



## We invite you to raise money for Caring Matters Now Now by completing a Tandem Skydive on 22 March 2014

Caring Matters Now Now and Click and Jump Ltd. have teamed up to offer you a tandem day at British Parachute Schools, Langar Airfield, Nr Nottingham on 22 March 2014.

### Your Tandem Skydive

This exciting day will start with the completion of the necessary paperwork and be followed by a tandem training session. Once you are trained you will then while you wait to jump, you will be able to watch members of the parachute club 'do their stuff' to keep you entertained. When it is your turn a member of the DZ team will help you into a jump suit, your hat, harness and gloves and introduce you to your instructor (and camera flyer if you are having your tandem filmed). The flight to jump altitude takes about 15-20 minutes- enough time to take in some incredible views of the countryside. Your skydive experience will include a thrilling 45 seconds of freefall as you and your instructor reach speeds in excess of 120mph. At about 5000ft your instructor will open the parachute and you will begin your 5 minute scenic parachute descent, landing to the cheers of your friends and family.

### Minimum Sponsorship Target and cost of jump

The costs of your tandem skydive is £275 this includes a £50 non refundable reservation fee.

You can either pay for your own jump and then raise as much money as you can for Caring Matters Now or if you wish to use your sponsorship money to pay for your jump:

You will need to pay your own reservation fee of £50 then the balance of the jump £225 can be taken out of your sponsorship money *if* you raise the minimum sponsorship target of £500. Please use [www.bmycharity.com/clickandjump](http://www.bmycharity.com/clickandjump) to raise your money, you will need to reach your online target of £500 no later than two weeks before your jump. To set up your page you will need to follow these instructions:

1. Go to the URL [www.bmycharity.com/clickandjump](http://www.bmycharity.com/clickandjump) the Click and Jump logo must be on the page **or** go to [www.bmycharity.com](http://www.bmycharity.com) and enter **Click and Jump** in the pink "find a charity" box on the right hand side of the page
2. Once the Click and Jump logo is on the page hit **START FUNDRAISING NEXT**
3. if you don't already have an account register here or sign in to your account follow the instructions to do this
4. Create a page -Select an event -scroll up/down to **Caring Matters Now** then hit **Next>>**
5. Category should be Other
6. create your URL it needs to be /YOUR NAME
7. **Next** then **Create my page**
8. Follow any other onscreen instructions.

### To book your Tandem Skydive

This is an exclusive opportunity and there are limited spaces on the above date, you will need to reserve your place ASAP and no later than before 24 January 2014 in order secure it.

To sign up/book your place you can contact Click and Jump by calling 0845 608 8844 or visit their website [www.clickandjump.co.uk](http://www.clickandjump.co.uk) and book online; noting the above date and that you are jumping for Caring Matters Now. You will need to pay a non refundable reservation fee of £50 to secure your place. Once your booking has been placed you will be sent a confirmation of your booking via email and a full information pack telling you all about your tandem experience.

Booking terms and conditions can be viewed on [www.clickandjump.co.uk](http://www.clickandjump.co.uk)

Before you book please ensure you read about the jumping restrictions noted on page 2 of this document.

# Tandem Skydive Information



## Restrictions

**Age** – Skydiving carries a minimum age limit of 16 years. Participants between the ages of 16 and 18 will need a parent or guardian to sign the parental consent section on the membership form and witness the declaration of fitness. For tandem skydives, there is no upper age limit but anyone aged \*\*\*40+ will require a Declaration of fitness to be signed and stamped by their doctor. Similarly, anyone aged less than 40 who suffers from any of the medical conditions listed on the back of the form will also need it signed by their doctor. Anyone over the age of 60 will be assessed on the day by their instructor for suitability.

\*\*\*We recommend that you ask your doctor to sign and stamp the declaration before you reserve your tandem place as; your reservation fee is non refundable.

**Weight/Height and fitness** – For safety reasons there are weight restrictions to do a tandem skydive. The maximum weight limit is approximately 15 stone for men and 13 stone for women if under 5'8 and maximum height is 6'4". It is important that you have a basic level of fitness and your weight should be proportional to your height with an approximate BMI of less than 27.

You must be able to independently lift your legs up towards your chest when sat with your back to a wall. If you cannot do this your instructor may decide that it is not safe for you to jump.

