



Hi there,

Thank you for your enquiry regarding our Accelerated Freefall (AFF) courses for the complete beginner.

**So why book your skydive with us?**

**We are professional skydivers not desk jockeys and are always here to answer your questions and give you honest and accurate advice from 8am – 8pm 7 days a week 365 days a year.**

Your attention is drawn to the guidance notes to help you book your jump.

It is preferable to give as much notice as possible to book your jump, particularly if you want to jump on one of the busy summer weekends and/ or with a group. Your deposit (see DZ listing) will enable London Parachute School to start processing your order, full payment is required on the day of your jump (in some instances the balance must be settled prior to the jump date).

If you would like to jump at very short notice, please book by phone on 01494 459500.

**Booking your Skydive is Easy!**

- 1. Read the info**
- 2. Complete and send us the booking form and deposit.**
- 3. We will send you confirmation and directions to your nearest Drop Zone.**



**AFF COURSE**

The Accelerated Freefall (AFF) course is a progressive fast track skydiver training programme, which takes you from complete beginner to Category 8 qualified skydiver in 8 jumps. Your course starts with a day of ground training with your AFF instructor on equipment, aircraft exit, freefall, in air training signals and parachute control. On Level 1 of the course you are assisted by two AFF instructors who stabilize you and train you with in air signals until you are freefalling with more confidence.

By Level 5 you are jumping with one instructor. Level 8 is your first solo exit from the aircraft. This course is fairly intensive and you will need to be committed and determined. Levels 1 to 7 are from 12 000 feet and Level 8 is from 5 000 feet. **You can purchase Level1 only, or as the complete course.** Questions? We're here to help, so please don't hesitate to get in touch.

**LEVEL 1 AFF.**

It is possible to do level 1 as a course in itself. This enables you to experience freefall without being attached to an instructor by harness as in tandem. It can also provide an opportunity to see if the sport of skydiving is for you, before you commit yourself to a full 8 level AFF course. Level one includes 6 hours ground training, equipment and the jump.

Level 1 from £375

## **The Full Accelerated Freefall Course**

UK from £1400 Abroad from £1300



### **TRAINING**

The first day of the course is dedicated to ground school; which consists of a 6 hour training session, split between theory and practical.

Level 1. Your first jump is with two instructors and is designed to teach you the basics; exits, stability, altitude awareness and control of the parachute canopy. Three practice ripcord pulls, altitude awareness and the actual pull, are all part of this jump. The instructors hold on to you throughout the freefall portion of this jump. Radio assistance is given under canopy during the descent and landing if necessary.

Level 2. As level 1 but with only 2 practice pulls and a turn to the left and right.

Level 3. Instructors 'release' you, allowing you to fly alone, but staying in close proximity to re-grip and provide assistance if necessary.

Level 4. Exiting with just one instructor holding on exit, 180 degree left turn and 180 right and forward movement.

Level 5. One instructor holds you on exit, 360 left turn, 360 right and forward movement.

Level 6. Dive exit with instructor following. Back loop, delta track, 360 turn and delta track.

Level 7. Dive exit instructor following. Back loop, delta track, 360 turn left, 360 right.

Level 8. Solo exit from 5,000 feet, followed by deployment of your canopy within a few seconds.

This familiarizes you with a lower exit altitude and a faster pull.

On completion of level 8 you graduate from AFF. Following graduation you must make 10 further jumps, called consolidation jumps, under the guidance of an AFF instructor. These jumps allow you to practice what you have learnt on your own. On completion you are qualified as a category 8 skydiver and can join in with the regular skydivers and start to have some serious fun.

## **EQUIPMENT.**

Everything you need is provided. All parachuting equipment is state of the art, and is specifically designed for sport use, with both safety and comfort in mind. Two parachutes (a main and a reserve) are always carried. Modern streamline parachute equipment places both main and reserve parachutes on your back using a container and harness which is light and comfortable to wear. Student equipment also has an automatic actuating device fitted to the reserve parachute for additional safety.



## **AFF COURSES ABROAD**

With the potential for unreliable weather, it can save you time and money to do your course abroad. You can choose from many European and USA drop zones, having a great holiday as well as learning to skydive! All our packages are fully inclusive of accommodation, training, equipment and third party insurance. With London Parachute School you get 5 star treatment all the way. Accommodation is typically B&B or self catering apartments. Training and equipment - we provide it all. Once qualified its time to celebrate! Packages for non-jumpers (ie. friends and families) are available and our chosen venues for training have many local attractions. We're here to help, so if you want more information please don't hesitate to get in touch.

## **Terms and Conditions**

It is the person paying for the skydive that is required to sign the terms and conditions. If this person is not the skydiver then they have the responsibility to ensure that the skydiver is aware of all points laid out in the terms and conditions. Particularly those points pertaining to the skydivers suitability and fitness to jump, and the forbidding of the consumption of alcohol on the day of the jump.

