone.**



AFF COURSE

The Accelerated Freefall (AFF) course is a progressive fast track skydiver training programme, which takes you from complete beginner to Category 8 qualified skydiver in 8 jumps. Your course starts with a day of ground training with your AFF instructor on equipment, aircraft exit, freefall, in air training signals and parachute control. On Level 1 of the course you are assisted by two AFF instructors who stabilize you and train you with in air signals until you are freefalling with more confidence.

By Level 5 you are jumping with one instructor. Level 8 is your first solo exit from the aircraft. This course is fairly intensive and you will need to be committed and determined. Levels 1 to 7 are from 12 000 feet and Level 8 is from 5 000 feet. **You can purchase Level1 only, or as the complete course.** Questions? We're here to help, so please don't hesitate to get in touch.

LEVEL 1 AFF.

It is possible to do level 1 as a course in itself. This enables you to experience freefall without being attached to an instructor by harness as in tandem. It can also provide an opportunity to see if the sport of skydiving is for you, before you commit yourself to a full 8 level AFF course. Level one includes 6 hours ground training, equipment and the jump.

Level 1 from £350

The Full Accelerated Freefall Course

UK from £1400 Abroad from £1300



TRAINING

The first day of the course is dedicated to ground school; which consists of a 6 hour training session, split between theory and practical.

Level 1. Your first jump is with two instructors and is designed to teach you the basics; exits, stability, altitude awareness and control of the parachute canopy. Three practice ripcord pulls, altitude awareness and the actual pull, are all part of this jump. The instructors hold on to you throughout the freefall portion of this jump. Radio assistance is given under canopy during the descent and landing if necessary.

Level 2. As level 1 but with only 2 practice pulls and a turn to the left and right.

Level 3. Instructors 'release' you, allowing you to fly alone, but staying in close proximity to re-grip and provide assistance if necessary.

Level 4. Exiting with just one instructor holding on exit, 180 degree left turn and 180 right and forward movement.

Level 5. One instructor holds you on exit, 360 left turn, 360 right and forward movement.

Level 6. Dive exit with instructor following. Back loop, delta track, 360 turn and delta track.

Level 7. Dive exit instructor following. Back loop, delta track, 360 turn left, 360 right.

Level 8. Solo exit from 5,000 feet, followed by deployment of your canopy within a few seconds.

This familiarizes you with a lower exit altitude and a faster pull.

On completion of level 8 you graduate from AFF. Following graduation you must make 10 further jumps, called consolidation jumps, under the guidance of an AFF instructor. These jumps allow you to practice what you have learnt on your own. On completion you are qualified as a category 8 skydiver and can join in with the regular skydivers and start to have some serious fun.

EQUIPMENT.

Everything you need is provided. All parachuting equipment is state of the art, and is specifically designed for sport use, with both safety and comfort in mind. Two parachutes (a main and a reserve) are always carried. Modern streamline parachute equipment places both main and reserve parachutes on your back using a container and harness which is light and comfortable to wear. Student equipment also has an automatic actuating device fitted to the reserve parachute for additional safety.

**AFF COURSES ABROAD**

With the potential for unreliable weather, it can save you time and money to do your course abroad. You can choose from many European and USA drop zones, having a great holiday as well as learning to skydive! All our packages are fully inclusive of accommodation, training, equipment and third party insurance. With London Parachute School you get 5 star treatment all the way. Accommodation is typically B&B or self catering apartments. Training and equipment - we provide it all. Once qualified its time to celebrate! Packages for non-jumpers (ie. friends and families) are available and our chosen venues for training have many local attractions. We're here to help, so if you want more information please don't hesitate to get in touch.

