Notes for Parachutists (students)

Solo Student Parachutists need a reasonable standard of fitness and not be overweight for your height, age and gender. Those aged over 50 years of age will not normally be accepted as student parachutists

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 then 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.

Notes for Doctors

Cardiorespiratory fitness is important. Parachutists make descents from unpressurised aircraft at a height of 5,500 to 15,000feet above sea level without supplementary oxygen. At 15,500 feet there is a 40% reduction in available oxygen. A tachycardia of 120-160 bpm is common in experienced parachutists and 200bpm is not unusual in novices.

Muskoskeletal fitness is important. The parachutist must be able to operate their equipment with either hand and should be able to exert a pull of 30lbs with either hand in either direction. During the parachute deployment there is a brisk deceleration, usually about 4G but occasionally up to 5G. The landing impact typically involves a variable descent rate of 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. The rate of descent in freefall may exceed 10,000ft/min and under an open canopy 1,000ft/min.

Obesity increases the likelihood of lower limb or spinal injuries. There exists an increased risk of injury on landing for those (and in particular women) with a high Body Mass Index (BMI). This is not always the case in some candidates who are extremely physically fit and have a high BMI due to large muscle mass.

These notes are not exhaustive and are meant as a guide only.

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.

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STUDENT
DECLARATION OF FITNESS TO PARACHUTE

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.

Epilepsy, fits, severe head injury, recurrent blackouts or giddiness, disease of the brain or nervous system, high blood pressure, Heart or lung disease, 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	Today's Date	Height

Signature of Witness _____ Name of Witness in CAPITALS _____

**For parachutists under 18 years of age, the Witness MUST be the parent or guardian

GUIDE ONLY
If your weight is greater than that indicated for your height you stand a higher risk of injury on landing.

Imperial		Metric	
7st 7	4ft 4	47 kg	133cm
7st 11	4ft 5	49 kg	135cm
8st 2	4ft 6	51 kg	138cm
8st 6	4ft 7	53 kg	140cm
8st 10	4ft 8	55 kg	143cm
9st 1	4ft 9	57 kg	145cm
9st 5	4ft 10	59 kg	148cm
9st 10	4ft 11	61 kg	150cm
10st 0	5ft 0	63 kg	153cm
10st 5	5ft 1	66 kg	155cm
10st 10	5ft 2	68 kg	158cm
11st 1	5ft 3	70 kg	161cm
11st 6	5ft 4	72 kg	163cm
11st 11	5ft 5	74 kg	163cm
12st 2	5ft 6	77 kg	166cm
12st 7	5ft 7	79 kg	168cm
12st 12	5ft 8	82 kg	171cm
13st 4	5ft 9	84 kg	173cm
13st 9	5ft 10	86 kg	176cm
14st 1	5ft 11	89 kg	181cm
14st 6	6 ft 0	91 kg	183cm
14st 12	6ft 1	94 kg	186cm
15st 4	6ft 2	97 kg	188cm
15st 10	6ft 3	99 kg	191cm
16st 1	6ft 4	102 kg	194cm
16st 7	6ft 5	105 kg	196cm

IF YOU CANNOT SIGN THE DECLARATION BECAUSE OF ANY OF THE ABOVE CONDITIONS, OR IF YOU ARE AGED 40 OR OVER, YOU MUST OBTAIN THE DOCTORS CERTIFICATION BELOW BEFORE PARACHUTING.

DOCTOR'S CERTIFICATE

I understand that the applicant wishes to parachute but is unable to sign the above declaration / aged 40 or over (delete as appropriate). I have read the notes overleaf. In my opinion the applicant is physically and mentally capable of parachuting and is safe to do so. Glasses or contact lenses must / need not be worn (delete as appropriate)

Signature _____

Date of Signature _____

Date of Expiry (no more than 3 years) _____ Doctor's Stamp _____