

About the Army Parachute Association

Airfield Camp, Netheravon, Salisbury, Wiltshire, SP4 9SF
Tel: 01980 678250/678277 e-mail: apa@netheravon.fsnet.co.uk, www.netheravon.com

The Army Parachute Association is primarily a military organisation, but which also accepts civilian parachute students.

What is a Tandem Skydive?

If you decide to undertake a tandem skydive you will initially undertake a ground-training programme of approximately 20 minutes. This is followed by a 15 minute climb in one of our turbine aircraft to an altitude of approximately 13 000 feet, followed by 35 seconds in freefall and a five minute canopy ride. Throughout the whole skydive you are attached to your instructor by a harness.

How much do I have to pay and when?

Julia's House ask their supporters to raise as much money as they can for the this important cause, but in order to make it worth your while they ask that you raise a minimum of £395. This is because it costs £185 to stage the parachute jump and your sponsors maybe disappointed if less than half of the money raised went towards the charity.

You will need to pay a £100 deposit (payable to APA) to secure your place, which should be sent with this form to Julia's House at Unit F1, Arena Business Centre, Holyrood Close, Poole, Dorset BH17 7FP.

If you have not raised all of the money by the day of the jump, it doesn't matter, as we recognise it can take a long time to collect all of the sponsorship money, but we do ask that you pay at least £185 (including the deposit that you have already paid) before jumping, so that the charity does not incur any losses. For most people this means bringing a further £85 with you on the day.

It is up to you whether you want to pay the cost of the jump yourself or whether you wish to take that amount out of the sponsorship money raised. We would recommend always being honest about this with your sponsors though.

There is also an option to raise money through the Virgin Money website. Once £100 has been donated, this can be used as the deposit to secure your place. Similarly, as long as the additional £85 has been donated by the day of the jump, this will also suffice. In order to set up your web page, log onto

<http://uk.virginmoneygiving.com/charities/juliashouse> and follow the instructions.

These fees cover the following costs:

1. Training
2. One jump for tandem & static-line (to be completed within 6 months), eight jumps for AFF
3. BPA membership including third party insurance
4. Parachute equipment hire

Am I eligible to skydive?

If you fulfil the following conditions, you are eligible to apply to jump:

Age

Minimum age is 16 Persons aged from 16–18 must obtain written parental consent on the membership agreement form, and a parent must be the witness on their medical declaration form persons over 40 must obtain a doctor's signature on the enclosed medical form

Those wishing to carry out a tandem parachute jump over the age of 60 will be assessed on the day by a tandem instructor. It will be the tandem instructor's decision to carry out the jump. If, in the opinion of the tandem instructor, the passenger is too frail, the jump will not go ahead - even if the tandem student has a certificate signed by the doctor. All persons must complete and bring the relevant medical declaration (enclosed)

Health

Maximum weight 15st 12lb (101kg) (and weight must be in proportion to height). Persons with an existing medical condition or disability must consult the APA in advance to ascertain their suitability to jump. If they are deemed eligible, they must also obtain a doctor's signature on the enclosed medical form, and read the additional notes for parachutists.

What happens on the day?

Initially you should report to the APA reception by 8:30am at weekends or 2:00pm during the week (unless an alternative time has been arranged). Any necessary paperwork will be checked and/or completed. You will then meet your instructors and begin the necessary training.

Please do not be late as this will delay the start of the course. Any late arrivals may be asked to rebook for another course.

Please be prepared to spend the whole day at the Parachute Centre! Every effort is made to get you into the air as soon as possible but some delay is inevitable – particularly if there are a lot of people jumping or the weather is marginal. You might want to bring a book with you or alternatively you can watch the other skydiving activities that are going on.

What should I wear?

Tracksuit, leggings or sports clothing
Training shoes – NO BOOTS or SHOES WITH HOOKS
A sweatshirt in case the weather turns chilly!
Tandem passengers might want to bring gloves

What identification will I need to bring with me?

Because this is a military camp **you must bring photo ID with you**. A passport is ideal. Similarly, if you bring any spectators with you, they must also possess photo ID. Please understand that these rules are made by the Military Guard Service and are not negotiable on the day. If you are denied access to the camp due to an infringement of any of the above regulations you will have to rebook.

Can I bring any friends?

We usually ask you to limit spectators to 4 per student. Ideally, all would fit into one car as it will speed up the security process at the main gate. You must send details of any spectators when you book, and **all must have some form of photo ID** on arrival. Please call in advance if you wish to invite more spectators.

Food

A range of hot and cold snacks is available from approximately 0800 hrs at our on-site canteen.

