

JUMP **4** MENINGITIS UK

How will I jump?

You will do a tandem jump, which is a combined freefall and parachute descent where you are strapped to a professional parachute instructor. On the morning of your jump, you will get a 30 minute ground briefing on the equipment that will be used and how it works, as well as full information on how to exit the aircraft, freefall and land safely. Once you have been securely attached to an experienced tandem instructor with a 4-point harness system, you will board the aircraft together. The plane will normally climb to around 10,000 feet where you will exit and begin your freefall. After reaching speeds of approximately 120 miles per hour, your freefall will end at around 5,000 feet, when the tandem instructor will deploy the main parachute and you will begin your descent under canopy. This will last between 4 to 6 minutes as you fly towards your landing area.



When can I jump?

On the registration form you will be given the option to supply the dates of three weekends when you would prefer to jump. The parachute school will do their utmost to book your first choice but if they cannot, they will book one of your other choices.

Where will I be jumping?

We use a number of British Parachute Association (BPA) approved dropzones around the UK. Please let us know which site you would prefer to jump at on the registration form so we can try to accommodate you.

Scotland: Auchterarder (Perthshire); Errol (Perthshire); St Andrews (Fife)

North East: Peterlee (Durham)

North West: Grange over Sands (Cumbria); Lancaster (Lancashire)

Yorkshire & Humberside: Bridlington (East Yorkshire)

East Midlands: Brackley (Northants); Hibaldstow (Lincolnshire); Nottingham (Nottinghamshire)

Wales: Swansea

East Anglia: Cambridge (Cambridgeshire); Sibson Airfield (Cambridgeshire); Norwich (Norfolk)

South West: Honiton (Devon); Perranporth (Cornwall); Netheravon (Wiltshire); Cirencester (Gloucestershire)

South East: Marlow (Buckinghamshire); Weston (Oxfordshire)

Are there any restrictions on who can skydive?

The minimum age for Tandem Skydives is 16 and jumpers must weigh less than 15 stone. There is no upper age limit for Tandems, but anyone over the age of 40 will need to have their 'Declaration of Fitness' signed or stamped by their GP. There are also some restrictions in relation to medical conditions. Full details are given on the 'Declaration of Fitness' form that you will receive with your sponsor forms, but generally if you have a medical condition like diabetes, epilepsy, heart disease or severe asthma you will need to get your Declaration signed by your GP, whatever your age.



Continued overleaf . . .



Meningitis can KILL in under **4 hours**

What do I need to do?

Meningitis UK's parachute scheme is operated by the London Parachute School, who will contact the relevant BPA-approved dropzone to organise your jump. You can do the parachute jump in one of two ways:

1. Pay £235 for the jump yourself, and raise what you can on top for Meningitis UK, comprising:

- £50 initial deposit, sent to Meningitis UK
- £185 remainder jump fee, payable on the day of your jump to the London Parachute School
- Try to raise as much money as you can for Meningitis UK.

OR

2. Raise a minimum of £400 for Meningitis UK, which also covers the cost of your jump, comprising:

- £50 initial deposit, sent to Meningitis UK
- £185 jump fee, to come out of your sponsorship money, and payable on the day of your jump to the London Parachute School
- £165 minimum donation to Meningitis UK (if you raise more money that's great!) One week before your scheduled jump is the cut-off point for sending the minimum £165 raised back to Meningitis UK. We will then let the London Parachute School know that you have raised the required amount.

To book your jump please send back your registration form and £50 registration fee to Meningitis UK. On giving the London Parachute School £185 on the day of the jump, you are then ready to proceed!



What about insurance?

All jumpers will be covered by the BPA's Public Liability insurance for up to £2 million liability to third parties. However, this does not cover you or your dependents for personal injury (including death). We would advise that you arrange personal accident insurance for your skydive. You can contact the London Parachute School or www.extremeplus.co.uk to arrange this.

Organising a group jump

If you would like to jump as a group of friends or work colleagues, please send your registration forms in together with an explanatory note. Jumping slots can book up quite quickly during the summer months so please give as much notice as possible.

Filming your jump

Most dropzones will have professional cameramen available to capture your big moment. Video, DVD or photographs make a fantastic lasting reminder of your day - as well as providing proof to your sponsors that you actually did it! The cost of video and 35mm stills vary from around £80 to £100. It is worth checking with your dropzone in advance what will be available and how much it will cost.

How do I sign up?

Simply fill in the registration form enclosed, and send it along with a £50 deposit cheque, made out to the 'London Parachute School', but posted to Meningitis UK at the address below. We will then send you a sponsorship form and all the information you need to get started.

Freepost RLXH-EUHK-JBGZ
Meningitis UK
Bristol
BS16 2SF

If you would like further information or have any questions about fundraising for your parachute jump, please do not hesitate to contact our Fundraising Team on **0117 373 73 73** or e-mail fundraising@meningitisUK.org

