

TANDEM SKYDIVING INSTRUCTOR MEDICAL CERTIFICATE

I hereby declare that I am physically fit. I have read the notes overleaf. 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 skydiving*/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, fractures, 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 in excess of twenty consecutive days, incapacitating injury or confirmation of pregnancy, I will cease to skydive until I have obtained approved medical advice. I have read the notes overleaf.

.....
Name in CAPITALS

.....
Date of Birth

.....
Weight (Kilos)

.....
Signature (to be signed in the presence
of the medical examiner)

.....
British Skydiving
Membership Number

.....
Height (Metres)

DOCTOR'S CERTIFICATE

I the undersigned, having read the notes overleaf and being both a medical practitioner and

- a CAA Authorised Medical Examiner/Military Medical Aviation Examiner*
- a Holder of the Dip. Aviat. Med./Cert. Aviat. Med.*
- a British Skydiving Instructor*
- having successfully completed the Aviation Medicine Module of the Military Medical Officers Course*

assess that _____ is fit to act as a Tandem Skydiving Instructor, subject to any limitations shown below.

LIMITATIONS:

Signature.....

Date of signature.....

Date of Expiry.....

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Doctor's Personal Stamp or Legibly Printed Identification and Contact Details

(*Delete up to three lines, as applicable)

NOTES FOR SKYDIVERS As well as the conditions listed overleaf, the following may cause problems to skydivers and if you develop any of them you must seek medical approval before continuing to skydive: Fractures, dislocations, back strain, arthritis and severe joint sprains. Chronic bronchitis/COPD/Emphysema. Asthma. Rheumatic fever. Pneumothorax. Liver or Kidney disease. Thyroid, adrenal or other glandular disorder. Persistent ear or sinus disease. Any condition which requires the regular use of drugs (apart from contraceptive medication). Anaemia. Recent blood donation. Persistent infectious disease.

Your sight must be adequate to read a car number plate (manufactured after 2001) at 20 metres. If you wear spectacles they should be securely attached while skydiving. If contact lenses are used, protective goggles should be worn. If you use glasses or contact lenses, take them with you to the medical examination. You must declare colour blindness.

The following special examinations may be required of some candidates by the examining doctor:

E.C.G.
Chest X-ray
Audiogram

NOTES FOR DOCTORS Tandem skydiving instructors make descents from unpressurised aircraft at heights of 5,500 - 15,500 feet above sea level without supplementary oxygen. As well as being responsible for themselves, they are also totally responsible for the safety of the student skydiver who is strapped to them during the aircraft flight and parachute descent. The instructor and student share a common large parachute, but only the instructor can open it or initiate any emergency procedures. The instructor must be able to communicate with the student, to support the weight of the equipment and student during aircraft exit and landing, to use either arm to activate the parachute at a safe height above the ground, and to take appropriate emergency action if the main parachute fails to open correctly. It is essential that instructors are both physically and mentally capable of carrying this responsibility.

Cardiorespiratory fitness is important. At 15,000 feet there is a 40% reduction in available oxygen. A tachycardia of 120 - 160 bpm is common in experienced skydivers and may be present at the same time as relative hypoxia and considerable physical exertion. Musculoskeletal fitness is required. The instructor must be able to exert a pull of 40 lbs with either hand in any direction and **this must be measured at the time of examination**. During the parachute deployment there is a brisk deceleration, usually about 4g but occasionally up to 15g for a fraction of a second. The landing impact typically involves a descent rate equivalent to jumping from a wall 0 - 4 feet high, with a horizontal speed of 0 - 15mph. Occasionally the landing impact may be considerably greater than this. 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. Normal peripheral sensation and co-ordination are required to activate the parachute and may be impaired by disorders of the nervous system or peripheral vasculature. Red/Green colour blindness should be noted in Limitations.

The standard of fitness required may be either equivalent to a CAA Class III Certificate or equivalent to a JAR Class II Certificate depending on the examining doctor's training/discretion. The following conditions are usually incompatible with tandem skydiving instructing: Any condition which can lead to blackouts, impaired consciousness or impaired concentration. Tendency to persistent or recurrent weakness or dislocation of any limb. 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 or cognitive impairment. Binocular visual acuity worse than Snellen 6/12 or Logmar 0.3.

Copies of the computerised NHS GP record are available to patients under the terms of the Data Protection Act and as of May 2018 the General Data Protection Regulation has eliminated any charge for this. It should be normal practice for a medical examiner to have sight of the NHS GP computerised record or military medical record before issuing a full validity instructor certificate. If that record is not available at the time of assessment, consideration should be given to issuing a certificate with only short-term validity e.g 3 months.

These notes are not exhaustive. In cases of doubt, or where further information is required, the Medical Adviser to the British Skydiving or the National Coach and Safety Officer will be pleased to help and may be contacted at the address overleaf.

VALIDITY (in addition to remainder of month of issue)

Age at issue under 40 years	-	60 months (but not past 42 nd birthday)
40 - 49 years	-	24 months (but not past 51 st birthday)
50 - 69 years	-	12 months (but not past age 70 years 6 months)
70 years and over	-	6 months

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