General

Parachuting is a weather dependant sport. If you are unable to jump on the weekend of your course, following weekends will be made available. If you are unable to jump for a period lasting 2-6 months, retraining will be necessary for static-line and AFF students, for which a fee may be charged. Parachuting does not come naturally to everyone. All aspects of ground training must be completed. The Centre reserves the right to refuse an individual to jump. If you wish to make a parachute jump with the A.P.A please complete the enclosed paperwork and return it to us as soon as possible.

Please keep pages 1,2 & 7 of this paperwork and return the rest with your deposit. You will receive photocopies of these pages along with confirmation of payment in due course. **Please send your form to Julia's House, Unit F1, Arena Business Centre, Holyrood Close, Poole, Dorset BH17 7FP.**

We very much look forward to seeing you in the near future!

Drop Zone Rules

- Vehicles may only be parked in the space sign posted "Visitors Car Park"
- **Children are the responsibility of the accompanying adult and must be supervised at all times.**
- When outside, spectators must remain within the fenced off area and on no account are they allowed to wander onto the airfield.
- No pets.
- Smoking is not permitted at the parachute centre.
- Alcohol consumption is forbidden during the parachute programme
- Persons under the influence of alcohol will be unable to undertake any part of the parachute programme.

DIRECTIONS TO JSPC NETHERAVON, AIRFIELD CAMP

Airfield Camp
Netheravon, Wilts, SP4 9QS

A345 Going North from Amesbury towards Marlborough

At Netheravon turn right before the Dog and Gun Pub, sign posted to the village
Take the next right at the triangular junction, sign posted to the church.
Follow the road towards Airfield camp and pull in at the security gate to sign in.

APA BOOKING FORM: FAO: Robin Durie

Name: _____

Address: _____

_____ **Post Code** _____

Telephone: **(home)** _____ **(Work)** _____ **(Mobile)** _____

Status **Civilian / Military** (proof of military status is required) Please circle one option

Type of course: Tandem

Number attending: 1

Preferred Date: 1st Choice date: _____

You WILL be booked onto your first choice date unless you hear from us

Spectators: Please attach details of name, address, car registration & remember photo ID is required on the day.

I enclose the following:

1. **Medical Certificate(s)** Students under 18 require signature of parent or guardian. Students over 40 need doctor's signature. If more are needed please ensure that you photocopy both sides
2. **BPA membership agreement (s)** Students under 18 require signature of parent/ guardian
3. **Deposit(s) of £100 per person or full payment** - cheques made payable to the APA
4. **The course confirmation form** completed by each person

NB. As collation may take sometime a phone call is advisable to confirm dates.

I have read and understood the terms and conditions which apply to parachuting with the Army Parachute Association.

Signed: _____

Please print name: _____ Date _____

APA COURSE CONFIRMATION FORM

This must be completed by every person planning to undertake any course

Please tick the relevant boxes to confirm that you understand the regulations:

This section is to be completed by all prospective student parachutists:

- I have read and understood the joining instructions, including the declaration of fitness to parachute and the accompanying notes for parachutists.
- I do not weigh more than 15st 12lb (101kg)
- I have read and understood the medical declaration, and had it signed by the appropriate person(s).
- I understand that neither the APA nor Julia's House provides personal injury insurance, but I will be covered for public liability.

This section is for students aged 16-18 years:

- My membership agreement has been signed by my parent or guardian
- My medical declaration of fitness to parachute has been signed by my parent or guardian

This section is for students aged 40 or above:

- I am undertaking a tandem skydive, and I am aged 60 years or less
- My medical declaration has been signed by my doctor

Signed: _____

Name (printed): _____ Date: _____

BRITISH PARACHUTE ASSOCIATION

5 Wharf Way, Glen Parva, Leicester LE2 9TF. Tel: Leicester (0116) 278 5271. Fax: Leicester (0116) 247 7662 VAT Reg No: 239.4696.20

MEMBERSHIP AGREEMENT

TITLE (Mr. Mrs. Miss etc.) & SURNAME _____

FORENAME(S) _____

ADDRESS _____

POST TOWN _____ COUNTY _____

COUNTRY _____ POSTCODE/ZIP _____

TELEPHONE (Home) _____ (Work) _____

DATE OF BIRTH Day _____ Month _____ Year _____

SEX: Male/Female*

MARITAL STATUS: Married/Single*

BPA Number allocated _____

*delete as applicable

I, the applicant for membership, whose full details appear above, hereby apply for membership of the British Parachute Association Limited ("BPAL") and I agree as follows:

1. In this agreement the expression "the Association" shall include where the context so admits BPAL, any affiliated or associated Parachute Club, Centre or other organisation (whether incorporated or not), any instructor, rigger or packer (whether or not employed at any club or centre), any other individual or corporate member of BPAL and any club or centre and any servant or agent of BPAL or any club or centre. References to the masculine gender shall include the feminine and the singular shall include the plural.
2. In consideration of you accepting me as a member of BPAL, I agree that for so long as I shall be and remain a member of BPAL and at all times when I am taking part in any parachuting or related activity at a BPAL associated club or centre I shall be bound by (a) the BPAL Memoranda and Articles of Association (b) all the Association's rules and regulations particularly safety regulations (c) all lawful instructions given to me by instructors and those put in charge of me on behalf of the Association.
3. I authorise BPAL to apply part of my membership fee towards the purchase of Third Party Liability Insurance through the Association's scheme effective from time to time. Such insurance shall cover my personal and public liability for death or injury to persons and damage to property caused during the course of any parachuting activity undertaken by me. The value and limit of such insurance shall be such minimum figure as BPAL may from time to time determine. I understand that BPAL membership insurance is not valid in the USA or Canada or at any club or centre in the United Kingdom which is not affiliated to BPAL.

Instructors who are members of BPAL cannot claim indemnity under the BPAL third party insurance scheme if any club or centre for whom they are working at the relevant time is not a participating club or centre which has made a contribution to the premiums payable by BPAL for such third party liability insurance. Such instructors are therefore advised to effect their own third party liability insurance at their own expense.

4. I understand that any training supervision or equipment with which I am provided at any club or centre which is associated to BPAL will be of an adequate and safe standard. Nevertheless I fully understand and freely acknowledge that sport parachuting is inherently dangerous regardless of the standard of training, supervision and equipment employed.

I voluntarily accept all the risks inherent in the sport and I agree to carry out all parachute jumps and all activities connected with parachuting strictly in accordance with any instructions or tuition which I may at any time receive from any person authorised by any club or centre which is associated to BPAL to give me such instructions or tuition.

5. I agree for myself and my personal representatives to indemnify and hold harmless the Association against any claim or claims whether on my own account or from Third Parties arising out of any accident or incident resulting in any loss or damage (including bodily injury and death) and whether or not caused by my negligence or arising in consequence of my membership of BPAL or my participation in any form of parachuting or related activity.
6. I agree to notify BPAL within three working days of any accident or incident involving a Third Party and resulting from any approved sport parachute jump made by me.
7. **I declare** that I am:

18 years of age or over/under 18 years of age* (delete as appropriate)

I acknowledge that the minimum age for sport parachuting is 16 years.

SIGNED _____

Dated

If under 18 years of age the following must also be completed by the parent or guardian of the proposed member.

To: The British Parachute Association Limited

I (Name)

of (Address) _____

being the parent/legal guardian of the proposed member who is now aged ____ years hereby confirm that I have given my permission for the proposed member to make parachute descents and that I agree to be bound in the same terms as those contained in the agreement signed by the proposed member and set out above.

SIGNED: _____ Dated

(This form should not be sent to the British Parachute Association)

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.

Name in CAPITALS	Date of Birth	Weight
Signature	Date	BPA Number (May be issued on day of course)
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 CANNOT SIGN THE DECLARATION BECAUSE OF 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.

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.

.....
Signature

.....
Date of Signature

.....
Date of Expiry
(see - Validity, over)

(Doctors Stamp)

* Delete as applicable

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 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. Anycondition 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 fractures 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 doctors 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 beyond age 40)	-	As indicated by stability of medical condition (but not
Age 40 - 49 years age 50"	-	The longer of "3 years" or "until
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.

Form 115(ii) (Issue 8, Aug 2006)

NETHERAVON GUEST PROFORMA

Event Authorised By: Army Parachute Association

Date of Event:

Type of Event: Tandem / Static Line / AFF / Other
(please delete as appropriate)

Please write clearly in BLOCK CAPITALS

This form is to be completed by ADULTS AGED 16 AND OVER ONLY. NO details are required for children UNDER 16.

Once you have completed this form, please return to the address below SEVEN DAYS prior to the event or

AS SOON AS POSSIBLE if less than seven days before the event. Fax is also acceptable. Please ensure adults bring PHOTOGRAPHIC ID (Passports, Driving License etc) with them as you will be entering a military establishment and are required to book in.

Only FOUR adult spectators are allowed PER JUMPER, children are welcome to attend in addition

Full Name	Title	Jumper or spectator	Nationality	House no. & postcode	Driver ? ✓ or ✗	Vehicle Reg No. Make, Model & Colour

E-mail to: coursesmanager@netheravon.com

Fax to 01980 671026

Post to Army Parachute Association, Airfield Camp, Netheravon, Salisbury, Wilts SP4 9SF