**Disabilities** – Many disabled people have jumped safely over the years, however, this does depend on the type/level of the disability; If you have a disability please call Click and Jump on 0845 608 8844 to discuss the options available on an individual basis.

If you do not declare a disability or condition and it is discovered on the day you may forfeit your skydive.

## Record your experience

For many people a tandem skydive is a 'once in a lifetime' experience. Having the jump filmed can be important, particularly if you want to re-live the experience from the comfort of an armchair! Should you choose to have your Tandem experience filmed you can pay on the day direct to the drop zone. The costs for this is £75\* \*Price is correct at time of publishing but is subject to change.

If the camera flyer has a digital still camera available you will also be given some photographs (numbers can vary between x20-x100 photos), please note that this would be an addition to your package and is not guaranteed.

You are welcome to use your own camera on the ground, but it will not be permitted in the aircraft. There will be designated spectator areas where your family and friends can use their cameras but they will not be permitted to go out to the aircraft or landing area. Only qualified camera flyers may film a tandem due to potential safety issues that could effect the opening sequence of a tandem parachute, therefore Go Pros and small digital cameras are not permitted to be used by tandem students during the experience.

## Insurance

All participants will be covered by British Parachute Association third party liability insurance which is included in the cost of your jump. However, if you wish to take out additional personal accident insurance, there are a number of one jump policies available, one example is, Extreme Plus, this one seems to be the easiest to set up. Personal accident cover is of course optional and not necessary to complete your jump, you can view the information about the Extreme Plus policy and apply for the cover online by visiting <https://www.extremeplus.co.uk/skydivers/apply.php> \* Please ensure that you select 'drop zone/agent' and then 'Click and Jump' when applying, this ensures the policy is set up on the correct basis.

## Spectators

You will probably wish to share your skydive experience with your family and friends. The drop zone welcomes spectators. Children are also welcome, but please do be aware that your skydive experience can take all day (from arrival till dusk) and most centres do not have facilities in place for children so make sure you bring enough activities to keep them entertained - the novelty of watching parachutes soon begins to wane. As a general rule tandem students are asked not to bring dogs on to Drop Zones due to dangers of aircraft movements. Guide dogs are permitted.

## Facilities

The parachute centre has a café/canteen on site which will provide hot and cold drinks and snacks. You are welcome to bring your own picnic..

## Caring Matters Now contact details:

[info@caringmattersnow.co.uk](mailto:info@caringmattersnow.co.uk) 07786 458883

[www.caringmattersnow.co.uk](http://www.caringmattersnow.co.uk)



Mobile: 07753 326262 Telephone: 0845 608 8844 Email: [info@clickandjump.co.uk](mailto:info@clickandjump.co.uk)  
Click and Jump Ltd. PO Box 929, Taunton, TA1 9LP



Click and Jump act as your agent, rather than an agent for any of the UK wide drop zones, as such you pay us a reservation fee and the balance of the cost of the jump is passed on to the drop zone. Our role is to select the most suitable drop zone for your needs, and attempt to secure your first choice of jump date. We only select drop zones affiliated to the British Parachute Association (the national governing body for safety and training), and those that we consider to have the highest available standards of safety and customer care. The conduct and responsibility for parachuting activities lies entirely with the drop zone, any questions or complaints regarding them should be made to the drop zone concerned.

## **Booking conditions**

Once your reservation fee is paid and booking is confirmed your skydive is non-transferable and your reservation fee is non-refundable.

Vouchers are non-transferable, non-refundable and valid for 9 months from the issue date.

If you pay a reservation fee but do not book your date within 9 months and jump within 12 months you will be charged an administration fee of up to £50 to re-organise your skydive.

## **Changes to bookings**

Alterations to the selected date can be made and will incur an administration charge of up to £50, changes made within the 7 days before your booked date will be at the discretion of the drop zone and may incur additional charges above the £50.

## **Contact Details**

Please ensure that Click and Jump have your correct contact details including email address and a contact telephone number. These details along with your height, weight and age will be passed on to the drop zone and if appropriate your chosen charity.

If you change your contact details you must inform Click and Jump as soon as you can.

## **Cancellation policy**

If you fail to turn up on the day without giving at least 48 hours notice you may forfeit your skydive and be invoiced for the full cost. An administration fee of £50 will be charged to rearrange your skydive.

