



# SPONSORED SKYDIVE

## Take to the skies for the ultimate adrenalin experience!

You are just a step away from a day that you will remember forever. Nothing compares to the unique experience of skydiving.

After a briefing you will take to the skies. A twenty-five minute plane ride will take you up to reach the required altitude of 13,000 ft, the roar of the engines softens, and you are over the drop zone. What follows is up to 7,000ft of freefall at speeds of around 120mph, strapped securely to a qualified instructor. At 5000ft the instructor deploys the parachute and you float gently into the landing zone.

**DROPZONE:**  
Chiltern Park Aerodrome,  
Icknield Road, Ipsden  
OX10 6AS



**PARITY**  
For People With Multiple Disabilities

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## ABOUT THE EXPERIENCE

You will be provided with a skydiver's jump suit to go over your clothes (you should wear comfortable clothing such as a track suit and trainers). Then after fitting a tandem parachute harness (and appropriate headgear and goggles) the jump plane will take off.

Parity will book your skydive for you and may be able to make travel arrangements if you don't have transport to the skydive centre.

*The sky dive is run through London Parachute School Ltd. and the drop zone is Chiltern Park Aerodrome, Ipsden, OX10 6AS.*

## Freefall at up to 120mph!

### AGE LIMITS

The minimum age for sport parachuting is 16 years. For those under 18 years of age a separate signed letter of consent from a parent or guardian will be required before training commences.

### WEATHER

Skydiving is a sport governed by the weather. For important safety reasons skydiving will only take place when weather conditions permit.

### CLOTHING

Comfortable clothing such as trainers and a tracksuit should be worn.

For more information,  
contact Helene on **01252 375581**  
or **helene@parityfordisability.org.uk**

Parity for Disability is a Registered Charity No. 1071571

## FITNESS

You will be required to complete and sign a 'Declaration of Fitness' to Parachute before training commences (this will be provided when your booking is confirmed).

If you are 40 years of age or over, you must obtain written approval from your Doctor on the 'Declaration of Fitness to Parachute' form before commencing training.

You will also need a 'Declaration of Fitness to Parachute' if you have suffered from any of the following:

previous fractures, back strain, arthritis and severe joint sprains, chronic bronchitis, asthma, rheumatic fever, pneumothorax, liver or kidney disease, thyroid, adrenal or other glandular disorder, chronic ear or sinus disease, or any condition which requires the regular use of drugs, anaemia or if you have recently donated blood.

You will not be allowed to undertake parachute training if you have ever suffered from any of the following medical conditions, unless you and your Doctor have obtained the prior approval of the Medical Advisor to the British Parachute Association (who may be contacted via the address on the 'Declaration of Fitness' form):

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.

## WEIGHT LIMITS

The weight limit is 15 stone (95 kilos). Your weight will be checked on the day.

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## PARITY FOR DISABILITY

Parity for Disability exists because when people with multiple disabilities reach school-leaving age, services they received as children fall away. At our Farnborough and Camberley dayservices, people aged 18+ from Hampshire, Berkshire and Surrey can learn, achieve and take an active part in their community, supported one-to-one by trained, caring staff, and accessing regular physio and speech therapy. The charity also offers music therapy both on-site and to other local organisations, and Easter and summer Teenagers' Activity Schemes. Parity for Disability must raise £60,000 each year to keep going. To learn more visit [www.parityfordisability.org.uk](http://www.parityfordisability.org.uk) or call 01252 375581.

### WHAT ARE THE FEES & WHERE DOES THE MONEY GO?

Individuals are asked to pay a £50 deposit and raise £450 in sponsorship for Parity for Disability. All monies raised will go to maintaining the charity's vital services for children and adults with severe and multiple disabilities.

### WHAT HAPPENS AFTER I SIGN UP?

When you return your application form and registration fee, sponsor forms will be sent to you together with further information including directions to the drop zone and times.

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contact Helene on **01252 375581**  
or [helene@parityfordisability.org.uk](mailto:helene@parityfordisability.org.uk)

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