

A man and a woman are skydiving together, smiling broadly. They are wearing blue jumpsuits and helmets. The man is in the background, and the woman is in the foreground. A thick, purple, chalk-like graphic line curves across the right side of the image. The background is a clear blue sky with some light clouds.

 mind

**See things from
a new angle!**

**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 Mind.

Interested?

There are two 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.

Any questions?

We work with a service provider called, Skyline, who coordinate 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 questions about skydiving please give them a call on 020 7424 5520 or email info@skylineevents.co.uk and they will be very happy to help

The 2 types of skydiving

1 Tandem skydive

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.

2 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.



Sponsorship targets and deadlines

All we ask is that you raise the minimum sponsorship amount for your chosen skydive two weeks prior to your chosen jump date. This is because it's at this point when our event partner invoices us for the cost of your jump. Then Mind will be able to cover your jump costs (roughly a 50/50 split for your charity fundraising and cost of the jump.)

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.

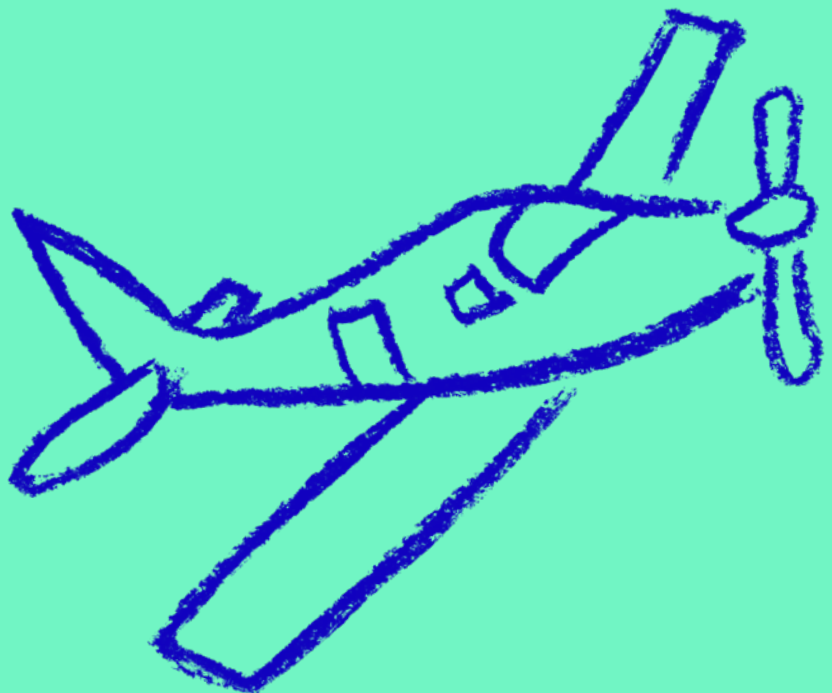
Here are the costs

Tandem skydive

£500 minimum sponsorship
+ £70 booking fee

Accelerated freefall

£600 minimum sponsorship
+ £70 booking fee



Here's how it works in practice

On booking your skydive you will be required to pay a £70 to secure your skydive place.

As soon as you reach your minimum fundraising target (ideally at least two weeks prior to your chosen jump date), 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 - on average our skydivers raise above £500 and 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.

To get you started, we recommend setting up an online fundraising page with [Just Giving](#). It is very simple to set up, just click on the link above and you'll be guided through the process to set-up up your page. All donations made on this platforms come straight to Mind automatically (make sure to select **National Mind, reg. charity no. 219830**) but do feel free to check in with us and we can support you.

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. We'll still be here to support you all the way!

