



British Heart
Foundation



HEART FLYERS

Take to the skies to save lives

**FIGHT
FOR EVERY
HEARTBEAT**

bhf.org.uk



**The butterflies.
The rush.
The sudden silence.
The breathtaking views.**

**Saving lives has never been
SO EXHILARATING.**

Our popular Heart Flyers scheme gives you the chance to experience the unbeatable thrill of a tandem skydive – all the while helping to make our groundbreaking heart research possible.

Picture yourself at the edge of an open doorway, 10,000 feet in the air, peering down at the distant fields. Now imagine the rush of freefalling 5,000 feet through the sky, the tranquillity as the parachute deploys, the breathtaking views as you glide to earth. And the elation of knowing you're helping to break new ground in heart research.

That's what being a Heart Flyer is all about.

What does a tandem skydive involve?

- You choose the skydive venue and jump date that suits you best.
- Your training and tandem skydive are completed in one day.
- You are harnessed to an experienced parachute instructor at all times.
- You jump from at least 10,000 feet – just like the professionals.
- You freefall down to 5,000 feet – falling through the air at up to 120mph.
- You may get to learn how to steer the parachute.
- The landing is controlled by your instructor.
- You receive a certificate to prove you have completed a two-mile high tandem skydive!
- And after paying your registration fee, all you need to do is raise a minimum of £400 sponsorship money! This will cover the cost of your jump, a small fuel surcharge and sponsorship.

**Find triathlons tedious?
Marathons monotonous?**

Then raise the bar a little higher...

10,000 FEET HIGHER.

How does the scheme work?

We've teamed up with UK Skydive, one of the country's largest tandem skydive operators and owners of one of the UK's busiest drop zones, to bring you this once-in-a-lifetime experience. They will co-ordinate your jump, wherever you live.

When can I jump?

You can take part in a tandem skydive any time during the year, weather permitting. On the registration form at the back of this leaflet, you can select three dates. UK Skydive will try to book your first choice, but if not, then one of your other choices.

Once your jump date is confirmed, we'll send you a fundraising pack with resources and tips to help you with your fundraising.

Where can I jump?

There are 21 British Parachute Association-approved centres you can choose to jump from.

Country	County	Drop Zone
England	Cambridgeshire	March
	Cambridgeshire	Peterborough (Sibson)
	Cornwall	Perranporth
	Count Durham	Darlington (Tees Valley)
	Cumbria	Grange Over Sands (Clark)
	County Durham	Peterlee
	Devon	Honiton
	East Yorkshire	Bridlington
	Lancashire	Lancaster (Cockerham)
	Lincolnshire	Hibaldstow
	Northamptonshire	Brackley
	Nottinghamshire	Nottingham (Langar)
	Oxfordshire/Berkshire	Reading (Ipsden)
	Shropshire	Tilstock
	Suffolk/Norfolk	Norwich (Beccles)
	Wiltshire	Swindon
	Wiltshire	Netheravon
Wales	West Glamorgan Fife	Swansea
Scotland	Fife	St.Andrews
	Perthshire	Auchterader(Strathallan)
	Perthshire	Errol
Northern Ireland	Coming soon	Please contact us

How much do I have to raise?

To take part in a tandem skydive, you'll need to pay your registration fee, and raise a minimum sponsorship of £400.

Amount	Payable
£50 non-refundable deposit (initial jump fee payment)	At the time of registration
£400 minimum sponsorship money. This covers the remainder of the jump (£185), a small fuel surcharge (£5-£30 depending on drop zone), and a minimum sponsorship amount to fund the BHF's fight against heart disease (£185+).	Two weeks prior to the date of the jump

Fuel surcharge

Due to the unpredictable price of aviation fuel, some drop zones apply a fuel surcharge, normally £5-£30. If this is the case at the airfield you've chosen, UK Skydive will get in touch to let you know before processing your booking.



Are there any age and weight restrictions?

You have to be at least 16 years old to jump – if you are over 16 but under 18, you'll need your parent's or guardian's permission. There is no upper age limit for a tandem skydive.

Most drop zones require jumpers to weigh 15 stone or less, but this can be lower or higher depending on the airfield, your gender and your body mass index.

Will I need to fill out a medical form?

You will be required to complete a Declaration of Fitness form before your jump, confirming you're able to take part.