If you decide you do not wish to do your jump and cancel; as stated above your reservation fee of £50 is non refundable. Any other payments made will be refunded minus any card fees and costs incurred by Click and Jump and the drop zone.

If you are not within the published weight/height limits for your chosen drop zone on the day of your jump and the drop zone decide it is not safe for you to jump; you may forfeit your skydive.

If you arrive without the necessary paperwork (See age and medical restrictions) you may forfeit your skydive.

## **Rebooking policy**

If bad weather (or circumstances beyond the drop zone's control) prevents you from jumping on your selected date, a new date can be arranged at no extra cost. In order to rebook you will need to contact the drop zone concerned directly.

We cannot accept responsibility for centres changing or postponing operating days, however we will arrange an alternative date at no charge, or if you have not already completed paperwork and payment at your chosen drop zone we can transfer your booking to another centre or if required.

## **Suitability to skydive**

The maximum weight and height for a tandem skydive is usually around 15 stone and 6'2". However limits vary at different drop zones, please see our web site for [www.clickandjump.co.uk/prices.html](http://www.clickandjump.co.uk/prices.html) for details or contact us by telephone 0845 608 8844 or email [info@clickandjump.co.uk](mailto:info@clickandjump.co.uk).

If you are not within the published weight/height limits for your chosen drop zone on the day of your jump you may forfeit your skydive.

Your weight and height must be in proportion. See [www.clickandjump.co.uk/heightweight.html](http://www.clickandjump.co.uk/heightweight.html) for more information.

The final decision on your suitability to skydive rests entirely with the drop zone and it's instructors.

You must not consume alcohol on the day of your skydive, or to excess the night before.

## **Insurance**

We accept no responsibility for personal injury or losses of any kind whilst you are participating in the sport, by booking a skydive you accept the risks inherent in the sport. You may elect to buy additional insurance cover over and above the included standard BPA 3rd party policy, which provides up to £2 million cover. Click and Jump can suggest companies that provide this service however are not authorised to recommend any particular insurance product.

## Age and Medical Restrictions

The minimum age for skydiving is 16 years old, there is no upper age limit for tandem skydives, however anyone that is aged over 60 will most likely be assessed on the day for suitability. For Static Line/AFF the maximum age is 55 years old.

If you are aged between 16 and 18 you must obtain a parent or guardians consent by completing the relevant section of the British Parachute Association Membership Agreement membership agreement and signing as a witness on the Declaration of Fitness form.

Everyone needs a British Parachute Association Declaration of Fitness form to skydive. If you have any medical conditions, or are aged 40 or above you must consult your GP and have them sign and stamp the Declaration of Fitness form. Please note only the issued British Parachute Association forms can be used for this purpose; a GP's letter is not sufficient.

Forms are available on request, and will also be sent to you with your booking confirmation. Please take these forms with you on the day of your jump (do not post them to Click and Jump or the drop zone). Without these forms you will not be able to jump and you will lose your reservation fee. If you need to have a form signed by a GP we would advise you to check with your GP before booking, as a reservation fee cannot be refunded if a GP will not sign the medical form. If you would like to keep a copy of your declaration of fitness please take a copy before you hand it over to the drop zone – they will keep the original for their records and may not be able to provide you with a copy.

The principal medical restrictions for all jumps are diabetes, epilepsy, fits, recurrent blackouts, heart or lung disease, mental illness and some cases of asthma. If you are in any doubt please download the Student Tandem Parachutist Declaration of Fitness form, or the Solo Student Parachutist Medical Declaration form (which is suitable for Static Line and AFF students). Both forms include notes for Doctors and notes for parachute students. Please note there is a Body Mass Index chart (BMI) on the Solo Student Declaration form, which must be observed.

***You must comply with the drop zone's rules at all times***

## Fundraising

The majority of charities that Click and Jump work with ask jumpers to raise a minimum sponsorship target (usually £500) if they wish to use their sponsorship money to pay for their jump.

If you choose to do this it is your responsibility to tell your sponsors that this is the case.

If you do not meet your minimum sponsorship target you will be expected to pay the balance of your jump on the day.

