



## **AFF INFORMATION PACK 2024**

Within this pack you will find the information you need ahead of your course.

**MEDICAL** All students must have a valid medical declaration. If you are unable to Self-Declare Fitness, you will require a Solo Student Doctor's Certificate signed by your GP. This form can be obtained from the British Skydiving website or the APA office.

**AGE** You must be over 16 and under 55 years old to carry out ground training in the UK.

**WEIGHT LIMIT** The weight limit at the APA is 90kg (14st).

**UNDER 18'S MUST HAVE THE SOLO STUDENT SELF-DECLARATION OF FITNESS AND APA ONLINE WAIVER SIGNED BY THEIR PARENT OR LEGAL GUARDIAN.**

**DOGS** Netheravon Airfield Camp has a strict "NO VISITING DOGS" policy. We request that you leave your dogs at home. If you bring your dog you may be turned away.

**SPECTATORS** You may bring friends and/or family members. Please let them know to bring photo ID. You will need to book them in via a link which you will receive the week of your jump. The training can take around 7 hours so they may wish to join you later for the jump.

**FACILITIES** We have a canteen on site which provides hot and cold food and drinks from 8am. Alcohol consumption is forbidden before your jump. The canteen is not always open on a Friday afternoon.

**WEATHER** The weather in the UK can be unpredictable and there are times we may not be able to jump. As a minimum we need to be able to see the ground from the plane and the wind gusts to stay below 15 knots.

**GROUND TRAINING** Once documentation has been checked you will meet your instructor. The ground training can take around 7 hours. Parachuting does not come naturally to everyone, all aspects of the ground school must be successfully completed and the instructor reserves the right to refuse an individual to jump. You must speak and understand English clearly. Your jump may happen the day after your ground training, where this is the case you will have a refresh session before you get ready for your first solo parachute jump from 3,500ft!

If you are unable to complete your jump in the same weekend you have 3 months to return before additional ground training is required.

**WHAT TO WEAR** You will need to wear something comfortable as there are practical elements to the ground training. Trainers are preferred. We recommend bringing layers in the cooler months.