There are some restrictions in relation to medical conditions like diabetes, epilepsy, fits, recurrent blackouts, heart or lung disease, mental illness and some cases of asthma. Full details are given on the form, but if you have one of the medical conditions listed, you will need to get the form signed by your GP, whatever your age.

If you are aged 16 or 17 years old, you will need your parent or guardian to sign the form.

UK Skydive will send you the Declaration of Fitness form after they receive your booking, but it is available to download via our and UK Skydive's websites.

Other frequently asked questions

What about insurance?

If a UK resident, you'll automatically be covered by the British Parachute Association's Public Liability insurance for up to £5,000,000. However, this insurance doesn't cover you for personal injury or death. The British Parachute Association recommends that tandem skydivers take out their own personal accident insurance cover through their own insurance broker or one of the insurers listed on their website bpa.org.uk

Can I raise my fundraising target online?

Absolutely. You'll need to let us know that's what you plan to do when you register though. And you'll need to raise the minimum sponsorship of £400 online two weeks before the date of your jump. That way we're able to cover the cost of your tandem skydive.

Can I organise a group jump?

A number of people chose to jump with friends or work colleagues, if you would like to do that please send your registration forms in together by post along with a covering note. Be aware that jumping slots can book up quite quickly during the summer, so please give UK Skydive as much notice as possible.



Can I film my jump?

Most drop zones have professional cameramen available to capture your big moment. Video or photographs make a great lasting reminder of your day – as well as provide proof to your sponsors that you actually did it! If you'd like to have your jump filmed – which you will have to pay for – contact your drop zone in advance to find out what's available and how much it'll cost. Generally, it costs between £100 and £180.

How do I book my skydive?

Just complete the registration form at the end of this leaflet or online at **bhf.org.uk/skydive**

Can I pay for the whole cost of the tandem skydive?

Sure. Some people decide to pay for the whole cost of their jump out of their own money, so that everything they fundraise goes towards our life saving work. If you would like to do that, or you've already paid for a place yourself, do let us know.

What if I have more questions?

If there's anything else you'd like to know, give us a call on **0300 330 3322** or email **heartflyers@bhf.org.uk**.

If you would like to speak to one of the professionals at UK Skydive, give them a call on 0800 009 3014 or email **office@ukskydive.com**

SAVING LIVES – HANNAH’S STORY

Why did you choose to jump for the BHF?

“At just 10 days old I was rushed to hospital by my parents after turning blue. Doctors found my body was not able to take in the oxygen it needed because I had been born with a life threatening heart defect. I had to have a surgical procedure to help my heart to receive the oxygen it needed and then open heart surgery when I was just seven months old. Although I don’t remember much, I have the scars on my chest as a daily reminder.

“Before the BHF, only one in five babies with heart problems survived more than a year. But they’ve helped change that and now four in five babies born with heart problems, like I was, get to grow up. That’s why I wanted help them to continue their life saving work.”

How did you fundraise?

“I was amazed how generous people were when I told them I was going to do a tandem skydive. I asked my friends and family to sponsor me. I sold cakes – my mum who works in a college even sold them there for me. My auntie who is the manager of a care home also held a tea morning and raffle. My friend decided to jump too and together we raised over £1,200 for the BHF’s vital work, which I’m so proud of.”

How did you find the tandem skydive?

“It is something I had always wanted to do. It was such an incredible experience and we had such an amazing day. I would recommend it to anyone!”





Together we can **BEAT HEART DISEASE**

Last year, hundreds of people took part in this once-in-a-lifetime experience and raised money for our living saving heart research. With your support, we can drive the fight forward by making more discoveries and offering more information, support and care to heart patients and their families in your community.





**British Heart
Foundation**

For over 50 years we've pioneered research that has transformed the lives of millions of people living with heart disease. Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease.

But heart and circulatory disease still kills around one in four people in the UK, stealing them away from their families and loved ones.

From babies born with life threatening heart problems, to the many mums, dads and grandparents who survive a heart attack and endure the daily battles of heart failure.

Join our fight for every heartbeat in the UK. Every pound raised, minute of your time and donation to our shops will help make a difference to people's lives.

Text FIGHT to 70080 to donate £3*

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bhf.org.uk

*This is a charity donation service for the BHF. Texts cost £3 + 1 standard rate msg.

The BHF will receive 100% of your donation to fund our life saving research.

To opt out of calls and SMS text NOCOMMS BHF to 70060, or if you have any questions about your gift call 02032827863.

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