

A day
I'll never
forget!

Registered Charity No. 219838



See things from a
new angle in 2019

 mind
for better mental health



We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Skydive for Mind

We're giving you the chance to try one of the most exhilarating experiences imaginable – and what's more, if you raise a minimum amount of sponsorship for us, we will pay for your skydive!

You also get to choose the location of your skydive as well as the date that suites you best.

In this pack we've included everything you need to know about taking part in a skydive for National Mind.

Please note: The information included in this pack refers to National Mind skydives exclusively. Although our Local Mind organisations are affiliated with National Mind, they are separate charities in their own right which means that they conduct their fundraising separately. Please be aware of this before signing up and when setting up an online fundraising page.

If you wish to support a Local Mind instead, please get in touch with them directly by finding your nearest one using our [Local Mind Tracker here](#).

Interested?

There are three different types of skydives. In this pack we will give you more information about each type, we will tell you about when and where you can jump as well as give you details about all the important information such as insurance.

We hope that once you have read your pack you will decide to give skydiving a go.

**** Please note that all information in this pack, including Mind being able to cover the costs of your jump once you meet the minimum sponsorship target, is only applicable if you have registered directly through the National Mind Website.****

We are partnered exclusively with the company Skyline, therefore any other skydiving companies will require you to cover the costs of your own skydive.

Any questions?

We work with a service provider called Skyline who coordinate all of our skydives. If you have any questions about skydiving please give them a call on 020 7424 5520 and they will be very happy to help.

If you have already booked your skydive and have questions about the time or place of your skydive or if you need to make changes to your booking, please call Skyline directly for this too.

If you have any questions about fundraising for your skydive please give us a call on 0300 999 3887 or email community@mind.org.uk.



The 3 types of skydive Tandem skydive

This is the most common form of charity skydive. It is the skydive where you are harnessed to a professional parachute instructor at all times throughout your descent.

Here are some important points to remember when considering a tandem skydive:

- Your jump and training will be completed in one day.
- You will be harnessed to an experienced parachute instructor at all times.
- You will jump from an altitude of 10,000 feet.
- You will freefall the first 5,000 feet.
- You will ride the parachute to the ground after you are taught how to steer onto the drop zone.
- Your landing will be controlled by your instructor.

Static-line parachute jump

If you do a static-line parachute jump you will get to jump from an altitude of 3,000 feet on your own. The jump is called a 'static-line' jump because the moment you step into the aircraft you are securely attached to a line that automatically opens your parachute for you as you exit the aircraft.

Here are some important points to remember when considering a static-line parachute jump:

- You will spend one day training for your jump where you will learn about equipment, exiting the aircraft, checking your canopy, reserve drills and how to control your landing. Your jump will then take place on the following day.
- When you jump you will be closely supervised by professional parachute instructors.
- You will be securely attached to a static line which is designed to automatically open your parachute for you.
- If the weather prevents you from doing your jump once you have done your training, you will have up to two months to complete your jump.
- On completion of the training course you will receive a British Parachute Association approved certificate and if you use the latest square parachute design, you are one step closer to becoming a fully qualified skydiver.

Accelerated freefall

If you are feeling really adventurous you can jump solo from 10,000 feet. In order to do this jump you will need to take the first part of a professional skydiver's course, which is known as 'accelerated freefall' (AFF Level 1 for short)

Here are some important points to remember when considering an accelerated freefall:

- You will spend one full day undergoing theoretical and practical training.
- If the instructors are satisfied, the following day you will make your solo skydive from 10,000 feet.
- Two qualified instructors will jump alongside you and will be by your side while you freefall to approximately 5,000 feet.
- At 5,000 feet you will pull your parachute canopy where you will then guide yourself down to your landing. This will be done with support by the drop zone ground control.
- You will receive a certificate on completion as recognition of completing level 1 accelerated freefall.

Skydiving for free

All we ask is that you raise a minimum sponsorship amount and in return we will cover the costs of your skydive. You will then be able to experience this amazing challenge for free.

Due to the varying costs, each type of skydive has a different minimum sponsorship target. We ask for a minimum sponsorship amount to ensure that we are able to cover our own costs and at the same time make sure that we make enough money to support our services.

Here are the costs

Tandem skydive = £395 minimum sponsorship + £70 deposit

Static-line parachute jump = £360 minimum sponsorship + £70 deposit Accelerated

freefall = £535 minimum sponsorship + £70 deposit

Here's how it works in practice.

On booking your skydive you will be required to pay a £70 deposit. Although you must pay this, you can claim it back from us once you have reached your minimum sponsorship target.

