



**The Lennox Children's Cancer Fund**

Lennox House, 57 Mawney Road

Romford, Essex RM7 7HL

Tel: 01708 734366

Fax: 01708 749421

[www.lennoxccf.org.uk](http://www.lennoxccf.org.uk)

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**Trustees:** James Andrew Kelt  
Kevin Davis  
Terry Davis  
Peter Tooze

Dear skydiver,

Thank you for your enquiry regarding The Lennox Children's Cancer Fund Skydive Experience. This is a great opportunity for you to have the experience of a lifetime and to raise funds for a very worthy cause.

**Why jump for The Lennox Children's Cancer Fund?**

The Lennox provides respite holidays for children diagnosed with cancer or leukaemia. Childhood cancer can devastate the lives of the whole family and many parents find themselves needing to give up their jobs in order to care for their child. Siblings' lives are also drastically affected by the emotional stress and financial strain this disease puts on the family. A family holiday often becomes an impossible luxury at a time when it is most needed.

The Lennox Children's Cancer Fund provides these much needed holidays through its fund-raising appeals allowing families to spend quality time together away from the day-to-day stress of dealing with such a terrible illness. We currently own four holiday homes at seaside locations around the UK. Each holiday is fully inclusive of travel costs and spending money for the whole family. Demand for holiday breaks exceeds the number of places we have available and sadly we have to decline requests for holidays for this reason. It is our intention to change this situation by purchasing further homes throughout the UK. We desperately need your help as it is only with the hard work and generosity of supporters that we will be able to achieve this.

**How can you help?**

So... do you think you have what it takes to jump out of a plane at **12,000 feet**? If the answer is YES, simply complete the enclosed booking form and POST it, along with your £50 deposit to 57 Mawney Road, Romford, Essex RM7 7HL. Skydives go ahead seven days per week throughout the year and all we ask is that you pledge to raise a minimum total of **£400** in sponsorship. This will pay the costs of your skydive and raise at least £150 for our charity.

Please feel free to contact me if you have any queries and I will be pleased to help. I look forward to receiving your application form.

With kindest regards

Claire Bull  
Event Coordinator  
[events@lennoxccf.org.uk](mailto:events@lennoxccf.org.uk)

# Tandem Skydive Information



With UK Parachuting every effort is made to ensure you enjoy your skydive. They pride themselves on being not just one of the friendliest and most helpful skydiving schools around, but also the most professional. This information sheet is designed to give you an overview of what is involved in making a Tandem Skydive.

## **What is a Tandem Skydive?**

A Tandem Skydive is a high altitude jump where you are securely attached to your tandem instructor. Your instructor is responsible for controlling the freefall part of the skydive as well as the flight under the parachute, leaving you free to enjoy the thrill of the experience.

## **What does the course involve?**

The course is designed to be completed within half a day where possible, however on busier days (usually weekends in the summer) there may be a short wait to do your jump. This will be avoided if possible but please allow time for delays on the day. Your skydive experience will consist of:

- **The Briefing:** Your instructor will take you through a 30 minute briefing during which you will learn about the skydive, what you will need to do and the equipment that you will be using.
- **The Ride to Altitude:** The aircraft will take you to a minimum of 12,000ft where you will exit securely harnessed to your instructor.
- **Freefall:** You will experience freefall at around 120mph for approx. 35 seconds. Your instructor will deploy your tandem parachute at around 5,000ft.
- **The Parachute Ride:** The parachute is specifically designed for two people and your instructor will control it throughout. You will have several minutes to enjoy the flight as your instructor guides it back to the landing area.
- **The Landing:** Landings are usually soft. Following the instructions you were given during your briefing will ensure a comfortable landing – which is generally accomplished without even falling over.

## **The DVD:**

We can arrange a freefall cameraman to record the entire experience (at an extra cost of £90-125.00). This can be booked and paid for by you on the day of your skydive. You will receive a fully edited DVD that will provide a lasting reminder of a unique experience.

