

Help for Heroes challenge you to complete a sponsored Skydive for their cause



Help for Heroes have teamed up with Click and Jump Ltd. to be able to offer you the chance to do a sponsored skydives at a drop zone near you in the UK.

There are three types of skydiving you can do as a novice in order to raise some much needed funds.



Option One – Tandem Skydive

This is by far, the most popular option for those wishing to try skydiving, and raise money for charity. After a short training session, you will be allocated an instructor who will then fit you with a specialised harness before you board the aircraft. 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.

Option Two – Static Line Parachute Jump

This option is suitable for those who wish to learn to parachute. After a day of training you will undertake a solo parachute descent. The course usually runs over a weekend, with the training done on Saturday and the jump on Sunday. You will be kitted out with your own parachute, jumpsuit, helmet, radio and altimeter, all of which you will have been trained to use. Once kitted up you will be securely hooked up to the aircraft and fly up to an altitude of 3500ft where you will exit! The parachute opens automatically and you are then free to fly around the sky and land in the designated area with radio assistance provided by an instructor on the ground. Once completed, you can continue through the static line progression training to become a qualified skydiver. This consists of approximately 20 jumps with each jump introducing a new skill.



Option Three – Accelerated Freefall (AFF)

This option is the ultimate in adrenalin enthused fun and the quickest way to learn to skydive. As with option two, this involves a solo parachute descent, but also entails you exiting the aircraft from approximately 12,000ft above the ground, giving you the experience of freefall. You will not be completely alone, two instructors are there to assist you throughout the jump. Before your jump you will complete a day's training, learning everything you will need to know before your first jump. With the Accelerated Freefall course you have the option of doing the first level on its own (AFF L1), or doing the whole course, which consists of 8 levels. If you like it and want to keep skydiving, once all eight levels are completed you consolidate what you have learnt with 10 solo jumps before becoming a qualified skydiver.



Minimum Sponsorship Target and cost of jump

Each parachute centre/drop zone in the UK have their own prices and restrictions. Please see www.clickandjump.co.uk/prices for a list of locations, prices and weight restrictions.

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 for a tandem or static line jump or £100 for an AFF level 1 jump, then the balance of the jump can be taken out of your sponsorship money *if* you raise the minimum sponsorship target of £500 if doing a tandem or static line or £950 if doing an AFF Level 1 jump. This means Help for Heroes will receive about half of your sponsorship money if you only reach the minimum target.

Help for Heroes recommend that you raise your sponsorship money online at www.bmycharity.com/clickandjump. You can raise money manually if you prefer, sponsorship forms are available through both the Click and Jump and Help for Heroes websites.

Set up your online fundraising page by visiting www.bmycharity.com/clickandjump and select Help for Heroes as your event. If you reach the minimum sponsorship target of £500/£950 on this site the cost of the balance of your skydive can be taken from this account. You can of course continue to fundraise after you have reached your minimum target -in fact please do!



Telephone: 0845 6088844 email: info@clickandjump.co.uk
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To book your Help for Heroes Skydive



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 2-3 choices of dates, that you are jumping for Help for Heroes and your bmycharity URL. You will need to pay a non refundable reservation fee of £50/£100 for AFF L1 to secure your place. Once your booking has been made and confirmed with the drop zone you will be sent a confirmation of your booking via email and a full information pack telling you all about your skydive 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 below.

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, anyone over the age of 60 will be assessed on the day by their instructor for suitability. For the Static Line and Accelerated Freefall (AFF) courses, the upper age limit is 55 years although some centres set the limit at age 50. For all three skydive experiences; 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. *Note there is a difference declaration of fitness for Tandem and for solo parachute students visit www.clickandjump.co.uk to download the required form..

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

Weight/Height and fitness – For safety reasons there are weight restrictions to do a skydive, but these vary from centre to centre. The average maximum weight limit is approximately 15 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, as a solo parachute student there is a table of suggested BMI scores on the declaration of fitness, these need to be adhered to.

To do a tandem you must be able to independently lift your legs up to chest height when sat with your bottom on the floor, you can have 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 safely completed tandem skydives 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.

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/Facilities

All of the drop zones have canteen and picnic facilities, but do ensure anyone you bring with you is aware that you could be there all day for a tandem and possibly two days for your solo course – dawn till dusk.

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.