

# Skydive: See things from a new point of view in 2019

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## How it Works

**Date:** You can pick any date of your choice

**Location:** There are various locations across the UK

**Deposit:** £70 (If you would like to reimburse yourself for your deposit you can do so out of any cash donations that you have received)

**Cost:** Free – when you raise the full sponsorship amount

**Minimum Sponsorship:** £400

**Minimum Age:** 16 (under 18s must have written parent's/guardian's consent)



We are working with a service provider called Skyline who coordinate our skydives. If you have any questions about skydiving please visit their [website](#) or give them a call on 020 7424 5522 and they will be very happy to help.

Don't worry if you think this is a lot of money to raise. We will be here to support you every step of the way. And once you sign up to do your skydive we will send you our fundraising pack which is full of useful tips and advice that will get your fundraising campaign off to a flying start!

If you have any questions about fundraising for your skydive please give us a call on 020 7250 8213 or email [support@medicalresearchfoundation.org.uk](mailto:support@medicalresearchfoundation.org.uk)

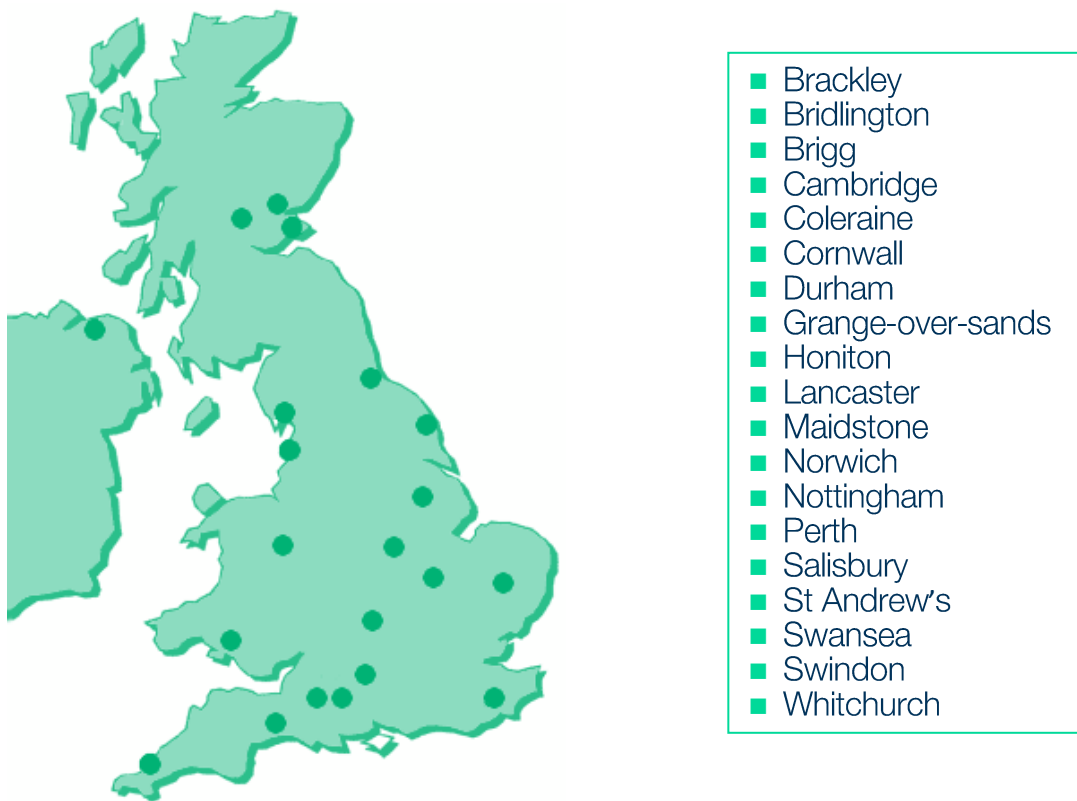
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## About the Skydive

A Tandem skydive is the easiest and most popular of all skydives and it only requires 30 minutes of training before you get started. The qualified tandem instructor does all of the hard work for you, allowing you to enjoy the exhilarating feeling of flying through the clouds from over 10,000 feet at up to 120 mph!

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## Map of Airfields



Find your nearest centre [here](#).

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## Important Information

Skydiving is classed as an extreme sport, so it does have some restrictions that you should consider.

- Age and weight restrictions do vary by each centre so please check out Skylines [website](#) for more information.
- There are some medical restrictions for all skydives, such as diabetes, epilepsy, fits, recurrent blackouts, heart or lung disease, some mental health conditions and some cases of asthma. If any of these apply to you, you will be required to sign a medical form before your jump declaring your fitness to take part. A full list can be found [here](#).
- A full list of frequently asked questions can be found on Skylines [website](#).

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## What Next?

All you need to do is complete the online form by clicking [here](#), then start your fundraising. Skyline and the Medical Research Foundation will do the rest!