

# 25 TO DIVE WITH AUTISM ANGELS

go on you  
can do it!



In support with:



**AUTISM  
ANGELS**

# ALL YOU NEED TO KNOW:

## WHY JUMP FOR AUTISM ANGELS?

Parachuting is an amazing experience.

As you fall from 10,000ft in the sky, you will be making a difference to the lives of children and their families living with Autism.

We are a registered Charity with centres in the North and South of England, where we offer a range of programmes designed to balance the needs of the child as well as those of their siblings, parents, carers and teachers. This supports everyone to live an empowered life at home, work, school and beyond.

The sponsorship you raise will enable the Autism Angels Team to continue their pioneering programmes for the families as well as the continued dedicated support to the teachers.

**Thank you, your help in this is very much appreciated.**



### QUICK FACTS

- Sky Dive at 10,000 feet
- Min. Age 16  
(With Parental or Guardian consent)
- 30 minute training session
- 20 minute flight
- Reach over 120MPH
- 50 seconds of free falling
- 5-7 minute canopy flight
- £500 Min. Sponsorship
- Jumps in North and South

### FUNDRAISING

- Minimum sponsorship £500
- Autism Angels receives at least £200 when you raise £500
- Deposit of £50 on booking
- If you raise less than £500, you will need to pay for your jump - £200. But you'll easily raise that when you tell your friends and family how brave you are!
- Payment via cheque or payment link on Skyline website
- Official sponsorship form available

## WHAT IS A TANDEM SKYDIVE?

A Tandem Skydive means that you are securely attached to an experienced and qualified British Parachute Association (BPA) approved Tandem Skydive Instructor.

This means you can experience everything this has to offer without any previous experience.

There is no upper age restriction to skydiving, however if you have any pre-existing medical conditions, your Medical Declaration form must be signed and stamped by your GP.

## FEELING BRAVE?

**Sign up for our North or South jump at [25todive@autismangels.co.uk](mailto:25todive@autismangels.co.uk)**

**We are jumping at Bridlington Airfield in the north and Sibson Airfield in the south on 9th September 2017**

**go on you can do it...**



# NEED MORE INFORMATION?

## HOW LONG DOES THE SKYDIVE TAKE?

Once you have boarded the Aircraft and left the Ground it will take about 20 minutes to reach 13,000ft.

You will be securely attached to your Instructor before take-off and once the Aircraft reaches 13,000ft your turn will come to exit.

You will immediately feel the rush of 'free fall' reaching speeds of up to 120mph or more!

You will experience 'free fall' for around 50 seconds and when you reach 5,000ft your Instructor will deploy the Parachute.

You will experience the different feelings between the incredible exhilaration of 'free fall' to the calm, serene peaceful movement of the parachute descending.

You will then enjoy a 5-7 minute Canopy flight taking in the breath-taking views. Your Instructor may even let you have a go at steering the canopy!

## WHAT DO I WEAR?

Comfortable clothing such as a tracksuit and trainers is best. Slip on shoes, shoes with hooks or high hills are not to be worn.

You will be issued a jump suit, Goggles and a Hat to wear for your Skydive. It is your responsibility to bring gloves.

Don't worry if you wear Spectacles as the Goggles are especially designed to fit over them.

On top of the jumpsuit you will wear a Harness which attaches you to your Instructor.

## WHO ARE THE INSTRUCTORS?

Don't worry...you are in very safe hands! All of our Instructors are approved and registered members of the British Parachuting Association (BPA) and they are very experienced 'free-fall' Parachutist who hold up to date BPA Tandem Instructor Ratings. They have all been trained to the highest standard and have several years of experience.

On top of the jumpsuit you will wear a Harness which attaches you to your Instructor.

## ARE THERE ANY MEDICAL RESTRICTIONS?

Plenty of people with a range of medical condition and/or a Disability take part in Tandem Skydives every year.

There is not that much that will stop you, however if you have a known medical condition or disability you will have to get your GP to sign the BPA Medical Declarations form. Forms can be obtained from us before paying a deposit.

Maximum weight limit for doing a tandem skydive is 15 stone 7lbs and maximum height is 6 foot 3 inches.

## OK LETS DO THIS

**The next page is the checklist and the sign up form**

**you can do it and make a difference**



**AUTISM  
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# CHECK LIST

UK parachuting declaration form

Fitness declaration form

Doctors certificate (if required)

Sign up form (on next page)

Send deposit for £50\*

## **Northern jumpers**

send a cheque payable to **Autism Angels**, and send clearly marked as **25 to Dive North Deposit** to: Cherry Trees, Kirkby Lane, Kearby, North Yorkshire. LS22 4BR

## **Southern Jumpers**

sign up online at: <http://skydivesibson.co.uk/charity-skydiving/#full-charity-list>  
make sure you pick Autism Angels as your charity

Alternatively you can send a cheque payable to **Autism Angels**, and send clearly marked as **25 to Dive South Deposit** to: Cherry Trees, Kirkby Lane, Kearby, North Yorkshire. LS22 4BR

Set up a Local Giving Page to help raise your funds - call it SD2017

Get sponsors or fundraise - have fun doing it! Download an Autism Angels Sponsorship form here

Sort insurance cover - see below for more details

**JUMP... whoooooop!**  
**Have a year to remember.**



## What about insurance?

All jumpers will be covered by the BPA's Public Liability insurance for up to £2 Million Liability to third parties. However, this does not cover you or your dependants for personal injury or death. We would advise that you arrange personal accident insurance for your skydive

# SIGN UP FORM

## YES! I'm a DARE DEVIL and I want to jump for Autism Angels.

Don't forget if you have any questions then please email [25todive@autismangels.co.uk](mailto:25todive@autismangels.co.uk) and our co-ordinator will get back in touch with you.

Name:		
Address:		
Postcode:		
Daytime contact numbers:		
Age on date of jump:	<input type="checkbox"/>	16 - 17 years old
	<input type="checkbox"/>	18 - 39 years old
	<input type="checkbox"/>	40+ years old
<input type="checkbox"/>	My height does not exceed 6ft 3in and my weight does not exceed 15st 7lbs (please tick to confirm)	
<input type="checkbox"/>	I agree to pay Autism Angels £100 in sponsorship monies within 2 weeks prior to my jump date and a further £150 minimum in Sponsorship within 4 weeks after my jump. (Please tick)	

### I enclose the following documents:

<input type="checkbox"/>	UK Parachuting Declaration part 1 and part 2 - sent on request from UK Parachuting
<input type="checkbox"/>	Fitness Declaration
<input type="checkbox"/>	Doctors Certificate (if required) Info on following pages.
<input type="checkbox"/>	Non refundable £50 deposit to secure my place

Signed:	Date:
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# ALL THE FORMS YOU NEED:

Following on the next few pages are the following documents to help you to sign up.

**AUTISM ANGELS OFFICIAL SPONSORSHIP FORM**

**\*\* Don't forget there's a prize for the biggest fundraiser!! \*\***

**FITNESS DECLARATION**

**DOCTORS CERTIFICATE INFORMATION AND FORM**

**REMEMBER ANY QUERIES PLEASE GET IN TOUCH**

**email: [25todive@autismangels.co.uk](mailto:25todive@autismangels.co.uk)**



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