



Your Skydive Information Pack



Are you ready to take the Leap of a Lifetime for St Clare?



"In this guide you will find the answers to all of your questions regarding taking part in a skydive for St Clare Hospice.

This is a great way of raising money for St Clare Hospice and we guarantee that your tandem skydive will be one of the greatest experiences of your life!

If you do have any further questions, or would like to have a chat in more detail about this challenge please contact myself on the details below!"

- Jade Clarke, Challenges Fundraiser

"Everyone should do this or something like it in their life to appreciate how wonderful life really is!"

- *St Clare Jumper 2015*

"I absolutely loved it; it was the best feeling in the world... I will definitely do it again!"

- *St Clare Jumper 2016*

Contact us...

Get in touch with the St Clare Challenges Fundraiser by phone on 01279 773750 or by email at

jade.clarke@stclarehospice.org.uk



Jump Date:

Saturday 10th September 2016

Jump Location:

Sibson Aerodrome, Wansford,

Peterborough, PE8 6NE

Jump Time:

08.30AM or 12.00PM



A tandem skydive is an amazing experience for those who want to feel exhilarated!

Think of yourself, standing at the doorway of an aeroplane at 13,000 feet up in the air. The clouds below you, blue sky above you, and all around you the noise of the engines blaring in your ears and vibrating your body. Then suddenly your instructor makes the jump and you are freefalling at 120 mph, speeding through the clouds, whistling through the air. The parachute opens and suddenly all is quiet calm and you slowly steer your way back down to earth.

On the day...

Pre Jump Briefing

You will receive a short pre-jump briefing that lasts around 20 minutes where your Tandem instructor will explain in detail what you have to do and what will take place during the flight up, the free fall descent and the ride down under the parachute.

Board the Aircraft

You will then board the aircraft and soar to around 13,000 feet - approximately two miles high!!

Jump!

You now jump out of the plane at 13,000 feet (whilst securely attached to a very experienced skydiving instructor) and fall at about 120 mph, descending to 5,000 feet in around 40 seconds. At this point, your instructor will open the parachute and fly you safely back to earth!

Restrictions

The weight limit for a Tandem Skydive is **15.7 stone (99Kg's)**.

You must be **at least 16 years** of age to take part in a skydive. There is no upper age limit for Tandem Skydive.

Everyone **must sign a declaration of fitness** and take it with them on the day. From 8th April 2016 over 40's do not need to get a medical form signed by a doctor to take part in a Tandem Skydive.

What to wear

Please wear suitable and comfortable clothing. Trainers or lace up shoes are required to be worn. A jumpsuit, gloves, hat and goggles are all provided for you.

Those final questions answered



Is skydiving weather dependent?

Skydiving is a weather dependent sport. The conditions required to be able to jump are good horizontal visibility, no solid cloud between the landing area and the exit point of the aircraft and wind no more than 20 knots. British weather can prevent jumps from taking place at a particular time.

Please note when you book a date it is expected that you are available for the whole day so that the airfield can make the most of any weather opportunities. Weather may be unsuitable first thing but improve as the day goes on.

If the weather does prevent your jump from taking place you will be asked to book another date within a six month time period.

Where is Sibson Airfield?

Sibson Airfield is just 2 miles off the A1 west of Peterborough.

Sibson is a village in the north-west corner of Huntingdonshire District in Cambridgeshire. It is near Wansford, just 2 miles off the A1 west of Peterborough.

The address for the airfield is
**Sibson Airfield, Wansford,
Peterborough, PE8 6NE.**

Do I need to get insurance?

Third party liability insurance is included in the cost of your jump, this covers you for up to £2,000,000. Please note this does **not** cover you for personal insurance, i.e. if you had an injury on the day which prevented you from working, third party insurance will not support you with this claim.

If you would like further information on personal cover insurance please visit the British Parachute Association website, www.bpa.org.uk which will give you all the details.

Can my friends and family come along and watch?

Yes of course! The Airfield is open to the public and there is a restaurant and bar on site with both indoor and outdoor seating. Spectators are welcome.

The parachute landing area is off limits to members of the public. Please bear in mind that there can be a lot of waiting around on the day.

How much does it cost?

We ask that when you sign up that you pay a non-refundable registration fee of £50 and then fundraise a minimum sponsorship of £390.

I want to take part...



How do I sign up?

Complete and sign the registration form

Please just complete and sign the registration form and return this back to us along with the non-refundable registration fee of £50 (cheque made payable to 'St Clare Hospice') to:

Jade Clarke, St Clare Hospice, Hastingwood Road, Hastingwood, Essex, CM17 9JX

Set yourself a fundraising target

Let everyone know how much you want to raise and how the donated money will help people with life-limiting illnesses. We ask that everyone aims to raise £390 as a minimum.

Set up a Virgin Money Giving page

It only takes a moment to set up a Virgin Money Giving page that is quick and easy to share with friends and family. Plus the money comes directly to St Clare so you don't have to worry about collecting it.

Circulate a sponsorship form

Some people still like the traditional way of sponsoring someone, so make sure you download our sponsorship form and put it up on your staff notice board or at the back of your local church.

Thank you so much for choosing to take part in a skydive and raise money for St Clare Hospice. Every penny helps us to continue to provide vital services for those in our community of West Essex and East Hertfordshire with a life-limiting illness.

Thank you.