Terms and Conditions

It is the person paying for the skydive that is required to sign the terms and conditions. If this person is not the skydiver then they have the responsibility to ensure that the skydiver is aware of all points laid out in the terms and conditions. Particularly those points pertaining to the skydivers suitability and fitness to jump, and the forbidding of the consumption of alcohol on the day of the jump. **All students will need to purchase a mandatory provisional membership of the British Parachute Association, which entitles them to a Third Party liability insurance of £2,000,000. The cost of this insurance cover is currently £30.**

Booking Form

In order to book your skydive complete the details on the booking form, sign the terms and conditions and enclose deposit, send it to: London Parachute School Ltd, The Byre, Easthampstead rd, Wokingham, Berks, RG40 3AE
Once received we will send you confirmation, directions and details specific to your chosen Drop zone.

Skydivers Medicals and Consent Forms

On the day of the jump all skydivers will be required to complete the British Parachute Association Student Parachutist Declaration of Fitness. If the jumper is over 40, or has a medical condition that may affect their ability to freefall or parachute safely then they will require a doctor's certificate to be completed in advance. If the skydiver is aged 16 or 17 they will need their parent or guardian to sign their medical form and a consent form. We will have enclosed the medical and consent forms if we knew you needed them, but if we have not and you now think it may be required then please let us know as soon as possible. Medicals and consent forms need to be kept by the skydiver and taken to the drop zone on the day. You can contact us for these forms or download them at www.londonparachuteschool.com.

Sponsored Charity Jumps

Raise £400 and you jump for free. Tandem and RAPS courses available at 21 Centres nationwide.
What a great opportunity to raise some money for a good cause and have the experience of your life at the same time.
At London Parachute School we work in direct partnership with 3 charities per year. All the funds you raise over and above the cost of your skydive will go straight to the charity. London Parachute School cover all the extra administration costs incurred and are dedicated to ensuring the charities receive maximum funds.
Please contact us on 0845 130 7194 to find out more about these worthy causes, or download the info pack at www.londonparachuteschool.com
If you would like to jump for any other charity be sure to download the 'Any Charity' info pack.

Organising a Group

If you are organising a group all our correspondence will be via yourself, but we will happily speak to any individuals if they wish to discuss something in person. For groups of 5 or more contact us for a discount.

Skydiving Gift Vouchers, Gift Packs and Surprise Jumps

Our gift vouchers and gift packs are available for tandem, RAPS and AFF level 1 courses. There is no extra charge for the Gift Voucher.

Our Gift Packs are an extra £13.95 and include the Jump voucher, T-shirt and £20 off voucher (any future course). The pack is personalized, gift wrapped and sent Special Delivery.

If you wish to organise the whole jump as a surprise then you may fill in the skydivers details, preferred date and location on the form yourself. You need to consider the jumpers age and health as a BPA medical form may have to be completed in advance by their doctor. There can be no exceptions to the BPA rules on this I'm afraid, and this could unfortunately thwart your plans to surprise

FAQ's Restrictions and Exclusions – Full list on website

Age – Minimum age 16 (16 – 18 with written consent from parent or guardian). Those over 50 will not usually be accepted for AFF or RAPS but there is no upper age limit for Tandem skydives. Weight – 96 kilos or 15 stones.

Fitness and Health - A fair level of fitness is required for AFF and RAPS but not necessarily for Tandem skydives. If you are over the age of 40 you will need your doctors approval, we will send you the relevant documentation for your doctor to sign. Under the age of 40 you may sign a self declaration of fitness.

Weather - Skydiving is weather dependant!

Cloud – Good visibility and broken cloud is required for all forms of skydiving, and the cloud base should be no lower than your parachute deployment altitude.

Wind – The maximum ground speed for Tandems is 20kts and for Raps and AFF 15kts. Check with your chosen club the afternoon before or morning of your jump for a weather update; don't rely on TV or radio.

Disabilities - If you are disabled this does not mean you cannot skydive. Contact us for more details.

Insurance - On registration at the club on the day of your skydive you will automatically be covered by 3rd party insurance, if you would like to take further personal injury cover, I recommend Extreme Plus on 0845 6760700 or www.extremeplus.co.uk .

