



# Charity Skydive

## Participant Pack

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**Date of the Event** – 6<sup>th</sup> April 2019

**Location** – Skydive Langar,  
Control Tower, Langar Airfield, Langar,  
Nottinghamshire, NG13 9HY

**Registration Fee** - £60 (non-refundable)

**Minimum Sponsorship** - £400  
(to be raised by 22<sup>nd</sup> March 2019)



**Your bravery will help a young person  
leave homelessness behind for good!**

## About the Challenge

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Experience the adrenaline rush of free fall at 120mph and then soak up the bird's eye view as you float back down to earth. Now's your chance to join our tandem jump with highly experienced instructors and help The Y raise funds for homeless young people.

### On the Day

On arrival you'll meet your instructor who will take you through your training and provide you with your jumpsuit and harness. You'll ride up to altitude in a Cessna Grand Caravan aircraft that has been specially converted for skydiving. During the 20 minute flight you can enjoy the beautiful views of the British countryside.

You and your instructor will exit the plane at approximately 13,500ft and you will freefall for about 45 seconds, reaching speeds of over 120mph. At 5,000ft your instructor will deploy the parachute slowing you down for a gentler ride, during which you'll be able to try steering. Your instructor will take control for the landing and debrief you afterwards.

### How long will the event last?

The arrival time for our Skydive is 10am. Please be aware that the weather can delay your jump time significantly, therefore you must be prepared to be waiting around and you are advised to allow the whole day for the experience. If the jump is postponed due to weather you'll be able to choose another date subject to availability.

## Registration and Payment

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Please register for the event and pay your non-refundable £60 registration fee via:

- [www.leicesterymca.co.uk/events/charity-skydive/](http://www.leicesterymca.co.uk/events/charity-skydive/)  
(please note there is a 75p booking fee for online payments only)
- phone 0116 255 6507 to pay by credit/ debit card
- in person by card, cash or cheque (payable to Leicester YMCA) at 7 East Street, Leicester, LE1 6EY



## **Age Suitability & Medical Assessment**

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The minimum age is 16, with parental consent required for 16 – 17 year olds. There is no maximum age.

There is a maximum weight (fully clothed) of 15 stone (95kg) for those over 5ft4in (163cm) or 13 stone (82.6kg) for those 5ft4in. This limit is in place for your own safety and that of the instructors.

You must complete the British Parachute Association's medical self-declaration form 115A for a tandem jump. We advise you to read this as soon as possible to give you time to seek medical advice if required. If you have a medical condition we will also require form 115B to be completed by a medical practitioner.

For FAQs about completing the medical questionnaires please visit:

<https://www.bpa.org.uk/staysafe/student-tandem-medical-frequently-asked-questions/>

We will send you all relevant forms on your registration. Please return your signed forms to The Y's fundraising team by **Monday 24<sup>th</sup> September**.

## **Insurance**

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You will be covered by third party insurance through mandatory British Parachute Association membership included in the cost of your jump. This does not cover you for injury to yourself, only for damage or injury that may be caused to others during your skydive (e.g. landing on a farmer's crops).

If you require personal accident cover, you must arrange this independently in advance. For example visit [www.sky-cover.co.uk](http://www.sky-cover.co.uk) or [www.jumpcover.com](http://www.jumpcover.com)

## **Raising sponsorship**

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The minimum sponsorship target of £400 has been set to cover the remaining cost of the skydive (approximately £170) and to ensure enough funds are raised for homeless young people.

The minimum sponsorship should be raised on-line or paid in to The Y by **22<sup>nd</sup> March**. If you don't manage to reach the target you can still take part if you can make up the difference yourself.

We will be here to support your fundraising efforts, give tips and answer any questions, so we hope that raising money will be plain sailing and fun! Here are some ways to generate support:

### **On-line**

The best place to start is with an on-line personal fundraising page. We recommend Just Giving as it enables you to set up your own TEXT to DONATE number. The Y is also registered on Facebook and BT Donate. All of these sites will automatically claim gift aid on our behalf and send the money directly to us. Please contact us if you would like to set up with a different provider as there may be additional costs.

To set up your fundraising page visit:

[www.facebook.com/TheYCharity/fundraisers](http://www.facebook.com/TheYCharity/fundraisers)

[www.justgiving.com/leicester-ymca](http://www.justgiving.com/leicester-ymca)

<https://mydonate.bt.com/charities/theY>

Tips for a good page:

- Always set your fundraising target – people like to see how well you are doing against your goal
- It really helps to personalise your page - add a photo of yourself and a few lines to tell people why this is a big challenge for you!
- Tell people about the cause!

### **Printed materials**

The Y has sponsor forms available for you to download and print at home, or just contact us to receive some in the post. Try and get the money up front when people sponsor you to save chasing after the event.

### **Fundraise**

There are lots of ideas and ways to raise the money – you don't have to just ask people cash, you could also consider running a small fundraising events of your own.

### **Tell the world**

You are doing something quite amazing – make sure you tell EVERYONE! Use social media to promote your sponsorship page and share it amongst colleagues, friends and family, even your local newspaper or radio station!

### **The cause**



The Y's vision is for every homeless young person to have a safe place to call home and the support they need to create lasting change in their lives

For a young person we know that having a roof over their head is only the first step towards building their resilience and aspirations. Many have experienced trauma, abuse, bereavement or family breakdown and arrive at The Y with low educational achievement, poor mental health and low self-esteem.

120 young people are housed by The Y every night where they get help to deal with their problems and develop the skills to live independently.

### **Examples of how your money can help**

£10 will buy a welcome pack of essentials when a young person arrives with no belongings

£80 could buy interview clothes and shoes

£275 could pay for a month of specialist support for a young person who has suffered abuse

**You will be helping a young person to leave homelessness behind for good!**