

# REACH FOR THE SKIES

Join the QAHH  
95th birthday world  
record Skydive attempt  
to commemorate the  
WWI Centenary

**August 1st – 3rd, 2014**  
Hinton Airfield, Northants



**I** was approached by QAHH to be the ambassador for their world record breaking tandem Skydive. Having spent 18 years flying with the RAF it is an honour to jump alongside those who will be raising funds for disabled ex-Servicemen and women. Join me (and hundreds of others!) to show your support for our veterans and help us mark the WWI Centenary.

**Rory Underwood MBE**

**Register now:**

Call: 01903 218444

Visit: [www.qahh.org.uk/events](http://www.qahh.org.uk/events)

Email: [tanya-sharp@qahh.org.uk](mailto:tanya-sharp@qahh.org.uk)

Supporting physically disabled ex-Servicemen  
and women of the past, present and future

Registered Charity Number: 1072334



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[qahh.org.uk](http://qahh.org.uk)



# A remarkable charity caring for remarkable people...



On 25th October, 2011, 47 year old James Scott McClements (known as Scott), was brutally mugged in Brighton. Struck with a blunt weapon across the head, Scott was left with fourteen pieces of skull lodged in his brain, in return for £60, a watch and a mobile phone. Suffering a subdural haematoma, Scott was left in a critical condition. He woke, needing a tracheotomy to breathe, unable to speak or swallow, and with little movement in the right side of his body, he needed hoisting to transfer from his wheelchair to the toilet or his bed. He had all but lost his life along with his dignity and independence.



*Scott learning to walk in physiotherapy*

Having served for nine years with the Parachute Regiment, in Northern Ireland, Somalia and the Falklands, on 5th March 2012 Scott transferred to the Queen Alexandra Hospital Home where he received 24hr nursing and rehabilitation.

During his time with us Scott made incredible progress. He began to breathe, eat and drink independently and over a period of time his speech dramatically improved. With four physiotherapy sessions a week, Scott learnt to walk 40 metres and climb stairs and then learnt to transfer from his wheelchair allowing him a greater privacy and a restored sense of dignity. Following reconstruction surgery on his skull and a metal plate fitted, Scott was ready to return to home. On 26th January 2013 Scott returned to Ireland to live with his mother and to continue his rehabilitation.

Scott is just one of the many veterans who need our help.

QAHH is one of the oldest national military charities in the UK which cares for physically disabled ex-Servicemen and women. Our youngest resident is 27 and our oldest is 103.

Our residents travel from across the UK to take advantage of the on-site services provided. Here they can receive physiotherapy, speech therapy, rehabilitation, occupational therapy, counselling and first class nursing.

We need to raise £1.3 million each year to continue our nursing and rehabilitation.

As we celebrate our 95th birthday and commemorate the WWI Centenary, please sign up today and join our Skydive challenge. Be part of a world record attempt and raise vital funds and awareness for all our disabled veterans – for now – and in the future.

**Thank you.**

***The Queen Alexandra Hospital Home  
World Record Skydive Challenge  
to celebrate our 95<sup>th</sup> anniversary & commemorate  
the First World War centenary  
Friday 1<sup>st</sup> to Sunday 3<sup>rd</sup> August 2014.***

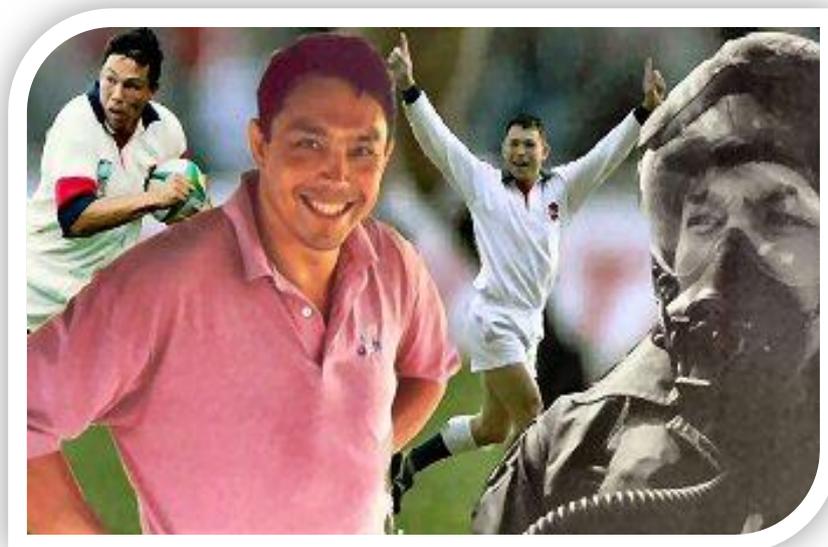
Rory Underwood MBE is proud to be the Ambassador for The Queen Alexandra Hospital Home's attempt at a world record to celebrate its 95<sup>th</sup> birthday and to commemorate the centenary of the First World War.

