

Statement of physical fitness

I hereby DECLARE that

1- I am physically fit, I have not drunk alcohol before making the jump and I do not suffer from any of the following conditions, which I understand may endanger myself and others during the jump: pregnancy, epilepsy, seizures, heart problems, severe mental illness or addiction to alcohol or drugs.

2- People who skydive should have a reasonably high level of fitness and should not be overweight (fully clothed no more than 110 kg) for their sex, age and height.

3- In addition to the medical conditions listed above, the following can cause problems when skydiving and if you have ever suffered from any of them, you should consult a doctor: recurrent fainting fits, dizziness, amnesia, high blood pressure, chronic bronchitis, severe asthma, rheumatic fever, liver, kidney or lung disease, thyroid, adrenal gland or other glandular disorders, diseases of bones or joints, blood disorders, severe anaemia, chronic ear disorders or sinusitis, previous serious head injury, or any condition that requires regular use of drugs.

4- Passengers must compensate for the pressure difference in the inner ear (e.g. by swallowing) that occurs both in the ascent and the descent. You may not jump if completely congested.

5- Skydiving may be allowed despite the existence of one of the above conditions, if the passenger can produce express authorisation from his or her doctor.

I also DECLARE that:

1- I have never dislocated a shoulder.

2- I understand that I must lift my legs upon landing so that the instructor may touch the ground first.

3- I have not been scuba diving in the last 24 hours.

4- I understand that skydiving is a sport that involves risk and that even if all the safety rules are followed, accidents can happen.