'SOLO' STUDENT PARACHUTIST 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*/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, previous fractures, 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 certification. I have read the notes overleaf. I also accept that if my weight is above the level set for my height opposite I stand a higher than average risk of sustaining injury upon landing.

NOVICES ONLY					
Imperial				Metric	
st	lb	ft	in	kg	cm
7	7	4	4	47	133
7	11	4	5	49	135
8	2	4	6	51	138
8	6	4	7	53	140
8	10	4	8	55	143
9	1	4	9	57	145
9	5	4	10	59	148
9	10	4	11	61	150
10	0	5	0	63	153
10	5	5	1	66	155
10	10	5	2	68	158
11	1	5	3	70	161
11	6	5	4	72	163
11	11	5	5	74	166
12	2	5	6	77	168
12	7	5	7	79	171
12	12	5	8	82	173
13	4	5	9	84	176
13	9	5	10	86	178
14	1	5	11	89	181
14	6	6	0	91	183
14	12	6	1	94	186
15	4	6	2	97	188
15	10	6	3	99	191
16	1	6	4	102	194
16	7	6	5	105	196
16	13	6	6	107	199

Name in CAPITALS | Date of Birth | Weight

Signature | Date | BPA Number* | Height

(*issued at Parachute Centre on day of Course)

Name of witness in CAPITALS | Signature of witness

(for parachutists under 18 years of age the Witness MUST be the parent or guardian)

IMPORTANT

Check with the Parachute Centre for details of any height-weight restrictions they may have.

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 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 parachute 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 and is *medically* safe to do so. Glasses or contact lenses must/need not* be worn. Body Mass Index is below/at or above* 27.5.

.....
Signature

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

(Doctors Stamp)

* Delete as applicable

NOTES FOR PARACHUTISTS Parachuting is a "Risk Sport". In order to reduce the risk of injury as a novice, you need a reasonably high standard of physical fitness and must not be overweight in relation to your sex, age, and height. Any person whose weight-for-height exceeds that in the chart overleaf stands a higher risk of injury on a solo first jump than the average person making a first jump (approximately double for a male and even greater for a female). No person under the age of 16, or over the age of 55 years will be permitted to carry out initial 'solo' parachute training. Exceptions to the higher age limit may be permitted if the person has previous recorded parachute experience. Higher ages may be acceptable for persons training as Student Tandem Parachutists, for whom BPA Form 115 should be used.

As well as the conditions listed overleaf, the following may cause problems to parachutists and if you have ever suffered from any of them you must seek medical approval and certification before parachuting:

Previous back strain, arthritis and severe joint sprains. Chronic bronchitis. Asthma. Rheumatic fever. Pneumothorax. Liver or Kidney disease. Thyroid, adrenal or other glandular disorder. Chronic ear or sinus disease. Any condition which requires the regular use of drugs. Anaemia. Recent blood donation.
If you wear spectacles they should be securely attached while parachuting. If contact lenses are used, protective goggles should be worn. Your sight must be adequate to read a car number plate at 25 yards.

NOTES FOR DOCTORS Cardiorespiratory fitness is important. Sport parachutists make descents from unpressurised aircraft at heights of 2,000 to 15,500 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 and considerable physical exertion.

Musculoskeletal fitness is required. Each hand should be able to operate the equipment and be able to exert a pull of 30 lbs in any direction. During the parachute deployment there is a brisk deceleration, usually about 4g but occasionally up to 15g. The landing impact typically involves a descent rate equivalent to jumping from a wall 4 feet high, with a horizontal speed of 0 - 15mph. Occasionally the landing impact may be considerably greater than this. Pre-existing spinal or joint injuries may be exacerbated. Obesity increases the likelihood of lower limb or spinal injuries. Novices should be aware that if they undertake their 1st jump as a solo descent and their BMI exceeds 27.5 they stand a greater risk of landing injury than a person below 27.5 (approximately double the risk for a male and even greater for a female). This does not apply to the few obviously very fit candidates who have a raised BMI due to a large muscle mass. Exceptions may be made for those who have recent relevant experience (e.g. Tandem jumps).

A visual acuity of at least 6/12 (after correction with spectacles or contact lenses) is required. Blindness in one eye is acceptable provided that the remaining eye has a full field and the candidate has adapted to monocular vision. 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 15,000 ft/min and under an open canopy 1,000 ft/min. Normal peripheral sensation and co-ordination are required to activate the parachute but may be impaired by disorders of the nervous system or peripheral vasculature. On early jumps the candidate is responsible mainly for his own safety but must behave in such a way as to cause no hazard to others. After further training, but no further medical evidence, the candidate may be the sole person responsible for the safety of an aircraft full of student parachutists. The candidate must be physically and psychologically fit to carry this responsibility.

The following conditions will normally make a candidate UNFIT to parachute, although there are some exceptions. Any condition which can lead to blackouts, impaired consciousness or impaired concentration. Tendency to persistent or recurrent weakness or dislocation of any limb particularly dislocating shoulder (unless successfully corrected by surgery). Conditions requiring the use of medication with sedative or psychotropic side effects. A history of ischaemic heart disease, uncontrolled hypertension, other significant cardiac or respiratory disease, cerebrovascular disease, epilepsy, diabetes, mental illness, drug addiction, alcohol dependence, significant CNS disease. **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 Safety and Technical Officer will be pleased to help, and may be contacted at the address overleaf.

These notes are not exhaustive. Some candidates who are 'unfit' using the above criteria may still be fit to make a tandem parachute descent (strapped into a common harness with an experienced instructor) - see separate 'Student Tandem Parachutist' form.

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" or "until age 50"
Age 50 years or over	-	3 years

unless the examining doctor specifies a shorter period of validity.

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