Rory is probably best known for his international rugby career. Not only for scoring a record 49 tries for England (85 caps, 1984-1996) but also for winning 6 caps for the British Lions touring Australia (1989) and New Zealand (1993). Additionally, Rory played first class rugby at Leicester Tigers for 14 years. Rory spent 18 year as a pilot in the Royal Air Force flying over 3000hrs on Tornados, Canberras, Hawks and Domines and was responsible for introducing Human Factors (HF) training into the RAF.

Rory said:

*"I was approached by QAHH to be the ambassador for their world record breaking tandem Skydive. Having spent 18 years flying with the RAF it is an honour to jump alongside those who will be raising funds for disabled ex-Servicemen and women. Join me (and hundreds of others!) to show your support for our veterans and help us mark the WW1 Centenary."*

Rory will be attending the event on Friday 1<sup>st</sup> August and will also be taking part! Register now to jump alongside Rory.



*The Queen Alexandra Hospital Home World Record Skydive Challenge*  
*Hinton Airfield, Steane, Brackley, Northants NN13 5NS*  
[www.skydive.co.uk](http://www.skydive.co.uk) [info@skydive.co.uk](mailto:info@skydive.co.uk)  
*Tel: 01295 812300 Fax: 01295 812400*

**\*\*Please read the following information carefully before registering to take part in this challenge event\*\***

1. To take part in a Tandem Skydive you need to be a minimum of 16 years old.
2. A letter of parental consent is required if you are under 18 years old.
3. A medical form is required from your doctor if you are over 40 years old. This form is enclosed in this registration pack. Please take it along to your Doctor to be signed before the day. You will not be allowed to jump without the signed form.
4. A medical form is required from your doctor if you have any known illness or disability that might prevent you from taking part. Failure to get consent from your doctor may lead to your insurance becoming invalid in the event of illness or injury caused by the jump.
5. The maximum weight limit is 15 stone (95 kilos).
6. A provisional British Parachute Association membership which entitles the participant to a Third Party liability insurance of £2 million is included in the cost of the jump fee. The individual is responsible for taking out their own Personal Accident Insurance if they so wish. Alternatively it can be arranged at the Skydive centre on the day.
7. All participants must register with the charity first. Please contact Tanya Sharp at [tanya-sharp@gahh.org.uk](mailto:tanya-sharp@gahh.org.uk) or call 01903 218444. A £50.00 registration fee will be required to participate in this event. Upon registration you can choose your preferred jump date and will then be allocated a jump slot.
8. All participants must set up a fundraising page at BT Mydonate. We have chosen this fundraising site as it is the only one that guarantees that all money will be sent directly to the charity – they do not charge commission. The normal card transaction fee will apply. Sponsors forms are available from the charity but any money raised on the form must be collected before the jump.  
  
Go to <https://mydonate.bt.com/events/reachfortheskies/107212> and start your fundraising page or make a donation to the event..
9. The minimum sponsorship you must raise is £395.00. £200.00 will go towards your jump fee. This is a specially reduced rate for those taking part to raise money for charity. All remaining sponsorship will go directly to the charity.