Safety - All our chosen clubs are regulated by the BPA British Parachute Association, to ensure that equipment and training is of the highest standards. All Student and Tandem skydivers wear a dual parachute system, where if the main parachute should fail there is a reserve parachute, which is easily deployed. Student and Tandem equipment are also fitted with an automatic reserve parachute-opening device (Cypres) this is in case of extreme emergency and this device is governed by speed and altitude.

Glasses and Contacts - Our goggles fit comfortably over your glasses and contact lenses are no problem

Breathing in freefall - On exiting the aircraft you may gasp for breath for a second but will soon find yourself breathing normally.

How fast will I fall? - This varies, but you can expect to be falling around 120mph during freefall. **What should I**

wear? - If it's a cold day wrap up warm not bulky as you will be provided with a jumpsuit to wear over your clothes. On a hot day a t-shirt and trousers/shorts are ample. Trainers are recommended, do not wear any open toed shoes ie sandals.

We're here to help, so if you want more information please don't hesitate to get in touch.

The London Parachute School Team





ALL BOOKING FORMS TO BE SENT TO:

**London Parachute School
The Byre, Easthampstead Rd
Wokingham
Berks
RG40 3AE
Tel: 0845 130 7194**

Name:

Address:

Email Tel no: (Home).....

(Work)..... DOB dd/mm/yy: Weight: Height:

Course Type

Please book me on a course for the following dates:

1st Choice..... 2nd Choice..... 3rd Choice.....

Credit/Debit Card No..... Expiry.....mm/yy Issue No.....
CV2..... last 3 numbers on signature strip Valid from..... mm/yy

I enclose £50.00 deposit and will pay the balance of £at the start of the course. I understand that reservations can only be made if the deposit accompanies this booking form. Please make payments to London Parachute School Ltd.

AGREEMENT: To the London Parachute School.

In consideration of you 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. I understand that **All students will need to purchase a mandatory provisional membership of the British Parachute Association, which entitles them to a Third Party liability insurance of £2,000,000. The cost of this insurance cover is currently £30.**

..... (Signed)(Date)

NEXT OF KIN: (To be completed by all students)

Name: Relationship:

Address: Tel No:

NOTE: If under 18 years of age, parent / guardian to complete the following:

To: The London Parachute School

I(Name).....(Address).....

.being the parent / guardian of hereby confirm that I have given permission for him/her to undertake training and make a parachute descent and that I agree to the terms set out above.

Signed:

Date:

'SOLO' STUDENT PARACHUTIST DECLARATION OF FITNESS TO PARACHUTE

I hereby declare that I am physically fit. I do not, and have not, suffered from any of the following conditions, which I understand may lead to a dangerous situation with regard to myself or other persons during parachuting*/I have had one of the following conditions and have declared full details to the certifying doctor*:

Epilepsy, fits, severe head injury, recurrent blackouts or giddiness, disease of the brain or nervous system, high blood pressure, heart or lung disease, dislocated shoulder, recurrent weakness or dislocation of any limb, diabetes, mental illness, drug or alcohol addiction.

I further declare that in the event of contracting or suspecting any of the above conditions, or in the event of sickness absence over twenty consecutive days, incapacitating injury or confirmation of pregnancy, I will cease to parachute until I have obtained medical certification. I have read the notes overleaf. I also accept that if my weight is above the level set for my height opposite I stand a higher than average risk of sustaining injury upon landing.

