



Help for Heroes invite you to complete a Tandem Skydive with 'The Army Parachute Association'

The APA are a club of military and civilian skydivers that are based at the Joint Services Parachute Centre where members of the British Armed Forces go to complete adventure training courses following their arduous training and tours of Afghanistan.

Many of the tandem instructors and camera flyers who will be jumping with you on your tandem skydive are either serving or ex military personnel.

2012 Help for Heroes Army Parachute Association Tandem Days

This year Help for Heroes have teamed up with Click and Jump to offer you two Help for Heroes Tandem Skydive Days with the Army Parachute Association (APA) in Salisbury on the 16 June 2012 and 21 July 2012.

Your Tandem Skydive with the Army Parachute Association

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 wait your turn to jump, you will be able to watch members of the parachute club 'do their stuff' to keep you entertained. You will then be called to get ready by a member of the Army Parachute Association who will help you into a jump suit 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 Salisbury Plain. 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

To jump with the APA it costs £250 (incl. a reservation fee of £50) or for a jump and DVD package it will cost £350 (incl. a £50 reservation fee).

You can either pay for your own jump and then raise as much money as you can for Help for Heroes 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 £200 (£300 for Jump and DVD package) can be taken out of your sponsorship money *if* you raise the minimum sponsorship target of £500 (£600 if funding jump and DVD package) online at www.bmycharity.com/clickandjump.

Set up your online fundraising page up by visiting www.bmycharity.com/clickandjump and select Help for Heroes as your event. If you reach the minimum sponsorship target of £500 on this site the balance of your skydive will be taken from this account.

To book your Help for Heroes Tandem Skydive

This is an exclusive opportunity and there are very limited spaces on the above dates, you will need to reserve your place ASAP in order secure it.

To sign up/book your place contact Click and Jump by calling 0845 608 8844 or visit their website www.clickandjump.co.uk and book online; noting your first then second choice of the above dates and that you are jumping for Help for Heroes. 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

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

Army Parachute Association 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 16 stone and maximum height is 6'2". It is important that you have a basic level of fitness and your weight should be proportional to your height with a 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 either pay for a tandem and DVD package at £350 or you can pay on the day direct to the drop zone for £99.

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.

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 for one example, visit www.extremepius.co.uk quoting Click and Jump or contact Click and Jump for further details.

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. If you require further information on accommodation, or a list of local B&B's then please contact Click and Jump.

Help for Heroes Contact

When you book your Help for Heroes Tandem Skydive, Click and Jump will inform Help for Heroes who will contact you via email about your fundraising.

