

# OXFORDSHIRE MIND

## SPONSORED SKYDIVE APPLICATION FORM



### How to apply

- ✓ Complete this form, ensuring you have read, understood and signed the pledge on page three. Take a photocopy for your own records. To ensure your place is allocated promptly complete **all** sections fully.
- ✓ If you are between 16-18 you will need to send a letter of parental consent and to be accompanied by a parent / legal guardian.
- ✓ Hinton Skydiving Centre Ltd require that all persons over the age of 40 will need a medical form (obtainable from the Mind office) to be stamped and signed by their local GP.
- ✓ Hinton Skydiving Centre Ltd require that all persons over the age of 55 will need to satisfy the Club Chief Instructor as to their personal fitness level.
- ✓ Applicants must not weigh more than 15 st. (95 kg) to take part in this event.
- ✓ Pay your **non-refundable initial registration fee of £30** by cheque made payable to 'Oxfordshire Mind'. Do not send cash. Send to:

**Sponsored Skydive, Oxfordshire Mind, 125 Walton Street, Oxford, OX2 6AH**

- ✓ Send us a **photograph to upload on to your justgiving.com web page**. Jpeg's can be emailed to [nicky.clargo@oxfordshire-mind.org.uk](mailto:nicky.clargo@oxfordshire-mind.org.uk)
- ✓ Please note if we are unable to offer you a place on the Sponsored Tandem Skydive, your registration form and fee will be returned straightaway. The fee only becomes non-refundable once you have been allocated a place.

### Your contact details – complete in BLOCK capitals

*EXACT contact details are needed here.*

Title (Dr/Mr/Mrs/Ms/Miss)..... Forename(s)..... Surname.....

Name by which you like to be known (if different).....

Address.....

Town..... Postcode.....

Tel (Day) ..... Tel (Eve) .....

Mobile..... E-mail.....

Date of birth..... Height.....

Weight..... The weight limit for the tandem skydive is 15 st. (95 kg).



For better  
mental health

**Oxfordshire Mind**

125 Walton Street  
Oxford  
OX2 6AH

Oxfordshire Mind Registered Charity 261476  
Company Number 4343625

**History**

Have you taken part in a Mind Event before? – if yes which one? .....

Have you taken part in an event for another charity? – if yes who and what? .....

.....

.....

How much did you raise? .....

**Work Details (If you do not work then skip this section)**

Name of employer..... Type of business.....

Position held.....

Will your employer sponsor you or match your fundraising total?.....

Does your company have a newsletter or magazine? If so please give the name of the publication and editors contact details:

.....

.....

**Skydive Essentials**

All equipment necessary to make your descent is available and consists of a parachute, jumpsuit, altimeter, helmet, goggles and gloves as required. Personal clothing should be warm and non-restricting with soft, training type shoes.

Participants will need to make their own way to and from the Hinton Skydiving Centre Ltd.

**Further Information**

How did you find out about this event?.....

.....

What made you decide to take part in this challenge for Oxfordshire Mind?.....

.....

.....

How would you describe your ethnic origins?.....

.....

**All information supplied will be treated as strictly confidential.**

**Office use only**

# PLEDGE AND CONDITIONS OF ENTRY SPONSORED SKYDIVE - IN AID OF OXFORDSHIRE MIND

This challenge is being promoted by Oxfordshire Mind. Equipment, insurance and training will be provided by the Hinton Skydiving Centre Ltd.

References in this pledge form and other applicable forms to "you/your/yours" means the person who has completed and signed the registration form. References to "we/us/ours" in these forms mean Oxfordshire Mind, except where the contrary is indicated in the text.

**For the event we require a non-refundable registration fee of £30 by cheque, made payable to Oxfordshire Mind. You must also undertake to raise £450 in sponsorship or through fundraising; all of which must be paid to Oxfordshire Mind prior to us booking your tandem jump.**

**If you are unable to meet these requirements, you may choose to make up the balance yourself.** Should you not take up your place on the event, all donation forms and monies should be forwarded to Oxfordshire Mind.

You must not suffer from drug or alcohol dependency to take part in this event.

The Hinton Skydiving Centre Ltd has the right to alter jump dates should climactic or other unforeseen circumstances necessitate this. Oxfordshire Mind may, at their sole discretion, withdraw places on the event if it is believed to be in their best interest to do so.