Name in CAPITALS	Date of Birth	Weight
Signature	Date	BPA Number*
Name of witness in CAPITALS		
(for parachutists under 18 years of age the Witness MUST be the parent or guardian)	Signature of witness	

NOVICES ONLY			
Height		Weight	
ft	in	st	lb
4	4	7	7
4	5	7	11
4	6	8	1
4	7	8	6
4	8	8	10
4	9	9	0
4	10	9	5
4	11	9	9
5	0	10	0
5	1	10	5
5	2	10	10
5	3	11	0
5	4	11	5
5	5	11	10
5	6	12	2
5	7	12	7
5	8	12	12
5	9	13	3
5	10	13	9
5	11	14	0
6	0	14	6
6	1	14	12
6	2	15	3
6	3	15	9
6	4	16	1
6	5	16	7
6	6	16	13
6	7	17	5
6	8	17	11
		4	

NOVICES ONLY	
Height	Weight
cm	kg
130	46
132	48
134	49
136	51
138	52
140	54
142	55
144	57
146	59
148	60
150	62
152	64
154	65
156	67
158	69
160	70
162	72
164	74
166	76
168	78
170	79
172	81
174	83
176	85
178	87
180	89
182	91
184	93
186	95
188	97
190	99
192	101
194	103
196	106
198	108
200	110
202	112
204	114

IMPORTANT

IF YOU HAVE HAD ANY OF THE ABOVE CONDITIONS, OR IF YOU ARE AGED 40 OR MORE, YOU MUST OBTAIN THE DOCTORS CERTIFICATE BELOW BEFORE PARACHUTING. THIS IS NOT N.H.S. WORK AND YOUR DOCTOR MAY CHARGE YOU FOR THIS. A SPECIFIC APPOINTMENT MAY NEED TO BE MADE.

DOCTOR'S CERTIFICATE

(A certifying doctor is not stating that a candidate will remain free of injury or problems during parachuting, but that records, history or appropriate clinical examination have not suggested unacceptable medical risk factors. Level of Skill preferred: NonSpecialist GP, usually with access to patient records or Specialist responsible for care of parachutist.)

I understand that the applicant wishes to parachute but has a listed condition/is aged 40 or over*. I have read the notes overleaf. In my opinion as a doctor without specialist knowledge of parachuting, the applicant is physically and mentally capable of parachuting and is *medically* safe to do so. Glasses or contact lenses must/need not* be worn. Body Mass Index is below/at or above* 27.5.

.....
 Signature

.....Date of Signature.....Date of Expiry(see – Validity, over)

* Delete as applicable

BPA Form 114-A (i)

(Doctors Stamp)
 (Issue 7, August 2009)

NOTES FOR PARACHUTISTS Parachuting is a “Risk Sport”. In order to reduce the risk of injury as a novice, you need a reasonably high standard of physical fitness and must not be overweight in relation to your sex, age, and height. Any person whose weight-for-height exceeds that in the chart overleaf stands a higher risk of injury on a solo first jump than the average person making a first jump (approximately double for a male and even greater for a female). No person under the age of 16, or over the age of 55 years will be permitted to carry out initial ‘solo’ parachute training. Exceptions to the higher age limit may be permitted if the person has previous recorded parachute experience. Higher ages may be acceptable for persons training as Student Tandem Parachutists, for whom BPA Form 115 should be used.

As well as the conditions listed overleaf, the following may cause problems to parachutists and if you have ever suffered from any of them you must seek medical approval and certification before parachuting:

Previous fractures, back strain, arthritis and severe joint sprains. Chronic bronchitis. Asthma. Rheumatic fever. Pneumothorax. Liver or Kidney disease. Thyroid, adrenal or other glandular disorder. Chronic ear or sinus disease. Any condition which requires the regular use of drugs. Anaemia. Recent blood donation.

If you wear spectacles they should be securely attached while parachuting. If contact lenses are used, protective goggles should be worn. Your sight must be adequate to read a car number plate at 25 yards.

NOTES FOR DOCTORS Cardiorespiratory fitness is important. Sport parachutists make descents from unpressurised aircraft at heights of 2,000 to 15,500 feet above sea level without supplementary oxygen. At 15,000 feet there is a 40% reduction in available oxygen. A tachycardia of 120 - 160 bpm is common in experienced parachutists and 200 bpm is not unusual in novices. The tachycardia may be present at the same time as relative hypoxia and considerable physical exertion.

