

**Sunny Days Children's Fund**  
**4 Crossing Road, Braintree, Essex, CM7 3PP**  
**Telephone: 01376 528376**  
**Registered Charity No. 1114784**  
**www.sunnydaysfund.org.uk**  
**Email: trustees@sunnydaysfund.org.uk**

## **The SDCF Skydive Fundraising Scheme**

### **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 SDCF 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 SDCF.
- £235 will pay for your jump, payable as a deposit of £50 and then a fee of £185 on the day of your jump.
- Funds you raise in excess of the £400 minimum will come to SDCF.

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 SDCF. 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.

### **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	St Andrews	Scotland
Errol	Scotland	Grange over Sands	Cumbria
Lancaster	Lancashire	Bridlington	E Yorkshire
Peterlee	County Durham	Nottingham	Notts
Sibson	Cambridgeshire	Peterborough	Cambridgeshire
Hibaldstow	Humberside	Cambridge	Cambridgeshire
Norwich	Norfolk	Swansea	Wales
Perranporth	Cornwall	Honiton	Devon
Netheravon	Wiltshire	Cirencester	Gloucs
Brackley	Northants	Weston	Oxon
Marlow	Bucks		

Northern Ireland currently suspended for payment changes, this will be reinstated ASAP.

### **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 (including death). 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. 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/Declaration of Fitness Form attached and send it with your deposit of £50 (made out to London Parachute School) to SDCF. Upon receipt of these we will forward your sponsorship forms etc. If you have a query about SDCF or fundraising for your parachute jump please call 01376 528376, should you have a question about the jump itself please call The London Parachute School on 0845 130 7194

# Sunny Days Skydive Registration

## 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

I enclose a cheque for £50 made payable to the London Parachute School <input type="checkbox"/>
Please charge £50 to my Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Delta <input type="checkbox"/> Switch <input type="checkbox"/>
Name on card <input type="text"/>
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"/>
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"/>
Security code (last three digits on the signature strip) <input type="text"/> <input type="text"/> <input type="text"/>

### Agreement with London Parachute School (LPS)

I acknowledge that LPS have been engaged by SDCF as experts in the field of parachute descents and this agreement is between the LPS and me. 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 in black or blue ink and send it to:  
Sunny Days Children's Fund, 4 Cressing Road, Braintree, Essex, CM7 3PP***