

## SECTION 11

### MEDICAL

#### 1. MEDICAL REQUIREMENTS TO SKYDIVE

- 1.1. All skydivers must be in possession of a completed Self-Declaration of Fitness to Skydive or Doctor's Medical Certificate appropriate to the type of activity. (see 1.1.1 – 1.1.8. below).
- 1.1.1. **Form 115A. Student Tandem Skydiver Medical Information and Declaration** is valid only for Student Tandem skydivers.
- 1.1.2. **Form 115B. Student Tandem Skydiver Request for Medical Advice** is for Student Tandem Skydiver who are unable to meet the requirements of Form 115A above. Validity as for Form 115A.
- 1.1.3. **Form 115C. Solo Student Skydiver Self-Declaration of Fitness to Skydive** is for Student Solo Skydivers making any Category System (static line and free fall), Accelerated Free Fall or AFF consolidation jumps. The duly completed form is also valid both for *any* Student jumps and for later Licenced skydiving during the period of validity of the form.
- 1.1.4. **Form 115D. Solo Student Skydiver Request for Medical Advice** is for Student Solo Skydivers who may be unable to meet the requirements of Form 115C above. Validity as for Form 115C.
- 1.1.5. **Form 115E. Licensed Skydiver Self-Declaration of Fitness to Skydive** is valid for skydives made by licenced skydivers. It is not valid for Tandem instructing or for Student skydives.
- 1.1.6. **Form 115F. Licensed Skydiver Request for Medical Advice** is for Licenced Skydivers who may be unable to meet the requirements of Form 115E above. Validity as for Form 115E.
- 1.1.7. **Form 116. Tandem Skydiving Instructor Medical Certificate/Doctor's Certificate** is for Tandem Instructors.
- 1.1.8. **Form 116A. Solo Skydiving Instructor Medical Certificate/Doctor's Certificate** is for all instructors, excluding Tandem Basic Instructors/Tandem Instructors and Ground Instructors.
- 1.1.9. Electronic Fitness to Skydive Forms issued by British Skydiving Affiliated PTOs are acceptable for ab-initio Student Skydivers provided they contain at least the same medical information as the appropriate British Skydiving Form.
- 1.2. In the case of persons under 18 years of age the signature of the witness of the Declaration of Fitness to Skydive/Medical Certificate must be that of the Parent/Guardian.
- 1.3. In the case of all Skydiving Instructors, the appropriate Doctor's Certificate must be completed.
- 1.4 **Validity**
- All Declaration of Fitness to Skydive/Doctor's Certificates are only valid providing all the requirements as listed on the forms are met.

## 2. GENERAL

**2.1.** No person under the age of 16 years, or aged 55 years or over, will normally be permitted to carry out Student Solo skydiver training. Exceptions to the higher age limit may be permitted if the person has previous recorded solo experience on ram-air parachutes. Higher age limits for Student Tandem Skydivers may be acceptable (see Forms 115A – Student Tandem Skydiver Medical Information and Declaration, and Form 115B – Student Tandem Skydiver Request for Medical Advice).

**2.2.** No skydiver will take any form of alcoholic drink before he/she has completed skydiving for the day. Persons deemed to be under the influence of alcoholic drink will not be permitted to skydive.

**2.3.** Skydivers who do not feel fit in all respects, including a head cold, must not skydive until fully recovered.

### **2.4. Illegal Drugs/Substances**

Possession or use of illegal drugs/substances by a British Skydiving member at a PTO or within a dropping zone will automatically lead to the withdrawal of his/her British Skydiving membership and all that entails.

### **2.5. Foreign Skydivers**

A skydiver from a foreign country may skydive at a British Skydiving PTO if he/she fulfils the medical requirements of that skydiver's own country.