



ARMY PARACHUTE ASSOCIATION

Airfield Camp, Netheravon, SALISBURY, Wiltshire SP4 9SF

Telephone **01980 670734** Military **94321 8250**
Fax **01980 671026**
Email **coursesmanager@netheravon.com**
Website **www.netheravon.com**



Thank you for choosing Skydive Netheravon, the home of the Army Parachute Association, for your First Jump course. A Static Line (First Jump) course is an amazing experience and it is our aim to ensure that you have a truly unforgettable adventure.

The Army Parachute Association has some of the best parachute instructors from all three services and a support team second to none. We have put together the following information to help make your course run smoothly and to answer some of the questions you may have.

In this document you will find links to all the forms you will need to complete and return to the above address. These forms can also be downloaded at : <http://www.netheravon.com/learn-to-skydive/forms/>

Should you have any further queries, please do not hesitate to contact us. We will be happy to help you in whatever way we can.

Telephone **01980 670734**
E-mail **coursesmanager@netheravon.com**
Website **www.netheravon.com**



ARMY PARACHUTE ASSOCIATION

Airfield Camp, Netheravon, SALISBURY, Wiltshire SP4 9SF

Telephone 01980 670734 Military 94321 8250
Fax 01980 671026
Email coursesmanager@netheravon.com
Website www.netheravon.com



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 16 – 17 must obtain written parental consent on the **Student Provisional Membership & Agreement** form and **Self-Declaration/Medical** forms.

Medical **Ages: 16 – 17** must read the attached **Solo Student Parachutist Self-Declaration of Fitness to Parachute (115C)** signed by a parent or guardian. **Please bring the form with you on the day – do not post this to us.** However, if once you have read the form, you have any medical concerns, please see your doctor and ask him/her to sign and stamp the form if you are deemed fit. We can supply you with the appropriate form (115D) for this if required. Any doctor's signed medical form will supercede any self-declaration form. **Please bring the form with you on the day – do not post this to us.**

Ages 18 onward: Please read the "notes for parachutists" on the medical declaration form. If you have any medical concerns, please see your doctor and ask him/her to sign and stamp the form if you are deemed fit. We can supply you with the appropriate form (115D) for this if required. **Please bring the form with you on the day – do not post this to us.**

The maximum age to be allowed to undertake a First Jump is 54

No other medical certificates (e.g. pilot's medical or letter from doctor instead of completed declaration form) will be accepted. We can only accept the official British Skydiving Medical declaration form.

Persons with an existing medical condition or disability must consult the Army Parachute Association in advance to ascertain their suitability to jump. A medical form 115d must also be completed, signed and stamped by your doctor and brought with you on the day of training. Please contact our office at the above address.

Weight: Maximum weight for a First Jump is 14 stone.

PLEASE NOTE: Due to the high cost of running this course, we do need to have a minimum of six people attending. The APA reserves the right to cancel a course or to ask students to change dates if need be within a week of their course date if required. This is rare but can occur if cancellations happen. We thank you for your understanding.



ARMY PARACHUTE ASSOCIATION

Airfield Camp, Netheravon, SALISBURY, Wiltshire SP4 9SF

Telephone 01980 670734 **Military** 94321 8250
Fax 01980 671026
Email coursesmanager@netheravon.com
Website www.netheravon.com



On The Day:

How do I get to the drop zone?

We have included a map and directions to make your journey here trouble free.

Remember, our drop zone is on a military camp and the process of checking people in at the guardroom can be lengthy, especially if everyone arrives at the same time.

You will need to be at reception by 10.00am (Friday courses) 0830 (Saturday courses) to meet your instructor, so please give yourself plenty of time to book in at the guardroom.

What identification will I need to bring?

All adults, including spectators must bring photo ID. A passport or photo driving license is ideal.

Can I bring any friends?

Yes, you can bring friends and family. Please let your guest(s) know that they must bring photo ID and be mindful that your training day can be approximately 6-7 hours, so they may want to come and watch you jump only. Just check timings with your instructor when he/she needs you back for your jump.

