

# Skydive Participant Pack



**Compton**  
**Care**

specialist  
palliative and  
bereavement  
support

# Soar through the skies for Compton Care!

## What does a Tandem Skydive involve?

- ✓ We will book you a place at Tilstock Skydive Centre in Whitchurch.
- ✓ You will be harnessed to a professional parachute instructor throughout the descent, receive full training, jump from at least 10,000ft, freefall down to 5,000ft, ride the parachute down to the ground and be taught how to steer onto the drop zone landing controlled by your instructor - a once in a lifetime experience!
- ✓ You will receive a commemorative certificate to commemorate your achievement!

## Where does the jump take place?

The jump takes places at Tilstock Airfield in Whitchurch.

The Parachute Centre  
Tilstock Airfield  
Whitchurch  
Shropshire  
SY13 2HA

You will need to organise your own transport to and from the site.



# How much do I have to raise?

To take part in a tandem skydive, you'll need to simply pay a non-refundable £50 registration fee to secure your skydive place, we ask you to raise a minimum of £500 for Compton Care.

Please note: We will use £180 of your fundraising to pay for the remainder of your skydive place, meaning £320 will be direct to Compton Care.

If you would like to self-fund your skydive, you can pay the remaining £180 direct to Tilstock Airfield on the day of your skydive. This means all of your fundraising will support Compton Care.

We will provide you with sponsor forms and you can create an online Enthuse fundraising page, allowing you to share far and wide between friends, family and colleagues.

All money raised through Enthuse will come directly to Compton Care and Gift Aid will automatically be collected.





## **Are there any weight or age restrictions?**

Parachutists need a reasonable standard of physical fitness and must not be overweight in relation to their height.

The minimum age for parachuting is 16 and the maximum weight is 15 stone (95 kg) and not overweight for your height. The maximum age for Tandem Skydiving is 70. Anyone under 18 must have the written consent of a parent or guardian.

We have minimum fitness requirements. All participants must be physically fit, fully self-mobile with a full range of mobility and able to lift their knees to their chest unaided. Conditions and disabilities which reduce mobility are not suitable for skydiving. Please contact the club if you are unsure as participants are assessed on arrival and will not be able to jump if the minimum fitness requirements are not met.

Any person aged 60 or over will require form 115b signed by a GP.

## **Will I need to fill out a medical form?**

You will be required to complete a declaration of fitness before your jump. There are some medical restrictions like diabetes, epilepsy, fits, recurrent blackouts, heart or lung disease and in some cases asthma.

You will be required to sign a medical form before your jump and if you are over 40 or have a medical condition you must get your form signed by a doctor

## **What do I do about insurance?**

You will automatically be covered for up to £2,000,000 third party insurance, but this will not cover for personal injury. It is not required but you are strongly advised to take out personal injury cover.

## **Can I jump as part of a group?**

Yes of course! But please note that you must all book at the same time and there may be a limited amount of slots available on your chosen date (particularly in the summer months). If you want to take part as a group, it is advised that we give the skydive centre as much notice as possible.

# FAQs

## Can I film my jump?

You will not be permitted to film your own jump but you can get your skydive filmed by one of the skydive club members, this is arranged on the day with them directly:

£100 for Video MP4 1080p file or Stills on 4GB USB Memory Stick.

£150 Video MP4 1080p file and Stills on 4GB USB Memory Stick.

DVD available by request.

This service is independent of Skydive Tilstock Freefall Club.

You will get a carefully edited DVD recording which includes:

- A chat before the skydive
- Photographs by the aircraft
- The aircraft taking off
- A chat half way up
- The skydive
- The landing with your reaction

If this is something you would like, we can confirm this with Tilstock before the day and you can pay on arrival. You cannot deduct the cost of filming/ photography from your sponsorship money.

## What happens if the weather is bad?

Unfortunately, the weather cannot be controlled. If the weather isn't suitable the jump will get rescheduled to another day.

## Can I bring spectators?

Yes absolutely! The skydive centre have a spectator area, clubhouse and canteen/café area for friends and family who want to come along and watch on the day.

## What happens if I cancel?

Your £50 registration is non-refundable. If you find that you cannot make your jump date we will try to change it for you if you give us enough notice (30 days). If you cancel completely, we cannot offer a refund on fees paid.

## What should I wear?

Wear loose none restricting clothing suitable for the season and flat shoes/trainers on your feet that wont fall off in freefall.

Do not wear boots or jeans.

Glasses and Contact Lenses. Goggles will be supplied.





# The difference it makes

At Compton Care we are here when you need us the most.

For over 40 years, we have been providing specialist palliative and end of life care to patients and support for their families, helping them navigate every aspect of life with a life limiting condition. Our specialist care is available free of charge. It costs over £14.5 million a year to provide this care, so your support means the world to us! By taking part in this Skydive, you will allow us to help more families like Lisa's..

"We were fully involved in mom's care at Compton, but unlike at home, it was no longer scary and daunting as we had professionally trained staff who were right there with us to take away any fears we had and to step in when we needed them to. They were all so amazing to both mom and us, and we could not have done it without them.

Because of Compton Care, we were able to say goodbye to mom as her family and not as her carers as would have been the case if she had remained at home. I cannot begin to describe just how much easier this has made in accepting us losing her.

Straight away dad was offered support as he really struggled with her loss and also his own health was not good, especially as it had all happened so quickly; five weeks was all we had, and because of the fabulous work Compton Care do, we were able to spend her final days making very precious memories, without the worry about coping with her medical needs"



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