- 10. The jump will take place from free fall at 13,000 feet with the parachute being opened at 5,000 feet. You will then float down the last mile with your instructor to a soft landing.**
- 11. You will be travelling at approximately 120 miles an hour in free fall and yes, you can breathe easily during this stage of the jump.**
- 12. All parachutists wear two parachutes when making a jump. If you are a Tandem student the instructor will carry out the reserve drills and use the “spare” if required. All students will have a device which opens the reserve parachute automatically if required.**
- 13. In the event of bad weather the jump will be cancelled. If you are concerned about the weather you can call the jump site early on the day of the jump for an accurate weather check or look for an update on the charity website [www.qahh.org.uk](http://www.qahh.org.uk). In the event that the jump is cancelled you can rebook your jump for a day of your choice with no time limit attached.**

**END**

Please note: As the participant is deemed to receive a “benefit” (the cost of participation to the participant is reduced through sponsorship) donations from any persons connected to the participant (husband, wife, civil partner or linear relative, for example, son, daughter, parent, grandparent or grandchild or any linear relative of the participant's wife, husband or civil partner) don't qualify for gift aid. For more explanation see: [http://www.hmrc.gov.uk/charities/gift\\_aid/rules/adventure.htm](http://www.hmrc.gov.uk/charities/gift_aid/rules/adventure.htm)

**BRITISH PARACHUTE ASSOCIATION LTD**

[www.bpa.org.uk](http://www.bpa.org.uk)

5 Wharf Way, Glen Parva, Leicester, LE2 9TF  
Telephone: 0116 278 5271, Fax: 0116 247 7662, e-mail: [skydive@bpa.org.uk](mailto:skydive@bpa.org.uk)  
(This form should not be sent to the British Parachute Association)

**STUDENT TANDEM PARACHUTIST  
DECLARATION OF FITNESS**

I hereby declare that I am physically fit. I do not, and have not, suffered from any of the following conditions, which I understand may lead to a dangerous situation with regard to myself or other persons during parachuting\**/I have had one of the following conditions and have declared full details to the certifying doctor\*:*

Epilepsy, fits, severe head injury, recurrent blackouts or giddiness, disease of the brain or nervous system, high blood pressure, heart or lung disease, dislocated shoulder, recurrent weakness or dislocation of any limb, diabetes, mental illness, drug or alcohol addiction.

I further declare that in the event of contracting or suspecting any of the above conditions, or in the event of sickness absence over twenty consecutive days, incapacitating injury or confirmation of pregnancy, I will cease to parachute until I have obtained medical approval. I have read the notes overleaf.

Name in CAPITALS		Date of Birth	Weight
Signature	Date	BPA Number <small>(May be issued on day of Course)</small>	Height
Signature of Witness		Name of Witness in CAPITALS	

(All parachutists require their Declaration Witnessed, for parachutists under 18 years of age, the Witness MUST be the parent or guardian)

IF YOU HAVE HAD ANY OF THE ABOVE CONDITIONS, OR IF YOU ARE AGED 40 OR MORE, YOU MUST OBTAIN THE DOCTORS CERTIFICATE BELOW BEFORE PARACHUTING. THIS IS NOT N.H.S. WORK AND YOUR DOCTOR MAY CHARGE YOU FOR THIS. A SPECIFIC APPOINTMENT MAY NEED TO BE MADE.

**DOCTOR'S CERTIFICATE**

*(A certifying doctor is not stating that a candidate will remain free of injury or other problems during parachuting, but that records, history or appropriate clinical examination have not suggested unacceptable medical risk factors. Level of Skill preferred: NonSpecialist GP, usually with access to patient records or Specialist responsible for care of parachutist.)*

I understand that the applicant wishes to make a Student Tandem parachute descent but has a listed condition/is aged 40 or over\*. I have read the notes overleaf. In my opinion as a doctor without specialist knowledge of parachuting, the applicant is physically and mentally capable of parachuting as a tandem student and is *medically* safe to do so.

.....  
Signature

.....  
Date of Signature

.....  
Date of Expiry  
(see – Validity, over)

(Doctors Stamp)

\* Delete as applicable

**NOTES FOR PARACHUTISTS** No persons under the age of 16 are permitted to parachute, or carry out parachute training. Tandem Student parachutists do not have to be particularly fit but there are some medical conditions that can cause problems. As well as the conditions listed overleaf, the following may cause problems to parachutists. If you have ever suffered from any of them you must have your doctors approval before parachuting:

Previous fractures, back strain, arthritis and severe joint sprains. Chronic bronchitis. Asthma. Rheumatic fever. Pneumothorax. Liver or Kidney disease. Anaemia. Thyroid, adrenal or other glandular disorder. Chronic ear or sinus disease. Any condition which requires the regular use of drugs. Regular or recent blood donation.