Where to do I “check in” once I get there?

You will be directed to the drop zone where you should park in the “Visitors’ Car Park” which is clearly signposted. From there you will see a red and white checkered double decker bus – it’s hard to miss. As you walk toward the double decker bus you will see on your right an entrance to the Hangar. Once inside you will need to turn left at the first blue double doors. Our helpful staff will then register you and introduce you to your instructor.

What training is given?

This is an introductory course, which usually takes place over a weekend. (Either Friday/Saturday or Saturday/Sunday) Initially you will be required to undertake a ground-training programme, which lasts for a minimum of 6 hours and culminates in a written test.

What happens next?

You will then parachute from 3,500 feet using a Static Line Ram Air canopy, which is designed to open automatically within seconds of you exiting the aircraft.



ARMY PARACHUTE ASSOCIATION

Airfield Camp, Netheravon, SALISBURY, Wiltshire SP4 9SF

Telephone 01980 670734 Military 94321 8250
Fax 01980 671026
Email coursesmanager@netheravon.com
Website www.netheravon.com



Once you have successfully completed this First Jump, you can go on to follow the category system, which prepares you to go on to freefall. <http://www.netheravon.com/learn-to-skydive/the-category-system/>

What should I wear?

- Jeans, tracksuit, leggings or sports clothing.
- Training shoes – **NO BOOTS OR SHOES WITH HOOKS.**
- A sweatshirt in case the weather turns chilly.
- Gloves if your hands are sensitive to the cold.

Are there any “rules” we need to know about?

Yes please: To make the experience safe and enjoyable for everyone, we ask you to respect the following 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.
- Netheravon Airfield Camp has a strict “no visiting dogs on camp” policy. Therefore, we respectfully request that you leave your dogs at home.
- Smoking is not permitted within the parachute centre.
- Alcohol consumption is forbidden during the parachuting programme. However, there is a bar which opens after jumping that members are welcome to use once you have completed your jumps.
- Persons under the influence of alcohol will be unable to undertake any part of the parachuting programme.

Is there anywhere to eat?

We have a cafe on site which provides hot and cold snacks during opening hours.

The following information is very important.

Please be prepared to spend the whole weekend at the parachute centre! Every effort is made to get you into the air as soon as possible but sometimes delay is unavoidable, particularly if the weather is marginal.

Parachuting is a weather dependent sport. If you are unable to jump on the date of your course, alternative dates will be made available.



ARMY PARACHUTE ASSOCIATION

Airfield Camp, Netheravon, SALISBURY, Wiltshire SP4 9SF

Telephone **01980 670734** Military **94321 8250**
Fax **01980 671026**
Email **coursesmanager@netheravon.com**
Website **www.netheravon.com**



Parachuting does not come naturally to everyone. All aspects of ground training must be completed. The Army Parachute Association reserves the right to refuse an individual to jump.

Please note: We are always delighted to teach students coming from abroad. However, we ask that for your own safety you can speak and understand English clearly. A written test will be required to be completed at the end of training. We cannot accept an interpreter during training. The Chief Instructor has the final say when allowing students to jump, particularly if they feel this may affect your personal safety.

