



Cornwall Air Ambulance

SKYDIVE

WELCOME

Hello and thank you for your interest in skydiving for Cornwall Air Ambulance! This pack is full of information which should answer any questions you might have. If you have any queries though, please get in touch.

As we receive no central government funding CAA relies on the generosity of the community to keep our life-saving helicopter in the air. Flying over 25,000 missions since our launch in 1987, the air ambulance is a reassuring presence for everyone in Cornwall.

On behalf of our airlifted patients and their families, thank you for choosing to support Cornwall Air Ambulance.



CORNWALL AIR AMBULANCE

Cornwall Air Ambulance can reach any part of mainland Cornwall in under 20 minutes, flying over twisty country roads and traffic jams and reaching patients in even the most remote locations in an average of just 12 minutes.



Our crews treat patients on-scene or transfer them to the hospital that best suits their needs - whether in Cornwall or further afield, delivering lifesaving care on the way.

Every year support from people like you allows Cornwall Air Ambulance to fly around 700 emergency rescue missions to people in their moment of need.

KEY INFORMATION

When is it? Sunday 25th September 2016

Where is it? Perranporth Airfield, Trevellas, St Agnes, TR5 0XS

How much does it cost? Registration costs £50 and then we're asking each participant to fundraise £395 which covers your jump cost and a donation to Cornwall Air Ambulance.

How do I get involved? Fill in the registration form included in this pack and return to CAAT HQ, Trevithick Downs, Newquay, TR8 4DY along with a cheque made out to 'Cornish Parachute Club' for your registration fee, your medical declaration and indemnity form.

PASTY, PINT, MEDAL, T-SHIRT AND CERTIFICATE FOR ALL SKYDIVERS!



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SO...WHAT'S IT ALL ABOUT?

Imagine sitting at the edge of an open aircraft doorway 10,000ft in the air. Imagine free falling through the clouds at 120mph. Imagine gently floating through the air admiring the scenery below. Imagine yourself back on the ground excitedly telling friends and family about the experience. Imagine the difference your fundraising will make to Cornwall Air Ambulance.



TELL ME MORE!

Skydiving is a thrilling, adrenaline filled experience and a great way to raise funds for a good cause. Don't worry if you've never taken part in a skydive before as the instructors at the airfield are all fully qualified and highly experienced so you'll be in safe hands from beginning to end.

To say thank you and well done for skydiving in aid of CAAT, all skydivers will receive a pint kindly donated by Sharp's, a pasty, a t-shirt, medal and skydiving certificate to prove to your friends you jumped from 10,000ft to help save lives in Cornwall.



AGE AND HEALTH RESTRICTIONS

Please note, there are height & weight ratios that must be met so it is recommended you do not start fundraising until you have received confirmation of your jump from the parachute club. For a tandem skydive, you must be a least 16 years old and weigh under 15 stone. You will be required to sign a medical form before your jump declaring you are fit to take part - the principal medical restrictions are diabetes, epilepsy, fits, recurring blackouts, heart or lung disease, mental illness and some cases of asthma.

Those under the age of 18 will need the medical form signed by a parent or guardian and those aged 40 or over, or those with a medical condition, will need to get it signed by their doctor. The medical declaration is included in this pack and needs to be returned along with your registration form and registration fee.



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FUNDRAISING

We're asking participants to fundraise **£395** which will cover your jump cost and a donation to Cornwall Air Ambulance. Obviously the more you can raise above this the bigger the donation to the charity! The fundraising team at the charity are happy to chat to you about fundraising so please don't be daunted. Once you've asked friends and family to sponsor you, set up an online giving page and done a cake sale or two you should find £395 is quite an achievable amount to raise.

Please make sure you have sent **50%** of your sponsorship to us by **Friday 2nd September 2016**. This will ensure we can pay your jump costs and you can take part in the skydive. You'll have until **Friday 21st October 2016** to get the remaining **50%** of your sponsorship to us.

OUR TOP FUNDRAISING TIPS...

Have fun! Fundraising is supposed to be fun, so whatever you do, make sure you enjoy yourself!

Start promoting now! The more time you give yourself, the easier you'll find it.