As soon as you reach your minimum fundraising target we will pay for your skydive. If you are fundraising offline, we need to receive this money before we pay any costs. If you are raising money online, we just need you to notify us when you have reached your fundraising target.

Don't worry if you think this is a lot of money to raise. We will be here to support you every step of the way and will provide you with lots of fundraising tips and advice. Once you sign up to do your skydive we will send you out our fundraising welcome pack, which is full of information that will get your fundraising campaign off to a brilliant start.

If you are paying for the skydive yourself, prices vary from airfield to airfield and on the type of skydive that you choose to do. You will be required to make your payment to the airfield on the day of your skydive – but you will receive further information about this on booking.

And to sum all that up

	Tandem skydive	Static line	Accelerated freefall
Minimum sponsorship level	£395	£360	£535
Jump altitude	10,000ft	3,000ft	10,000ft
Deposit	£70	£70	£70
Duration	1 day	2 days	2 days
Jump solo or with instructor	With an instructor	Solo	Solo
BPA approved certificate	✓	✓	✓
Comments	Ideal if you want to experience a 120mph freefall without having to do a day's training	For those who want to jump solo and also take the first step towards jumping regularly	First level of a professional skydiver's course!

What next?

Now all you need to do is decide when and where to do your skydive. The map on the following page shows the location of all the airfields.

All our skydives take place at British Parachute Association approved centre across the UK. Once you have chosen when and where you would like to make your skydive,

please make a note of it on the enclosed reservation form and Skyline will do their best to accommodate your requests

Here's where you can do your skydive

	Tandem	Static	AFF
1 Cornwall	✓ <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Honiton	✓ <input type="checkbox"/>	<input type="checkbox"/>	✓ <input type="checkbox"/>
3 Salisbury	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>
4 Maidstone	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	<input type="checkbox"/>
5 Cirencester	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>
6 Swansea	✓ <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 Brackley	✓ <input type="checkbox"/>	<input type="checkbox"/>	✓ <input type="checkbox"/>
8 Cambridgeshire	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>
9 Norwich	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>
10 Beccles	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>
11 Nottingham	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	<input type="checkbox"/>
12 Whitchurch	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	<input type="checkbox"/>
13 Brigg	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>
14 Lancaster	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>
15 Grange-over-Sands	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	<input type="checkbox"/>
16 Durham	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	<input type="checkbox"/>
17 Coleraine	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	<input type="checkbox"/>
18 Perthshire	✓ <input type="checkbox"/>	✓ <input type="checkbox"/>	<input type="checkbox"/>
19 St Andrews	✓		<input type="checkbox"/>



Now for the important information

Skydiving is classed as an extreme sport, so it does have some restrictions you should consider.

Age and Weight restrictions

	Tandem Skydive	Static Line	Accelerated Freefall
Age	16 years and over	16 to 50 years inclusive	16 to 50 years inclusive
Weight	Under 15 stone	Under 15 stone	Under 15 stone

Please note that for all skydives your weight should be roughly in proportion to your height and some centres have lower weight limits – please contact Skyline if you do have any queries regarding weight.

Medical restrictions

The principal medical restrictions for all skydives are diabetes, epilepsy, fits, recurrent blackouts, heart or lung disease, some mental health conditions and some cases of asthma. Pre-existing conditions will not necessarily prevent you from taking part but please do inform Skyline of any conditions as this may affect the location of your skydive.

Whatever your age, weight or medical history is you will be required to sign a medical form before your jump declaring your fitness to take part.

If you are under the age of 18 you will need the medical form signed by a parent or guardian and if you are aged 40 and over, or have a medical condition, you will need it to be signed by your doctor.

Skyline will send out your medical form once they have received your reservation form.

And insurance?

You will automatically be covered for up to £2,000,000 third-party insurance but this will not cover you for personal injury. You can arrange your own personal injury insurance through a broker of your choice or contact Skyline who will provide you with a Personal Insurance Form.

What next?

Now all you need to do is complete the Skyline reservation form online by copying the following link into your browser:

<https://www.skylineregistrations.co.uk/parachuting/booking.aspx?clientid=508&ad=true>

Skyline will then arrange the time and date of your skydive with your chosen airfield and confirm the details with you. They will also let us know that you have chosen to

support Mind through your skydive, so you will receive a Mind fundraising welcome pack about two weeks after you register.

We think you're great

We're Mind, the mental health charity for England and Wales. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now. We're on your doorstep, on the end of a phone or online. Whether you're stressed, depressed or in crisis. We'll listen, give you advice, support and fight your corner. And we'll push for a better deal and respect for everyone experiencing a mental health problem.

With your support we can ensure that everyone with a mental health problem has somewhere to turn for advice and support.

Mind Infoline 0300 123 3393