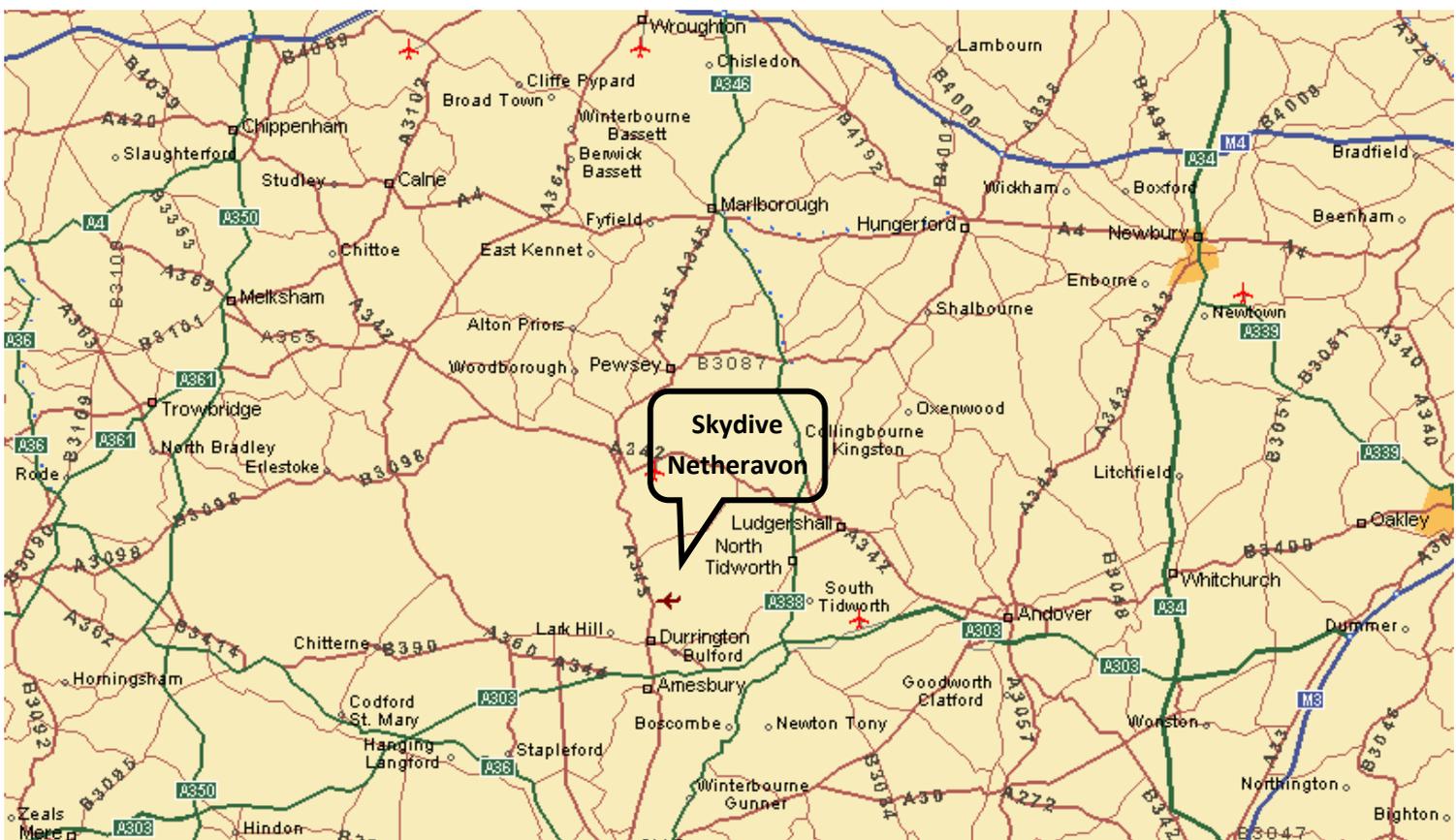
Cost

The price of your First Jump course is £220 (Civilian) or £160 (Military) (Army, RN and all CCF & ACF groups)

A deposit of £50.00 per person is required and you can pay your deposit with credit or debit card over the telephone. We can also invoice group bookings. Please call the APA on 01980 670734.

We hope we have answered all your questions and you are now fully prepared for your adventure. But should there be any addition information required, please do not hesitate to contact us. We look forward to seeing you.

DIRECTIONS TO AIRFIELD CAMP, NETHERAVON





ARMY PARACHUTE ASSOCIATION

Airfield Camp, Netheravon, SALISBURY, Wiltshire SP4 9SF

Telephone 01980 670734 Military 94321 8250
Fax 01980 671026
Email coursesmanager@netheravon.com
Website www.netheravon.com



Directions from the South Coast

Drive to Salisbury, and follow signs for the A345 towards Amesbury and Marlborough. Follow "A345 driving north" directions given below.

A303 driving West from Basingstoke

At the A303's Countess Roundabout (Amesbury), take the third exit onto the A345, following signs to Marlborough. Please follow the "A345 driving north" directions, given below.

A303 driving East from Exeter.

At the A303's Countess Roundabout (Amesbury), take the first exit onto the A345, following signs to Marlborough. Please follow the "A345 driving north" directions, given below.

A345 Driving North from Amesbury (Countess Roundabout) towards Marlborough

At Netheravon (approx. 5 miles) take the first right immediately before the 'Dog and Gun' Pub, signposted "Airfield Camp".

Take the next right at the triangular junction (50 metres).

Follow the road towards Airfield camp (600 metres).

A345 driving South from Marlborough towards Amesbury

At Netheravon turn left immediately after the Dog and Gun pub.

Turn right at the triangular junction (50 meters).

Follow the road towards Airfield camp (600 meters).

WARNING. Tom Tom and other Sat Navs will direct you to entirely the wrong place if you enter our postcode (SP4 9SF). You must approach the camp from the A345. Use **SP4 9RY** which will bring you to the lane just before the drop zone entrance.

(This form should be presented to the Parachute Training Organisation by the Participant in person immediately prior to the commencement of their training - it should NOT be sent to the British Skydiving HQ)

SOLO STUDENT SKYDIVER SELF-DECLARATION OF FITNESS TO SKYDIVE

Name in CAPITALS Date of Birth

Weight Height British Skydiving Membership Number
(May be issued on day of Training)

Skydiving (sport parachuting) is a risk sport where there is always a small but definite risk of death, injury or worsening of a pre-existing medical condition. This form is designed to help you identify whether you may be at greater than normal risk and may need to take qualified medical advice before jumping. If you can answer "True" after each of the following statements, you are allowed to sign the declaration and to continue to skydive without further advice. If you are in any doubt about your ability to sign this form truthfully, please take qualified medical advice (normally your GP or a specialist treating you). Your skydiving instructor is not able to give medical advice. If you are unable to complete the declaration, it does not necessarily mean that you cannot jump but you should first seek qualified medical advice and ask your doctor to confirm your fitness to jump using British Skydiving form 115D. **You should also check with the Parachute Training Organisation (PTO) for details of any height-weight restrictions they may have.**

Note: No person under the age of 16 years, or aged 55 years or over, will normally be permitted to carry out 'solo' student skydiving training. Exceptions to the higher age limit may be permitted if the person has previous recorded solo experience on ram-air parachutes.

I DECLARE AND CONFIRM:

I am in robust physical health and am able to exercise without restriction. I understand that being unfit or having frailty of aging will render me more prone to injury. I accept that if my weight is above the level set for my height (in the table opposite) I stand a higher than average risk of sustaining an injury on landing (approximately doubled risk for males and more than doubled for females). I know that I must check with my parachute training organisation about their individual overall weight limits.

I am not receiving any regular repeat medication, whether tablets, liquids, injections, patches or inhalers (*contraceptive medication can be ignored for the purposes of this section*). I do not have a recurrent need to use painkillers. I have never received prolonged courses of steroids or high dose steroid treatment in the past.

I understand that poor vision will endanger not only myself but also other skydivers around me. My vision is good enough to read a car number plate (made after 2001) at 20 metres. If I need glasses or contact lenses to achieve this standard, I will always wear them when. To the best of my knowledge I do not have a restricted field of vision or tunnel vision. If aged over 60 I understand I can develop serious eyesight problems without being aware of them, and that a free NHS eye test can detect this. To the best of my knowledge I am not colour blind and can easily distinguish between red and green lights, or if I do have this problem, I will always inform my current chief instructor.

I have no problems with hearing, or if I have such problems, I will ensure that my instructors are fully aware of them.

I do not have joint, back, sciatic or neck problems and have not been prone to these in the past. I have never had fractured or broken bones. I have **NEVER** dislocated a shoulder. I have not had torn tendons, ligaments or cartilages. I do not have weakness of any limbs. I have not had partial or complete loss of any limbs. I do not have rheumatism, arthritis or arthrosis.

I do not have any form of heart disease. I have never had a heart attack, myocardial infarction, coronary disease, angina, ischaemic heart disease, heart valve problems, heart failure, irregular pulse, palpitations, chest pain on exercising, peripheral vascular disease, Hypertrophic Cardiomyopathy (HOCM), cardiac pacemaker. I do not have a family history of sudden death at an early age. I do not have raised blood pressure or hypertension. If over 40 years of age, I understand that blood pressure problems are often "silent" and painless at first and that I should have had a blood pressure check with a qualified professional within the last five years.

I do not have any form of lung disease and can exercise vigorously without wheeze or unusual breathlessness. I have not been diagnosed with asthma, emphysema, chronic bronchitis, Chronic Obstructive Pulmonary Disease, fibrotic lung

NOVICES ONLY					
IMPERIAL			METRIC		
ft	in	st lb	cm	kg	
4	4	7 7	132	48	
4	5	7 11	135	50	
4	6	8 1	137	52	
4	7	8 6	140	54	
4	8	8 10	142	56	
4	9	9 0	145	58	
4	10	9 5	147	60	
4	11	9 9	150	62	
5	0	10 0	152	64	
5	1	10 5	155	66	
5	2	10 10	157	68	
5	3	11 0	160	70	
5	4	11 5	163	73	
5	5	11 10	165	75	
5	6	12 2	168	77	
5	7	12 7	170	80	
5	8	12 12	173	82	
5	9	13 3	175	84	
5	10	13 9	178	87	
5	11	14 0	180	89	
6	0	14 6	183	92	
6	1	14 12	185	95	
6	2	15 3	188	97	
6	3	15 9	191	100	
6	4	16 1	193	102	
6	5	16 7	196	105	
6	6	16 13	198	108	
6	7	17 5	201	111	

disease, pulmonary embolism (clot on the lung), pneumothorax (collapsed lung), Cystic Fibrosis. I do not use inhalers. I have not had a chest infection or pneumonia within the last 3 months.

I do not have any form of colostomy, ileostomy, urostomy, catheter, PEG, reservoir or other drainage, collection, infusion, shunt or pump device. I do not have any surgical implants or artificial joints. I have not had any surgical procedures within the last 3 months. I have not received an organ transplant. I do not suffer from anaemia.

I have never had a serious head injury or fractured skull. I do not have epilepsy or fits and have not suffered from recurrent giddiness, dizziness, faints, blackouts or loss of consciousness. I do not have Cerebral Palsy, Myositis, Muscular Dystrophy, Multiple Sclerosis, Parkinsons Disease, Motor Neurone Disease or any other progressive disease of the brain or nervous system. I have never had a stroke, transient ischaemic attack (TIA) or Vertebro-basilar Insufficiency (VBI). I do not suffer from disabling headaches.

I do not have diabetes. I do not have any form of endocrine or hormonal disease or deficiency such as thyroid or adrenal problems. I have never been diagnosed with osteopenia or osteoporosis (reduced bone strength).

I do not have a history of drug or alcohol dependence.

I do not have anxiety, depression or post-traumatic stress disorder and have neither needed to see a doctor nor needed any treatment for any of these in the last 2 years. I have never been diagnosed as having psychosis, schizophrenia, manic-depressive psychosis, bipolar disease or any other serious mental illness. I do not have a history of self-harming behaviour or suicide attempts.

I do not have significant learning difficulties, behavioural problems, ADHD, mental impairment, Down's Syndrome (Trisomy 21) or any other form of trisomy. I do not have any problems with my memory. I have not been diagnosed as suffering from dementia, Alzheimer's Disease or significant cognitive impairment.