Musculoskeletal fitness is required. Each hand should be able to operate the equipment and be able to exert a pull of 30 lbs in any direction. During the parachute deployment there is a brisk deceleration, usually about 4g but occasionally up to 15g. The landing impact typically involves a descent rate equivalent to jumping from a wall 4 feet high, with a horizontal speed of 0 - 15mph. Occasionally the landing impact may be considerably greater than this. Pre-existing spinal or joint injuries may be exacerbated. Obesity increases the likelihood of lower limb or spinal injuries. Novices should be aware that if they undertake their 1st jump as a solo descent and their BMI exceeds 27.5 they stand a greater risk of landing injury than a person below 27.5 (approximately double the risk for a male and even greater for a female). This does not apply to the few obviously very fit candidates who have a raised BMI due to a large muscle mass. Exceptions may be made for those who have recent relevant experience (e.g. Tandem jumps).

A visual acuity of at least 6/12 (after correction with spectacles or contact lenses) is required. Blindness in one eye is acceptable provided that the remaining eye has a full field and the candidate has adapted to monocular vision. Middle ear or sinus disease may cause problems due to the rapid changes in ambient air pressure. The rate of descent in freefall may exceed 15,000 ft/min and under an open canopy 1,000 ft/min. Normal peripheral sensation and co-ordination are required to activate the parachute but may be impaired by disorders of the nervous system or peripheral vasculature. On early jumps the candidate is responsible mainly for his own safety but must behave in such a way as to cause no hazard to others. After further training, but no further medical evidence, the candidate may be the sole person responsible for the safety of an aircraft full of student parachutists. The candidate must be physically and psychologically fit to carry this responsibility.

The following conditions will normally make a candidate UNFIT to parachute, although there are some exceptions. Any condition which can lead to blackouts, impaired consciousness or impaired concentration. Tendency to persistent or recurrent weakness or dislocation of any limb particularly dislocating shoulder (unless successfully corrected by surgery). Conditions requiring the use of medication with sedative or psychotropic side effects. A history of ischaemic heart disease, uncontrolled hypertension, other significant cardiac or respiratory disease, cerebrovascular disease, epilepsy, diabetes, mental illness, drug addiction, alcohol dependence, significant CNS disease. **A certifying doctor is not stating that a candidate will remain free of injury during parachuting, but that records, history or appropriate clinical examination have not suggested unacceptable medical risk factors.** The preferred level of skill is usually that of a GP without specialist knowledge of parachuting but usually with access to the candidates records or a specialist responsible for the patients care. Other doctors completing the certificate should remain aware that lack of access to the medical record can result in important conditions being overlooked. In cases of doubt, or where further information is required, the Medical Adviser to the British Parachute Association or the National Coach and Safety Officer will be pleased to help, and may be contacted at the address overleaf.

These notes are not exhaustive. Some candidates who are 'unfit' using the above criteria may still be fit to make a tandem parachute descent (strapped into a common harness with an experienced instructor) - see separate 'Student Tandem Parachutist' form.

VALIDITY The *Parachutist's Declaration* overleaf places the parachutist under a permanent obligation to cease parachuting until obtaining a doctors certificate if he/she develops any of the listed conditions. It should be renewed every 10 years up to the age of 40, and thereafter whenever a doctors certificate is reissued. *Doctor's Certificates* are valid as follows:

If required under age 40	-	As indicated by stability of medical condition (but not beyond age 40)
Age 40 - 49 years	-	The longer of “3 years” or “until age 50”
Age 50 years or over	-	3 years

unless the examining doctor specifies a shorter period of validity.

BPA Form 114-A (ii)

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London Parachute School, The Byre, Easthampstead Road, Wokingham, Berks, RG40 3AE
Telephone 0845 130 7194 Fax 0845 130 7195
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