## **Is it safe?**

The sport is naturally extremely safety-conscious and all our tandem parachute systems come with a back up reserve parachute, together with a computer operated device that will automatically deploy the reserve parachute in the event of an issue with the manual deployment method. Tandem parachutes are specifically designed for two people and are thoroughly tested and maintained. All parachute jumps at UK Parachuting are conducted in accordance with safety limitations imposed by the Civil Aviation Authority (CAA) and the British Parachute association (BPA).

## **Are there any restrictions?**

The maximum weight restriction is 15st 7lb, the maximum height is 6ft 3 and your weight should be in proportion to your height. The minimum age is 16 years (parental consent required for under 18s), and a medical form signed and stamped by your doctor is required if you are 40 years of age or over.



# UK PARACHUTING CHARITY SKYDIVE BOOKING FORM



## Skydiver Details (Please photocopy this sheet and use a separate booking form for each person)

Name: ..... Email: .....

Address: .....

..... Postcode: .....

Telephone: ..... Mobile: .....

Date of Birth (dd/mm/yyyy): \_\_\_/\_\_\_/\_\_\_\_ Weight: ..... Height: .....

## Jump Details

**Skydive Date** (please give 2 preferences)

1) \_\_\_/\_\_\_/\_\_\_\_ 2) \_\_\_/\_\_\_/\_\_\_\_

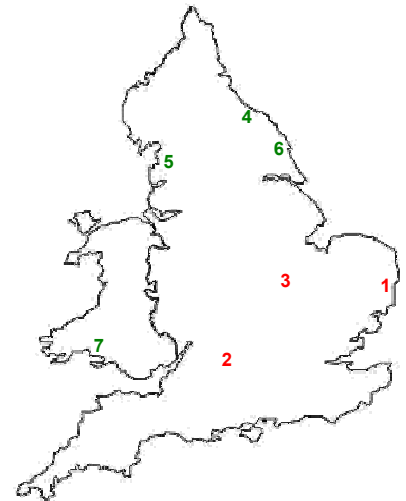
**Skydive location** (please circle preferred airfield)

**Red Zones:**

- 1) Suffolk (Beccles Heliport)
- 2) Swindon (Skydive London)
- 3) Peterborough (Sibson)

**Green Zones:**

- 4) Peterlee Parachute Centre
- 5) Lancashire (Black Knights)
- 6) Bridlington (Skydive GB)
- 7) South Wales (Skydive Swansea)



For more information on each airfield, please see [www.bpa.org.uk](http://www.bpa.org.uk)

**Additional relevant information:** .....

**\*Notes**

Minimum sponsorship is £400. Please bring with you on the day: one cheque payable to 'Lennox Children's Cancer Fund for £100 (minimum) and another payable to 'UK Parachuting' for £150 if you are booking at a red jump zone and £200 if you are booking at a green jump zone.

## Billing Details (Deposit)

Address (if different from above): .....

..... Postcode: .....

I enclose a cheque payable to UK Parachute Services Limited for the amount of: ..... (£50 per person)

Please charge my ..... card (credit/debit card type) for the amount of £ \_\_\_ . \_\_\_ p

Card No.: \_\_\_/\_\_\_/\_\_\_/\_\_\_

Valid from \_\_\_/\_\_\_ Expiry \_\_\_/\_\_\_ Switch Issue No. \_\_\_ Last 3 numbers printed on signature strip \_\_\_

Name as displayed on credit card: .....

*I understand that credit card payments incur an additional charge of 4%*

*I confirm that I have read the Booking Conditions & Important Notices, that I understand them, and that I agree to be bound by them and to comply fully with them.*

**Full Name:** ..... **Signature:** ..... **Date:** \_\_\_/\_\_\_/\_\_\_\_

# BOOKING CONDITIONS

The term 'skydive' applies to any type of parachute descent.