Talk to us! Our fundraising team is here to help. We can provide you with banners, balloons, posters, jars and loads more fundraising materials to help you. Just get in touch - our phone number is 01637 889926.

Collect money upfront! Try and collect sponsor money as you go along - it saves chasing people after the event.

Go online! Use online donation pages like JustGiving and Virgin Money Giving to boost your fundraising. Share the link with friends, family and colleagues on email and social media.

Share! Make sure you share photos of the event with your sponsors after the event so they can see what you did for their cash!

Ask everyone! Friends, neighbours, family, colleagues, even the locals in the pub! The more people you ask, the more you'll raise.





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MONEY FOR NOTHING!

Please encourage anybody who sponsors you to Gift Aid their donation. If they are a UK taxpayer we can reclaim an extra 25p on every £1 they donate - at no cost to them!

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FUNDRAISING MATERIALS

Having Cornwall Air Ambulance fundraising materials will let people know who you're raising money for and where their donations will go!

Sponsor forms: we can provide sponsor forms which include the name of your event and information for supporters about how to Gift Aid their donations! Please don't make your own sponsor forms as we're unable to accept homemade versions.

Collections jars: having our official collection jars and buckets makes people feel safer donating their money. Just get in touch and we'll organise some for you!

Posters, balloons and banners: we can provide you with branded fundraising bits to help with your fundraising!

HOW TO GET THE MONEY IN TO US...

Once you have completed your fundraising there are several ways you can get the money to us. Cheques can be sent by post to: Cornwall Air Ambulance Trust, Trevithick Downs, Newquay, TR8 4DY. Please make cheques payable to Cornwall Air Ambulance Trust. Alternatively you could pop in to see us at our charity office in Newquay (same address as above) and hand it over in person. If you have fundraised through an online giving site such as JustGiving or Virgin Money Giving, you don't need to do anything as the donations made on your page come straight to the charity!

You can also pay by BACS transfer to the following bank account:

Bank: HSBC, Bodmin Account: 31458906

Sort Code: 40-12-22

If making a BACS transfer please call us to let us know.





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IMPORTANT INFORMATION

Please read and be aware of the following BEFORE you register and pay your non-refundable registration fee.

- A booking, once made, is final. All deposits are non-refundable and valid for 1 year.
- Balance of payment is due before the day of the course. As mentioned in the 'fundraising' section, we will require 50% of your sponsorship to be handed in on or before Friday 11th March 2016 to ensure you will be able to participate in the jump.
- You must comply with the club rules for your own safety.
- If bad weather prevents you jumping a refund will not normally be given. You will be offered a new date to try again as soon as is mutually convenient, you will have a year from the date you booked in to come back to do your skydive.
- If you arrive without paperwork in order (i.e. over the weight limit or medical not stamped) you will not be allowed to jump and the balance of payment will still be due.
- If you fail to turn up on the day of your course you will still be liable for the balance of payment.



MEMENTOES OF YOUR JUMP

Even though skydiving is an experience you're never likely to forget, why not buy a memento of your jump to keep and show to friends and family.

Cornish Parachute Club are able to provide a DVD of your jump for £99 or landing shots for £25.

Once you've received confirmation of your participation in the skydive, please contact CPC directly to book your photo / DVD package!

Email:
cornishparachuteclub@hotmail.co.uk

Phone: 07790 439 653



REGISTRATION FORM

Please return completed form to Cornwall Air Ambulance Trust, Trevithick Downs, Newquay, TR8 4DY along with a £50 cheque for your registration fee made out to 'Cornish Parachute Club' and your signed medical declaration.

TITLE:..... **FIRST NAME(s):**.....

SURNAME:.....

ADDRESS:.....

.....

POSTCODE:.....

TELEPHONE NUMBER:.....

EMERGENCY NAME & CONTACT NUMBER:.....

EMAIL:.....

DATE OF BIRTH:.....

(Please note, to take part in the skydive you MUST be over the age of 16. Between the ages of 16 and 18, parental consent is required.)

WEIGHT:.....

HEIGHT:.....

(Please note, to take part in the skydive you must not exceed the maximum weight of 15st / 94kg. There are height / weight ratios to be met and if you would like more information please contact Becky Wise in the Fundraising Team)

IS THIS YOUR FIRST SKYDIVE?: YES / NO

WHAT IS YOUR REASON FOR TAKING PART?:

.....
.....



