

Dear

**SPONSORED TANDEM PARACHUTE JUMP IN AID OF AvMA -
LONDON PARACHUTE SCHOOL, Brackley Airfield, north of Oxford**

Thank you for expressing an interest in doing a sponsored parachute jump in aid of AvMA. Enclosed you will find all the information you need to formally register and start collecting your sponsorship.

In summary, this is how it works:

- The cost of the training and jump, including temporary membership of the club and insurance, is £230. If you raise a total of £400 or more in sponsorship, AvMA will reimburse you up to the full cost if you want us to. Note: the fee includes temporary membership of the club and their third party liability insurance.
- Please complete the enclosed forms and return them to AvMA with a cheque for £50 payable to 'AvMA' as a deposit to secure your place on the jump. (When you arrive on the day, you pay the remaining £180). Note: if you are aged 40 or more you also need to get the enclosed doctor's certificate signed by your GP and submit it to us in advance.
- Start getting sponsors straight away! You can set up your own web page to get sponsorship for your jump by registering at www.justgiving.com/avma/raisemoney. This is by far the easiest way to raise sponsorship, saving you the hassle of physically collecting money! For instance, you can e-mail all of your friends and colleagues with a link to your personal fundraising page, with details of AvMA etc. However, you can still get sponsors using the enclosed sponsorship form. Just keep a careful record, remember to collect the money and send cheques payable to 'AvMA'. If you have raised £400 or more you can claim back all or part of the £230 you paid for the jump from AvMA.

We are also sending some leaflets about AvMA which help explain why it is such a good cause to raise money for. If you need any further help or advice, do not hesitate to contact me on 020 8688 9555. For information about the venue and tandem parachuting itself see the information from the London Parachute School enclosed, visit their website www.londonparachuteschool.com or telephone them on 0845 130 7194.

Yours sincerely

Paula Santos
AvMA



ALL BOOKING FORMS TO BE SENT TO:
Paula Santos, AvMA, 44 High St, Croydon CR0 1YB

Name:

Address:

Email Tel no:.....

(Home/Mobile).....

(Work)..... D.O.B. (dd/mm/yyyy): Weight: Height:

Course Type: **TANDEM**

Please book me on a course for the following date: 27th August 2011

I enclose £50.00 deposit payable to 'AvMA' and will pay the balance of £ 180 at the start of the course. I understand that reservations can only be made if the deposit accompanies this booking form.

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 **Included in the price is the mandatory provisional membership of the British Parachute Association, which entitles them to a Third Party liability insurance of £2,000,000.**

..... (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:

TANDEM SKYDIVING



Tandem is arguably the best way to experience your first freefall! You get a 30 minute ground briefing on the equipment, exiting the aircraft, freefall and landing. You are then securely attached to an experienced tandem instructor with a 4-point harness system, and board the aircraft. The aircraft will normally climb to around 10 000 to 12 000 feet where you exit and begin to freefall. You will reach speeds of approximately 120 miles per hour. Your freefall ends at around 5 000 feet when the tandem instructor will deploy the main parachute and you begin your descent under canopy. This will last between 4 to 6 minutes as you fly towards your landing area. Filming is available. A video and photographs will be a lasting reminder of your day. The time of your jump will depend on weather and the number of jumpers attending the course. Expect to be at the drop zone for the day. **Spectators are welcome.**

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 dropzone on the day. You can contact us for these forms or download them at www.londonparachuteschool.com

FAQ's Restrictions and Exclusions – Full list on The London Parachute School 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. The London Parachute School team for more details.

Insurance - You will be provided with third party insurance as part of the training fee, this does NOT cover you for personal injury. London Parachute School strongly advise that you consider taking out personal accident insurance, this may be obtained by visiting www.sky-cover.co.uk or calling 0844 892 1515 (24 hours). .

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 i.e. 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