Blindness is no barrier to Tandem parachuting. However, if you do wear spectacles they should be securely attached while parachuting. Protective goggles should be worn.

**NOTES FOR DOCTORS** Cardiorespiratory fitness is important. Student Tandem parachutists make descents from unpressurised aircraft at heights of 5,500 to 15,000 feet above sea level without supplementary oxygen. At 15,000 feet there is a 40% reduction in available oxygen. A tachycardia of 120 - 160 bpm is common in experienced parachutists and 200 bpm is not unusual in novices. The tachycardia may be present at the same time as relative hypoxia. Ischaemic heart disease, uncontrolled hypertension and cerebrovascular disease are absolute contraindications. Candidates with traumatic tetraplegia may have reduced ventilatory capacity. The examining doctor should be satisfied that any impairment will not cause respiratory embarrassment at altitude. A history of autonomic dysreflexia should be excluded in candidates with spinal injuries above mid-dorsal level. Specialist advice should be sought in cases of doubt.

Student Tandem parachutists are strapped to an experienced instructor throughout the aircraft ride and parachute descent. The instructor and student share a common large parachute but only the instructor can open it or initiate any emergency procedures. Musculoskeletal fitness is not required and even paralysis or partial amputation of limbs is acceptable provided the instructor secures flaccid limbs before the jump. Unstable or dislocatable shoulders are particularly likely to dislocate again while parachuting. This is painful and risks further injury to the joint. During the parachute deployment there is a brisk deceleration, usually about 4g but occasionally up to 15g. Unstable spinal injuries or subluxation may be exacerbated by such deceleration. The landing impact typically involves a variable descent rate equivalent to jumping from a wall 0 - 4 feet high, with a horizontal speed of 0 - 15 mph. Occasionally the landing impact may be considerably greater than this. Pre-existing spinal problems, joint injuries and arthritis can be exacerbated but are far less likely to be aggravated by a tandem jump than by any other form of parachuting, due to the descent and landing being controlled by a very experienced instructor.

Middle ear or sinus disease may cause problems due to the rapid changes in ambient air pressure. The rate of descent in freefall may exceed 10,000 ft/min and under an open canopy 1,000 ft/min.

Neither blindness or deafness constitutes a barrier to Student Tandem parachuting, but the candidate must be capable of appreciating what is happening and of giving informed consent. Stable diabetes with no tendency to hypoglycaemia is acceptable. Epilepsy is not a contraindication provided that control is good and there have been no fits or changes in medication in the last two years. Most neurodegenerative disorders are acceptable unless respiratory impairment or marked postural hypotension are present.

Normal mental development and a stable mental state are important. The candidate must be able to understand what he/she is about to do and be capable of giving fully informed consent. The candidate's behaviour must not pose a risk to the Tandem Instructor. Current neurosis requiring active treatment, history of psychosis, subnormality, pathological euphoria, drug addiction and alcohol dependence all constitute a contraindication.

**A certifying doctor is not stating that a candidate will remain free of injury during parachuting, but that records, history or appropriate clinical examination have not suggested unacceptable medical risk factors.** The preferred level of skill is usually that of a GP without specialist knowledge of parachuting but usually with access to the candidates records or a specialist responsible for the patients care. Other doctors completing the certificate should remain aware that lack of access to the medical record can result in important conditions being overlooked. In cases of doubt, or where further information is required, the Medical Adviser to the British Parachute Association or the National Coach and Safety Officer will be pleased to help, and may be contacted at the address overleaf.

**VALIDITY** The *Parachutist's Declaration* overleaf places the parachutist under a permanent obligation to cease parachuting until obtaining a doctors certificate if he/she develops any of the listed conditions. It should be renewed every 10 years up to the age of 40, and thereafter whenever a doctors certificate is reissued. *Doctor's Certificates* are valid as follows:

If required under age 40	-	As indicated by stability of medical condition (but not beyond age 40)
Age 40 - 49 years	-	The longer of "3 years from date of issue" or "until age 50"
Age 50 years or over	-	3 years

providing that the examining doctor can specify a shorter period of validity if he/she feels it appropriate.