1. UK Parachuting will make every effort to comply with the preferred dates for booking. If both the dates are unavailable, UK Parachuting will contact you before proceeding with the booking.
2. Bookings are made on the understanding that any skydive will only take place in accordance with the safety limitations imposed by the Civil Aviation Authority (CAA) and the British Parachute Association (BPA).
3. A booking, once made, is final and the date cannot be changed with less than 21 days notice. An administration fee may be charged for changing the date once agreed.
4. The balance of payment is due on or before the day of the course. Any fee(s) or deposit(s) paid are nonrefundable.
5. If you fail to turn up on the day of the course (irrespective of reason or cause), you will not be permitted to a refund of any fee(s) or deposit(s) paid or be permitted to commute any fees paid towards another course on another date. You will still be liable for the balance of payment.
6. If inclement weather or technical problems with the aircraft prevents skydiving on the day booked, you will be able to re-book a mutually convenient date free of charge. Refunds will not be made under these circumstances.
7. Due to irregularities in weather, aircraft limitations and numbers of participants on the day of the course, you may need to be at the drop zone for the entire day, irrespective of your arrival time. For Static Line (RAPS) and AFF courses, it may be necessary for the jump to take place on the day following the ground training.
8. On the day of the course, if you do not conform to the age, weight and health requirements of the CAA and the BPA, or you do not have the correct paperwork required for skydiving (see below), you will not be permitted to take part in any skydive and the balance of payment will still be due.
9. When booking in a group, you accept responsibility for these terms on behalf of all participating members of the group. If a group booking has been made and some of the group fail to turn up, the non-group price will be charged.

## GIFT VOUCHERS

10. Any vouchers purchased are non-transferable and non-refundable, and are not valid beyond the expiry date.
11. All standard terms and conditions apply to bookings made to redeem vouchers.
12. Once a date has been booked to redeem a voucher, if the participant does not turn up the voucher will be deemed used.

## PAPERWORK REQUIRED FOR SKYDIVING

You will be required to complete the following on the day of the course:

- Membership/Indemnity form for the parachute centre.
- Membership form for membership or temporary membership to BPA.
- Medical form.

In addition,

- If you are 40 years of age or over (or will not be able to complete a medical form to certify yourself fit to skydive) on the day of the course you will be required to bring a medical certificate that has been signed and stamped by your doctor. Medical certificates are available from UK Parachuting.
- If you are under 18 years of age, you will be required to bring written consent for you to skydive from a parent or guardian.

## IMPORTANT NOTICES

### WEIGHT AND HEIGHT RESTRICTIONS

The weight limit for all Parachute Jumps is 15st 7lbs. The height limit for tandem jumps only, is 6' 3". In addition, your weight should be in proportion to your height.

### INSURANCE

Included in the price of your skydive is temporary membership to the BPA, which automatically covers you for third party liability up to £2,000,000. This does not however, cover you for personal injury and you are therefore strongly advised to arrange special personal cover for yourself. We can arrange this for anybody making a jump with us and full details will be forwarded upon request. Please note that any cover you take out does not necessarily have to be through us. If you are in any doubt at all about what is being offered to you, you should seek advice from your insurance broker.

**Please return your completed booking form to  
Lennox Children's Cancer Fund  
57 Mawney Road  
Romford  
Essex  
RM7 7HL**

**Tel: 01708 734366**

**Email: [events@lennoxccf.org.uk](mailto:events@lennoxccf.org.uk)**

# SKYDIVE REGISTRATION FORM

(This form must be completed separately by each skydiver)

Please complete and return along with your booking form to: 57 Mawney Road, Romford, Essex RM7 7HL.

I ..... **pledge to raise a minimum of £400 in sponsorship in order to take part in a Tandem Skydive for the Lennox Children's Cancer Fund.**

I understand that this sponsorship money is to be broken down as follows:

<b>£50</b>	Non-refundable deposit to be sent with your booking form to guarantee your jump. Cheques payable to 'UK Parachuting'.
<b>£150 (for red jump zones)</b> <b>£200 (for green jump zones)</b> <b>(Details on the booking form)</b>	This is payable on the day of your jump to cover the remaining cost of the skydive. You can pay by cash, cheque or credit card only.  Cheques payable to 'UK Parachuting'.  You may choose whether to pay for this or take it from the sponsorship money you have collected.
<b>£150 (minimum)</b>	This is payable on the day by cash or cheque to 'The Lennox Children's Cancer Fund'.