You must be covered by suitable insurance. All you will be required to pay a sum of £25\* to the Hinton Skydiving Centre Ltd on the day of your jump. For this you will receive provisional membership of the British Parachute Association, which entitles you to third party liability insurance of £2,000,000. \*Subject to premium renewal each April. It is your responsibility, not that of your insurer, Oxfordshire Mind or Hinton Skydiving Centre Ltd to make sure that your policy is obtained before the event. You participate at your own risk, and agree to indemnify Oxfordshire Mind and the Hinton Skydiving Centre Ltd against claims for loss or damage to personal property, personal injury (or death) and any claim arising from your own actions.

Hinton Skydiving Centre Ltd require that you must be reasonably fit to take part in the event and must complete a medical form if applicable. Persons over the age of 40 will require a medical form (attached), to be stamped and signed by your local GP. Persons over the age of 55 will be required to satisfy the Club Chief Instructor as to their personal fitness level. You must not weigh more than 15 st. (95 kg) to take part in this event. You need to consult your doctor to discuss any concerns you may have prior to booking your skydive. By signing this pledge you are confirming that, to the best of your knowledge, your state of health is good and that you take full responsibility for yourself. The Hinton Skydiving Centre Ltd have the right to refuse a participant or stop a participant from activity if they are considered to be medically unfit. Oxfordshire Mind may also refuse a participant in its absolute discretion.

Please note, if we are unable to offer you a place in this event, we will return your registration form and £30 registration fee immediately. The fee only becomes non-refundable once you have been allocated a place on the event.

Oxfordshire Mind will meet the payment for the event due to The Hinton Skydiving Centre Ltd out of the sponsorship monies, but will not be liable for any loss or damage, howsoever arising, or for cancellation of the event for reasons outside its control. All participants participate at their own risk.

## **Agreement**

**I confirm to the best of my knowledge that my general state of health and fitness is good and I take full responsibility for my fitness to take part. I pledge to raise the minimum sponsorship / fundraising total of £450 and understand that it is the endeavour of the challenge to raise as much above this amount as possible in aid of Oxfordshire Mind. I have enclosed my non-refundable registration fee of £30 by cheque payable to 'Oxfordshire Mind', along with my medical questionnaire (if applicable). I have read, understood and agreed to the above conditions.**

Signed..... Date.....

Name (please print).....

Hinton Skydiving Centre Ltd  
Telephone 01295 812300

British Parachute Association Ltd  
5 Wharf Way, Glen Parva,  
Leicester LE2 9TF  
Tel 0116 2785271, Fax 0116 2477662  
E-mail [skydive@bpa.org.uk](mailto:skydive@bpa.org.uk)

## 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:

**Epilepsy, fits, severe head injury, recurrent blackouts or giddiness, disease of the brain or nervous system, high blood pressure, heart or lung disease, 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.

### Your contact details – complete in BLOCK capitals

Name.....

Date of Birth..... Age.....

Weight..... Height.....

BPA Number (May be issued on day of course).....

Signature..... Date.....

Signature of Witness.....

Name of Witness.....

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

**If you cannot sign the declaration because of any of the above conditions, or if you are aged 40 or more, you must obtain the doctor's certificate below before parachuting. This is not N.H.S. work and your doctor may charge you for this.**

## DOCTOR'S CERTIFICATE

I understand that the applicant wishes to make a Student Tandem parachute descent but is unable to sign the above declaration/aged 40 or over\*. I have read the notes overleaf. In my opinion the applicant is physically and mentally capable of parachuting as a tandem student and is medically safe to do so.

(\*delete as applicable).

.....  
Signature

.....  
Date of signature

.....  
Date of Expiry  
(see Validity - overleaf)



Doctor's Stamp

# From the Hinton Skydiving Centre Ltd

**Notes for Parachutists:** 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 doctor's 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.**

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 15,500 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. 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. There have been isolated reports of advanced osteoporosis in chronically immobile candidates being associated with spontaneous fracture in the course of an "uneventful" tandem parachute descent. 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.** 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 doctor's approval if he/she develops any of the listed conditions. It is valid initially up to the age of 40, but should be renewed every 2 years between the ages of 40 and 49 and every year from the age of 50. 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

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