## Fundraising using [www.bmycharity.com/clickandjump](http://www.bmycharity.com/clickandjump)

You must use the specific Click and Jump Bmycharity pages if you wish to pay for your jump using money from this account; the Click and Jump logo is on the page at all times. If this is not the case contact Click and Jump before you start to fundraise.

If you are raising money using [www.bmycharity.com/clickandjump](http://www.bmycharity.com/clickandjump) and wish to use those funds to pay for the balance of your jump you must reach your sponsorship target online – offline funds cannot be used as part of your total. If you have paid your reservation fee you have chosen to pay this yourself and you will still need to raise the target which has been agreed with your charity and Click and Jump. The Click and Jump Bmycharity account is only for use by people booking through Click and Jump, if you use our account but do not book through us the donations will be sent to the charity, but there will be a £50 administration fee for each page where this is the case.

Please inform Click and Jump as soon as you reach your sponsorship target so that you can be sent a voucher to present to the drop zone on your jump day.

If you have any questions about the above Terms and Conditions email [info@clickandjump.co.uk](mailto:info@clickandjump.co.uk) or telephone 0845 608 8844.

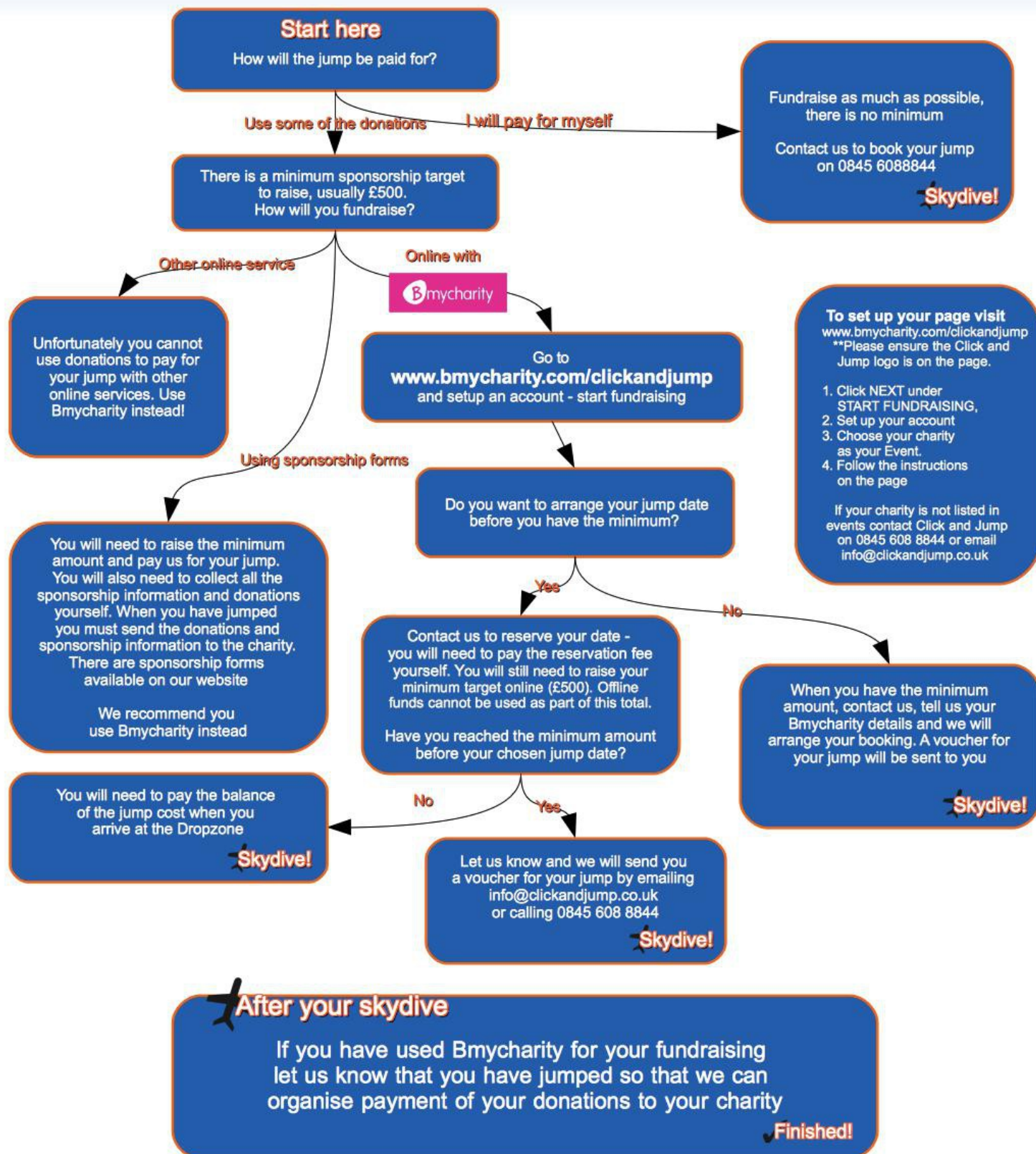


# How to organise your sponsored skydive



The most effective way to fundraise for a skydive is to use Bmycharity, an easy to use online service. It is the preferred option for charities and dropzones; no need to write charity cheques at the dropzone; it removes extra worry about payment "when I am about to jump out of a plane!" and lets you do the best for your charity.

Most people have internet access so fundraisers find they raise more money for their charity in a more convenient way than traditional methods. The charity benefits from online fundraising as the amount of information they receive about donations allows them to claim more Gift Aid. Gift Aid is a scheme where the government matches 20% of any UK taxpayer's charity donations. Getting this information directly to the charity creates less administration for them and reduces their costs.