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To take part in the CAAT skydive, you will need to pay a £50 registration fee plus fundraise a minimum amount of £395. Please outline how you plan to raise the money

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Please outline any way we can help with your fundraising. We can provide collection jars, sponsor forms, posters, balloons etc:

.....
.....
.....

We would like to provide you with a Cornwall Air Ambulance Trust t-shirt to wear on the day.

Size: Small / Medium / Large / X-Large / No t-shirt

We would like to keep you updated with news and events in aid of Cornwall Air Ambulance. Please circle the ones you are interested in:

Challenge Events / Sponsored Runs, Walks or Cycles / Open Days / Family Events / Summer Ball

Would you like to receive the charity newsletter? YES / NO

DECLARATION:

If I am successful in registering to participate in the skydive in aid of Cornwall Air Ambulance Trust I pledge to raise the minimum of £395. I declare that I will abide by the rules of Cornwall Parachute Club, I am over 16 years of age and accept that the organisers or charity will not be liable for any injury, loss, damage, action claim, costs or expenses which may arise from participation in this event. I declare that I will not participate unless I am in good health on the day and have signed the attached parachutist declaration of fitness.

Sign:.....Print:.....Date:.....

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.



PLEASE COMPLETE THIS FORM AND RETURN ALONGSIDE YOUR REGISTRATION FORM, MEDICAL DECLARATION AND NON-REFUNDABLE REGISTRATION FEE

Member's Details: TANDEM

NAME (In full):

ADDRESS:

.....

POST CODE:

TEL NO: HOME:

WORK:

EMAIL:

DATE OF BIRTH:

OCCUPATION:

NEXT OF KIN:

RELATIONSHIP:

ADDRESS:

.....

TEL NO:

BPA Number:.....(to be filled in by the Parachute Club)

THE CORNISH PARACHUTE CLUB

INDEMNITY

TO THE ABOVE ORGANISATION

In consideration of you accepting me as a Club Member and also in consideration of you authorising experienced and competent Instructors to supervise any training and instruction as a parachutist, of your authorising experienced Packers to supervise and carry out the preparation of my equipment, of your authorising experienced and competent persons to supervise the fitting of parachute equipment to my person and of you approving types of equipment suitable for making parachute descents.

I am paying an Instructor to take me on this parachute jump.

I HEREBY ACKNOWLEDGE AND AGREE

That I will familiarise myself with the rules and regulations of "The Cornish Parachute Club", whether contained in the Memorandum and Articles of Association of "The Cornish Parachute Club", or elsewhere and will obey them and all other orders given to me by Members and Instructors approved by "The Cornish Parachute Club", who may be in charge of me at any time. I **FURTHER ACKNOWLEDGE** that I enter into this agreement with "The Cornish Parachute Club", on the basis that "The Cornish Parachute Club", contracts me on my own behalf and as agents for all its Instructors and Staff who may be put in charge of any training and instruction as a parachutist, for all its parachute packers who may supervise or carry out the preparation of my equipment and for all the persons authorised by "The Cornish Parachute Club", as being competent to fit parachute equipment to my person.

That on behalf of myself and my personal representatives in the event of my suffering injury, or death, or damage being caused to any property of mine. I will not bring or join in bringing any action, claim, or proceedings against "The Cornish Parachute Club", the British Parachute Association, its members, any of its approved Instructors, Packers, or Assistants who have been authorised, by "The Cornish Parachute Club", as being competent, whether such injury, death, or damage, is caused by negligence of "The Cornish Parachute Club", or of any such person aforesaid or by any other cause.

That if, by any action of mine, whether negligent or not, injury or death is caused to any person or damage is caused to any property or person, whether a member of the BPA or not. I will indemnify and keep indemnified "The Cornish Parachute Club", its members, its approved Instructors and Packers and all such aforesaid against all actions, claims and proceedings that may be brought against them or any of them.

All payments are Non- Refundable

I declare that I am * 18 years of age or over/ I am under 18 years of age.

NAME:

SIGNATURE:

GUARDIAN:

SIGNATURE:

DATE: