

SIA Skydiving Day – Brief Overview of day

- On arrival you will be asked to check in, present any pre-signed medical forms, or otherwise sign a fitness and medical declaration to self-certify that you are fit to take part. Members of our fundraising team will be present to help you with the process if needed - and to say hello!
- You will also be weighed (fully clothed with shoes) to make sure you are under the weight limit (15 stone)
- The time you arrive (and the order you register in) will make up the jump order for the day, so the earlier you arrive, the earlier you will jump. If you wish to jump as a group, you will be asked when registering who the other members of your group are to make sure you can take part together
- Once everyone has arrived you will be shown into the main hangar for a brief (30-45 minutes) safety briefing and training session which will explain all about the equipment used, and what to do throughout the actual jump (including take-off and landing positions)
- Once complete, you will be called in groups to suit up and prepare for the jump and will then be introduced to your instructor who will accompany you throughout.
- From there, you will be taken in your groups along the runway to a waiting plane, and once boarded you will be harnessed to your instructor ready for jump
- Once you have reached 13,000ft, you are only a bum-shuffle to the door away from the real fun!
- As you exit the plane you will reach speeds of up to 120mph, and your instructor will take over to ensure you have the best experience possible. Depending on which you prefer you can either have a gentle, serene experience, or more of an adrenaline-fueled descent (complete with some barrel rolls)!
- As you come in to land we will try and get a couple of good photos for you, and afterwards you will be very welcome to stay with friends and family to watch the other jumpers, have some food and a drink and generally relax a bit!
- You will then have completed your skydive, done great things to support SIA, and will also be a certified provisional member of the British Parachute Association!

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