## Things to know

If you are using any donations to pay for skydive costs, then the only figure on your Bmycharity account that counts toward the minimum fundraise is the "Total Raised Online" – offline funds cannot be used as part your total. If you have collected sponsorship yourself offline we recommend that you pay it into your Bmycharity account so that it counts toward the online total.

Total raised online	£520.01	<a href="#">view donations</a>
Total Gift Aid reclaimed	£94.49	
Total raised offline	£0.00	
Grand total	£614.50	

[make a donation](#)

Once you confirm to us that you have jumped we will pass your donations (minus any jump costs) and gift aid information direct to your charity. These payments are made monthly, usually within two months after you have jumped. Further donations made after your jump will be passed on to the charity monthly.

Using an online service involves some costs. Every time a card payment is made the banks charge for processing it. Some of the online fundraising websites also charge an administration fee, up to 5% in some cases. However, we are proud to say that our partners - Bmycharity - were one of the first to abolish their fee. The card processing fee is all that remains and as of November 2010 it has been just under 2%. We do not charge an administration fee when you use Bmycharity to fundraise for your jump, however if you use [www.bmycharity.com/clickandjump](http://www.bmycharity.com/clickandjump) but do not book your jump through us there will be an admin fee of £50.

If your charity is not listed when you create your Bmycharity account please contact us and we will add it. If you select 'Fundraising' as your charity and do not let us know, your donations may not go to the the charity you want. If any other option is selected donations will be sent to the chosen charity.

The payment options detailed here **only** apply to accounts set up through [www.bmycharity.com/clickandjump](http://www.bmycharity.com/clickandjump) and **do not apply** to any of the other online fundraising services. We cannot take payment for a skydive from any other service.

If your account has had donations made to it, is inactive for 6 months or more and you have not been in contact with us then we will forward the donations onto the charity you selected.

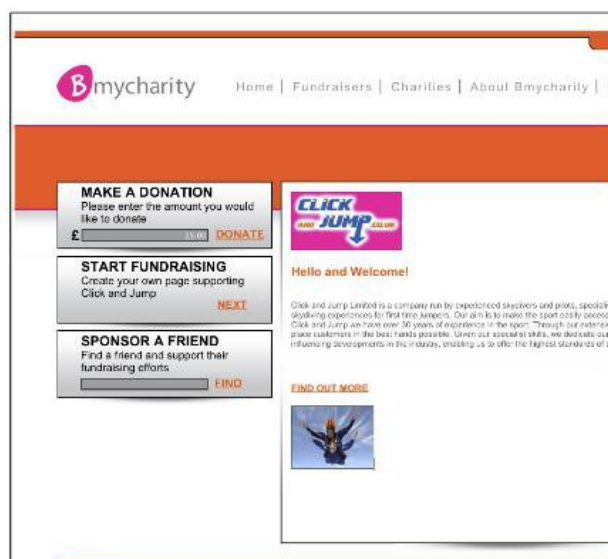
Please aim to book your jump no later than 12 months after setting up your page.