I do not have sinus or ear disease. I do not suffer from ear or sinus pain on commercial flights. I understand that colds or sore throats may make me temporarily unfit to skydive because they increase the risk of ear or sinus pain or damage.

I have not been diagnosed as having cancer in any form.

I have not donated blood in the last 6 months, or if I have donated within the last 6 months, I have had a subsequent blood test showing my blood count is still normal.

I am not on sick leave and am not currently certified as unfit for work. I do not receive any form of sickness benefit, disability benefit or attendance allowance. I have not received a terminal diagnosis. I am not waiting for the results of any tests or investigations. I am not under medical review for any problems

To the best of my knowledge, I am not pregnant.

I do not have any form of infectious disease such as hepatitis, HIV or tuberculosis, which could pose a risk to first aiders if I was seriously injured and needed resuscitating.

If my health status changes so that this declaration is no longer valid, I will stop skydiving until I have received qualified medical advice and certification.

I understand that the purpose of this declaration is to enhance my safety and that of others around me. I know that if I am unable to complete it truthfully, or do not understand any part of the form, I must postpone any jump until I have obtained qualified advice.

I have had enough time to read (or be read) this form. I have understood it or taken appropriate advice to enable me to understand it.

Signed Print Name Date

WITNESS TO SIGNATURE (The signature above must be witnessed for skydivers aged less than 18 years. The Witness MUST be their parent or legal guardian):

Signed Print Name Date

Print Address

This form is valid for 3 years from the date of signature, provided there is no change in medical condition or injury.

For office use

NAME OF PARACHUTE TRAINING ORGANISATION (PTO) _____ DATE _____

BRITISH SKYDIVING MEMBERSHIP NUMBER (issued by PTO) _____



www.britishskydiving.org

5 Wharf Way, Glen Parva, Leicester LE2 9TF

Tel: 01162785271, e-mail: membership@britishskydiving.org

APPLICATION FOR STUDENT PROVISIONAL MEMBERSHIP (CATEGORY 3 / TANDEM / AFF LEVEL 1)

**BEFORE COMPLETING THIS FORM, PLEASE READ THE AGREEMENT CONDITIONS ON REVERSE SIDE
ALL SIGNATORIES AGREE TO BE BOUND BY THE AGREEMENT ON THE REVERSE SIDE OF THIS FORM**

An individual, training for their first skydive, is deemed to have been accepted as a Student Provisional member of British Skydiving when an Affiliated PTO has approved and signed this correctly completed application form, from the student, and is in receipt of their payment. The new Student Provisional member will receive confirmation of their membership directly from British Skydiving in due course, provided they have included their e-mail address.

*Delete as appropriate. PLEASE COMPLETE FULLY AND IN BLOCK CAPITALS

NAME (FIRST/LAST) _____ DATE OF BIRTH (DD/MM/YYYY) _____ MALE / FEMALE / OTHER* _____

ADDRESS _____

POST CODE _____

E-MAIL ADDRESS _____ WEIGHT (KILOS) _____ HEIGHT (METRES) _____

The minimum age for skydiving is 16 years

I declare that I am 18 years of age or over / Over 16 and under 18 years of age* (delete as appropriate)

SIGNED _____ PRINT NAME _____ DATED _____

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

To: British Skydiving,

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 skydiving 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 _____ PRINT NAME _____ DATED _____

APPROVAL FOR BRITISH SKYDIVING MEMBERSHIP BY PARACHUTE TRAINING ORGANISATION

AUTHORISED SIGNATORY _____ PRINT NAME _____ DATED _____

PLEASE NOTE:

British Skydiving membership includes third party insurance which is not valid in the USA or at any parachute training organisation in the UK which is not affiliated to the British Skydiving. A summary of the British Skydiving members' insurance policy can be found on the British Skydiving website at www.britishskydiving.org and is available from any British Skydiving Affiliated Parachute Training Organisation (PTO) and on request from British Skydiving HQ, telephone 0116 2785271, email: membership@britishskydiving.org

CONTINUED OVER