I understand that if I am unable to raise this sponsorship before the day of my jump then I must make up the shortfall myself.

If any additional sponsorship money is raised over and above this amount, it shall be donated directly to the Lennox Children's Cancer Fund either on the day of your jump or within four weeks of completing the jump.

**Signed:** ..... **Dated:** \_\_\_ / \_\_\_ / \_\_\_\_\_

Please send me a gift aid sponsor form by post.

## CHECK LIST

**Please ensure you have enclosed the following:**

- Your filled in booking form
- Your signed registration form
- A deposit of £50 per skydiver (cheque or credit card details)
- Your completed gift aid declaration form (if you are a UK Tax Payer)

**If you are over 40 years old:**

- A doctor signed and witness signed BPA form

**If you are 16 or 17 years old:**

- A consent form signed by parent or guardian



# GIFT AID DECLARATION

## Lennox Children's Cancer Fund

Lennox House  
57 Mawney Road  
Romford  
Essex  
RM7 7HL

Tel: +44 (0)1708 734366

Fax: +44 (0)1708 749421

Registered Charity Number: 1011325

**Please complete your details below.**

Title: \_\_\_\_\_ Forename(s): \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_



**I would like the Lennox Children's Cancer Fund to treat all contributions I make from 6<sup>th</sup> April 2000 as GIFT AID DONATIONS unless I notify the charity otherwise.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **Notes**

Gift aid is tax relief on money donated to UK charities.

1. Donations are treated as if the donor had already deducted basic rate tax from them. The charity can then reclaim this tax to increase the value of a donation.
2. You must pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity reclaims on your donations in the tax year (approximately 22p for every £1).
3. If in the future your circumstances change and you no longer pay tax, on your income and capital gain, equal to the tax that the charity reclaims, you should cancel your declaration. You can do this at any time by notifying the charity.
4. If you pay tax at a higher rate, you can claim further tax relief in your Self Assessment tax return.
5. If you are unsure if your donations qualify for Gift Aid tax relief, ask the charity. Or you can ask you local tax office for leaflet IR113 Gift Aid.
6. You must notify the charity if you change your name or address.
7. This document may be submitted to the Inland Revenue upon request.
8. A declaration can be made to cover individual donations or a series of donations. It can cover donations made during a specified period or to cover all future donations. They can also be backdated for up to 6 years prior to the date of the declaration provided the donation was made since 6 April 2000.



## Consent Form for 16 – 17 year olds

**Note to parents/guardians:**

We recommend that you read all the literature that has been sent to the young person in your care outlining the nature of the course they have chosen, booking forms and our company's terms and conditions. We draw your attention to the medical form which also requires your signature. Please contact our team if you have any further questions.

**Note to jump students:**

Please send this signed and dated consent form to the address below along with your booking form, registration form and deposit. Without this you will not be allowed to jump.

I am the legal parent/guardian of (student's name) \_\_\_\_\_

I hereby give my consent for him/her to participate in a parachute jump.

I fully understand the nature and risks of participating in this activity.

Signed \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Name (please print) \_\_\_\_\_

Contact telephone number \_\_\_\_\_

Notes \_\_\_\_\_

\_\_\_\_\_

**UK Parachute Services Ltd**

Beccles Heliport  
Ellough  
Suffolk  
NR34 7TE

**The Lennox Children's Cancer Fund**

Lennox House  
57 Mawney Road  
Romford  
Essex  
RM7 7HL

## **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 <small>(May be issued on day of Course)</small>	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 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 Expiry <small>(see – Validity, over)</small>	(Doctors Stamp)
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\* 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. Any condition 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	-	As indicated by stability of medical condition (but not beyond age 40)
Age 40 - 49 years	-	The longer of "3 years" 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.