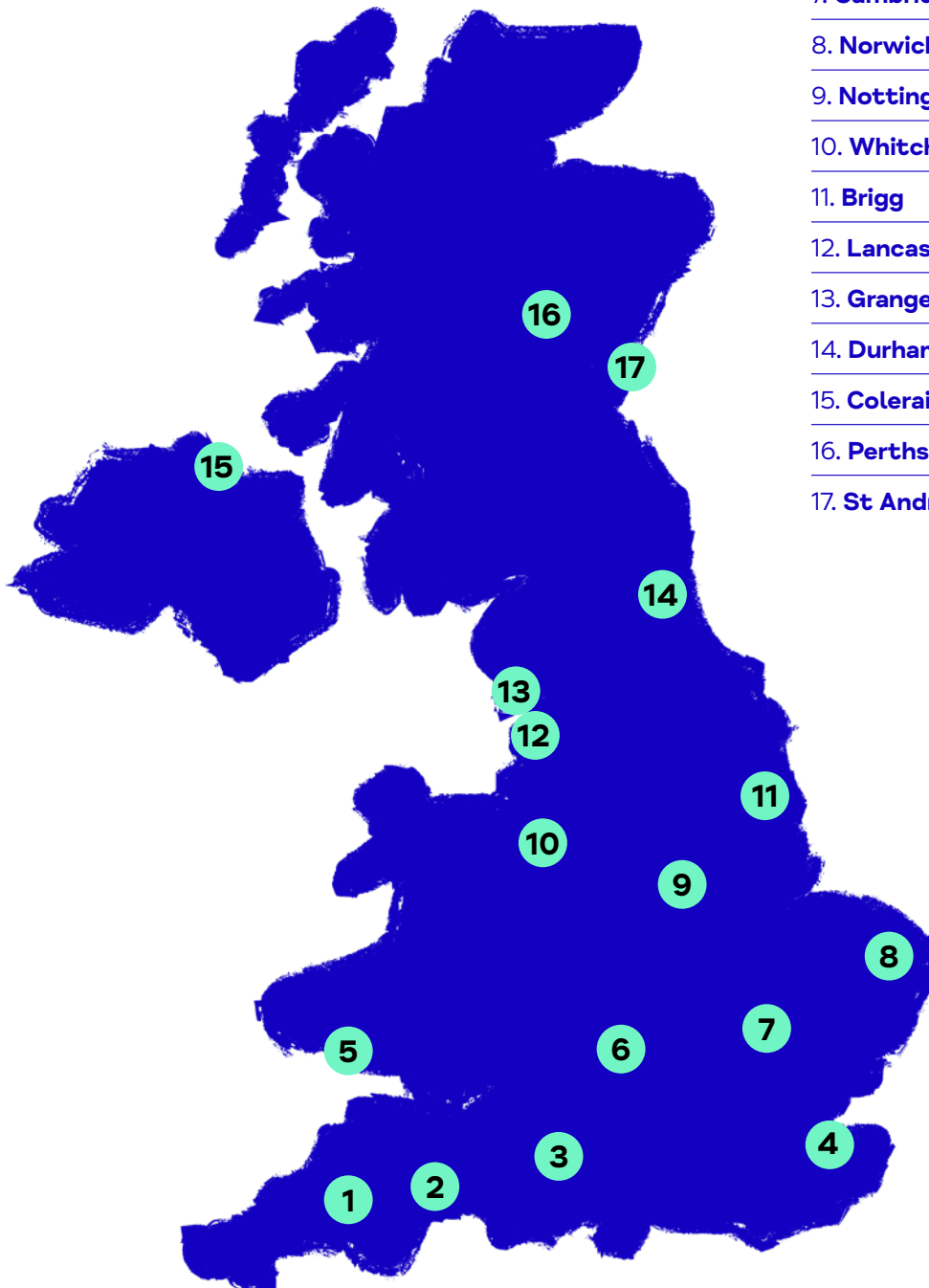
And to sum all that up

	Tandem skydive	Accelerated freefall
Minimum sponsorship level	£500	£600
Jump altitude	10,000ft	10,000ft
Booking fee	£70	£70
Duration	1 day	2 days
Jump solo or with instructor	With an instructor	Solo
BPA approved certificate	Yes	Yes
Comments	Ideal if you want to experience a 120mph freefall without having to do a day's training.	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 below 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	AFF
1. Cornwall	•	
2. Honiton	•	
3. Salisbury	•	
4. Maidstone	•	
5. Swansea	•	
6. Brackley	•	
7. Cambridge	•	•
8. Norwich	•	•
9. Nottingham	•	
10. Whitchurch	•	
11. Brigg	•	•
12. Lancaster	•	•
13. Grange-over-sands	•	
14. Durham	•	
15. Coleraine	•	
16. Perthshire	•	
17. St Andrews	•	

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	Accelerated Freefall
Age	16 years and over	16 to 50 years inclusive
Weight	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 following this link, and then clicking the register button.

www.mind.org.uk/skydive

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. We're here to fight for mental health.
For support, for respect, for you.**

We change minds across England and Wales by making mental health an everyday priority. We support minds – offering help, information, advice and local services. And we connect minds. Bringing together people who care about mental health to make a difference.

Join us. Together we won't give up until everyone experiencing a mental health problem gets both support and respect.

Mind Infoline: 0300 123 3393

mind.org.uk

Registered Charity No. 219830