## **Booking Form**

In order to book your skydive complete the details on the booking form, sign the terms and conditions and enclose deposit, send it to:

London Parachute School Ltd, 31 Green Street, Hazlemere, Bucks, HP15 7RA. Once received we will send you confirmation, directions and details specific to your chosen Drop zone.

### **Skydivers Medicals and Consent Forms**

On the day of the jump all skydivers will be required to complete the British Parachute Association Student Parachutist Declaration of Fitness. If the jumper is over 40, or has a medical condition that may affect their ability to freefall or parachute safely then they will require a doctor's certificate to be completed in advance. If the skydiver is aged 16 or 17 they will need their parent or guardian to sign their medical form and a consent form. We will have enclosed the medical and consent forms if we knew you needed them, but if we have not and you now think it may be required then please let us know as soon as possible. Medicals and consent forms need to be kept by the skydiver and taken to the drop zone on the day. You can contact us for these forms or download them at [www.londonparachuteschool.com](http://www.londonparachuteschool.com).

### **Sponsored Charity Jumps**

Raise £400 and you jump for free. Tandem and RAPS courses available at 21 Centres nationwide.

What a great opportunity to raise some money for a good cause and have the experience of your life at the same time.

At London Parachute School we work in direct partnership with 3 charities per year. All the funds you raise over and above the cost of your skydive will go straight to the charity. London Parachute School cover all the extra administration costs incurred and are dedicated to ensuring the charities receive maximum funds.

Please contact us on 01494 459500 to find out more about these worthy causes, or download the info pack at [www.londonparachuteschool.com](http://www.londonparachuteschool.com)

If you would like to jump for any other charity be sure to download the 'Any Charity' info pack.

### **Organising a Group**

If you are organising a group all our correspondence will be via yourself, but we will happily speak to any individuals if they wish to discuss something in person. For groups of 5 or more contact us for a discount.

### **Skydiving Gift Vouchers, Gift Packs and Surprise Jumps**

Our gift vouchers and gift packs are available for tandem, RAPS and AFF level 1 courses. There is no extra charge for the Gift Voucher.

Our Gift Packs are an extra £9.95 and include the Jump voucher, T-shirt and £20 off voucher (any future course). The pack is personalized, gift wrapped and sent Special Delivery.

If you wish to organise the whole jump as a surprise then you may fill in the skydivers details, preferred date and location on the form yourself. You need to consider the jumpers age and health as a BPA medical form may have to be completed in advance by their doctor. There can be no exceptions to the BPA rules on this I'm afraid, and this could unfortunately thwart your plans to surprise

### **FAQ's Restrictions and Exclusions – Full list on website**

Age – Minimum age 16 (16 – 18 with written consent from parent or guardian). Those over 50 will not usually be accepted for AFF or RAPS but there is no upper age limit for Tandem skydives. Weight – 96 kilos or 15 stones. Fitness and Health - A fair level of fitness is required for AFF and RAPS but not necessarily for Tandem skydives. If you are over the age of 40 you will need your doctors approval, we will send you the relevant documentation for your doctor to sign. Under the age of 40 you may sign a self declaration of fitness. Weather - Skydiving is weather dependant! Cloud – Good visibility and broken cloud is required for all forms of skydiving, and the cloud base should be no lower than your parachute deployment altitude. Wind – The maximum ground speed for Tandems is 20kts and for Raps and AFF 15kts. Check with your chosen club the afternoon before or morning of your jump for a weather update, don't rely on TV or radio. Disabilities - If you are disabled this does not mean you cannot skydive. Contact us for more details. Insurance - On registration at the club on the day of your skydive you will automatically be covered by 3rd party insurance, if you would like to take further personal injury cover, We recommend Harrison Beaumont Ltd 01993 700 200. Safety - All our chosen clubs are regulated by the BPA British Parachute Association, to ensure that equipment and training is of the highest standards. All Student and Tandem

skydivers wear a dual parachute system, where if the main parachute should fail there is a reserve parachute, which is easily deployed. Student and Tandem equipment are also fitted with an automatic reserve parachute-opening device (Cypres or FXC) this is in case of extreme emergency and this device is governed by speed and altitude. Glasses and Contacts - Our goggles fit comfortably over your glasses, and contact lenses are no problem Breathing in freefall - On exiting the aircraft you may gasp for breath for a second but will soon find yourself breathing normally. How fast will I fall? - This varies, but you can expect to be falling around 120mph during freefall. What should I wear? - If it's a cold day wrap up warm not bulky as you will be provided with a jumpsuit to wear over your clothes. On a hot day a t-shirt and trousers/shorts are ample. Trainers are recommended, do not wear any open toed shoes ie sandals. We're here to help, so if you want more information please don't hesitate to get in touch.

## **THE LONDON PARACHUTE SCHOOL TEAM**