### Setting up your Page

When you are setting up your page, please ensure that you go to the URL [www.bmycharity.com/clickandjump](http://www.bmycharity.com/clickandjump)

1. Click **NEXT** under START FUNDRAISING
2. Set up your account.
3. Select your charity as an Event (do not select fundraising).
4. If you are asked for a reference number leave this blank.
5. Follow the remaining instructions.

**Do not go to Bmycharity.com and select your charity.** Your page must have the Click and Jump logo on at all times we can only take the cost of your jump from the account if it has been set up using the Click and Jump pages.



## STUDENT TANDEM PARACHUTIST DECLARATION OF FITNESS

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 approval. I have read the notes overleaf.

Name in CAPITALS		Date of Birth	Weight
Signature	Date	BPA Number (May be issued on day of Course)	Height
Signature of Witness		Name of Witness in CAPITALS	

(All parachutists require their Declaration Witnessed, for parachutists under 18 years of age, the Witness MUST be the parent or guardian)

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 other 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 make a Student Tandem parachute descent 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 as a tandem student and is *medically* safe to do so.

.....  
Signature

.....  
Date of Signature

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

(Doctors Stamp)

\* Delete as applicable



**NOTES FOR PARACHUTISTS** No persons under the age of 16 are permitted to parachute, or carry out parachute training. Tandem Student parachutists do not have to be particularly fit but there are some medical conditions that can cause problems. As well as the conditions listed overleaf, the following may cause problems to parachutists. If you have ever suffered from any of them you must have your doctors approval before parachuting:

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

Blindness is no barrier to Tandem parachuting. However, if you do wear spectacles they should be securely attached while parachuting. Protective goggles should be worn.

**NOTES FOR DOCTORS** Cardiorespiratory fitness is important. Student Tandem parachutists make descents from unpressurised aircraft at heights of 5,500 to 15,000 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. Ischaemic heart disease, uncontrolled hypertension and cerebrovascular disease are absolute contraindications. Candidates with traumatic tetraplegia may have reduced ventilatory capacity. The examining doctor should be satisfied that any impairment will not cause respiratory embarrassment at altitude. A history of autonomic dysreflexia should be excluded in candidates with spinal injuries above mid-dorsal level. Specialist advice should be sought in cases of doubt.

Student Tandem parachutists are strapped to an experienced instructor throughout the aircraft ride and parachute descent. The instructor and student share a common large parachute but only the instructor can open it or initiate any emergency procedures. Musculoskeletal fitness is not required and even paralysis or partial amputation of limbs is acceptable provided the instructor secures flaccid limbs before the jump. Unstable or dislocatable shoulders are particularly likely to dislocate again while parachuting. This is painful and risks further injury to the joint. During the parachute deployment there is a brisk deceleration, usually about 4g but occasionally up to 15g. Unstable spinal injuries or subluxation may be exacerbated by such deceleration. The landing impact typically involves a variable descent rate equivalent to jumping from a wall 0 - 4 feet high, with a horizontal speed of 0 - 15 mph. Occasionally the landing impact may be considerably greater than this. Pre-existing spinal problems, joint injuries and arthritis can be exacerbated but are far less likely to be aggravated by a tandem jump than by any other form of parachuting, due to the descent and landing being controlled by a very experienced instructor.

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 10,000 ft/min and under an open canopy 1,000 ft/min.

Neither blindness or deafness constitutes a barrier to Student Tandem parachuting, but the candidate must be capable of appreciating what is happening and of giving informed consent. Stable diabetes with no tendency to hypoglycaemia is acceptable. Epilepsy is not a contraindication provided that control is good and there have been no fits or changes in medication in the last two years. Most neurodegenerative disorders are acceptable unless respiratory impairment or marked postural hypotension are present.

Normal mental development and a stable mental state are important. The candidate must be able to understand what he/she is about to do and be capable of giving fully informed consent. The candidate's behaviour must not pose a risk to the Tandem Instructor. Current neurosis requiring active treatment, history of psychosis, subnormality, pathological euphoria, drug addiction and alcohol dependence all constitute a contraindication.

**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.

**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 from date of issue" or "until age 50"
Age 50 years or over	-	3 years

providing that the examining doctor can specify a shorter period of validity if he/she feels it appropriate.

