

*Thank you for enquiring about **Accelerated Freefall Training at Skydive Headcorn**. Here is some more information*

### **What is a Accelerated Freefall training (AFF)?**

AFF training is the start of a progression system that leads on to you gaining an **'A' licence** in skydiving. This qualification is recognised throughout the world. An **'A' licence** allows you make jumps without supervision from an instructor and can lead onto you gaining further and higher qualifications so you can jump in formation with other people, enter competitions, make display jumps, and become an instructor and many more exciting things.

Go to *Skydive Headcorn's* website [www.headcorn.com](http://www.headcorn.com) to view a video

### **Where does the training and jumping take place?**

At Headcorn Airfield right in the heart of Kent with incredible views of the South East corner of England, the south coast of Essex and the northern coast of France.

### **How much does it cost?**

The total cost of the training course including an AFF level one jump is **£395**. The next 7 levels cost a total of **£1180** which includes the cost of hiring your equipment, training fees and packing.

**£810** of all these fees is for your flight only tickets which are sold separately by the operators of the aircraft *Headcorn Parachute Club*.

### **Is the sport safe?**

The sport is governed by very strict rules and regulations laid down by the **British Parachute Association (BPA)**.

### **Are there any restrictions**

For safety reasons our general weight limit fully clothed is **86kg (13½ stone)**.

However, this limit is proportional to height.

A lower weight limit of **80kg (12st 9lbs)** applies to someone who is **1.57m (5' 2")** or shorter.

However, if you are **1.72m (5' 7")** or taller; our **absolute** limit is **92kg (14½ stone)**.

You may be weighed during registration. We reserve the right to refuse your jump if you exceed these limits.

Please refer to the table below for suggested maximum height to weight ratios. If you exceed these limits but are under the limits published above we will still accept you, but you are accepting a **greater risk of injury**. BPA form 115C refers.

Height Feet	Height Metres	Weight Stones	Weight Kg
4' 10"	1.47	9.5	60.32
4' 11"	1.49	9.9	62.86
5' 0"	1.52	10	63.50
5' 1"	1.55	10.5	66.67
5' 2"	1.57	10.10	68.03
5' 3"	1.60	11.1	70.30
5' 4"	1.62	11.6	72.57
5' 5"	1.65	11.11	74.84

5' 6"	1.67	12.2	77.11
5' 7"	1.70	12.7	79.37
5' 8"	1.72	12.12	81.64
5' 9"	1.75	13.3	83.91
5' 10"	1.77	13.9	86.63
5' 11"	1.80	14.1	88.90
6' 0" +	1.83 +	14.7	92.07

**We have weight limits for safety and for several reasons.**

Firstly, we have an all up weight for the parachutes we use which includes the weight of you and all the parachute equipment.

Secondly, we cannot exceed a wing loading of 0.8lbs per square foot of canopy for novices. To calculate this, we have to divide your weight and all the weight of the equipment into the size of the parachute. Exceeding this limit means that the parachute has more performance and therefore becomes unsuitable for a beginner.

Thirdly, we must consider weight and centre of gravity issues in the aircraft. We work on an average exit weight (that is you, your clothes and the weight of the equipment) and large variations from this can unbalance the aircraft.

Lastly, statistics show that someone who exceeds the weight limit for their height is at a much greater risk of injury. We will assess your risk during your training day and if we feel it is too great, we will refuse you the jump.

You must be at least 16 years of age. Under 18's require written parental consent. Everyone must sign a medical declaration on the day of their jump. This form can be viewed on the website. If you cannot sign it as you have one of the listed medical conditions, you may still be able to jump by seeking qualified medical advice from your doctor who will assess your risk. The upper age limit for starting training is **54**.

**How do I go from doing my first jump to becoming qualified?**

During the training day you will be taught to exit the aircraft, adopt the freefall position, read your altimeter, open your parachute, steer to the landing area, land safely and deal with any emergencies that may arise. Your physical skills will be assessed throughout the day, which ends with a written test. The following day you will make your first jump from 12,000 feet with two instructors holding onto you.

You can then make further jumps and as your skills develop you will progress through the AFF levels. A minimum of 18 jumps is required to gain your **'A' licence**

- Two jumps with two instructors demonstrating awareness and control from 12,000 feet (levels 2 and 3)
- Two jumps with one instructor demonstrating turns from 12,000 feet (levels 4 and 5)
- Two jumps with one instructor demonstrating back loops, tracking and turns from 12,000 feet (levels 6 and 7)
- One solo jump deploying your parachute within ten seconds of exit from 5,000 feet (level 8)

- Nine solo jumps consolidating your skills from 12,000 feet (consolidation jumps)
- One qualifying jump from 8,000 feet (consolidation jump)

### **How often do I need to jump?**

In order to progress in the sport you must jump at least **2 or 3 times a month**. If you leave longer gaps then you will need to complete a period of re-training at additional costs and you will have to repeat jumps. Gaining a qualification in skydiving requires patience and many hours spent at the airfield.

### **What is the total cost of qualifying for a BPA 'A' Licence?**

Assuming you qualify in the minimum number of jumps, the total cost, including flight tickets, is **£2075**. Full BPA membership is included in this price if levels 2-8 are purchased as a package after the first jump.

### **What about the weather?**

Parachuting is a weather dependent sport. The conditions we require for you to be able to jump are good horizontal visibility, no solid cloud between the landing area and the exit point of the aircraft and wind no more than 15 knots.

### **How does the jumping work?**

Once you have trained you may jump with us any day of the week. You must arrive early as you will need to complete a period of revision training every day prior to jumping. We open at 8.00 at weekends and Public Holidays, 9.00 on Wed/Thurs/Fri and 12 Tues. We are closed on Mondays (except Bank Holidays)

*Headcorn Parachute Club* operates one aircraft at a time which can make up to 20+ flights per day. We may have lots of people waiting to jump and we put people in the aircraft on a first come first served basis. Having jumped you can then put your name down to jump again and it is possible to complete 3 or 4 jumps on any one day.

### **How do I book?**

A **£100** non-refundable deposit is required to book onto a training course. Check the website for availability. These courses are run between March and November. Training courses are not affected by the weather. On the morning of the training day *Skydive Headcorn* require the balance for the training of **£160** plus **£135** for your flight ticket payable to *Headcorn Parachute Club* making a total of **£295**