



MEDICAL INFORMATION FOR SKYDIVING

Skydive Toronto Inc reserves the right to request a medical certificate from your long-standing family physician when there is a concern that a medical condition could increase the risk of your skydive.

The following medical problems may pose a problem for your skydive. If you have one of these conditions, please be sure to call or email our office for further instructions.

1. Previous fractures
2. Back strain and spinal injuries
3. Arthritis and severe joint sprains
4. Chronic bronchitis or severe asthma or pneumothorax
5. Cardiac disease
6. Liver or kidney disease
7. Anemia
8. Thyroid, adrenal or other glandular disorder
9. Chronic ear or sinus disease.
10. Any condition which requires the regular use of drugs.
11. Paralysis and mobility restrictions
12. Recent surgery of any kind
13. Shoulder dislocations
14. Disease of the brain or nervous system
15. High blood pressure or low blood pressure

The following conditions may lead to a dangerous situation with regard to myself or other persons during a skydive and are therefore **not permitted**:

1. Epilepsy, even if well controlled
2. Shoulder dislocations, unless it has been corrected surgically
3. Severe Head Injury
4. Recurrent blackouts or giddiness
5. Heart or lung disease
6. Severe diabetes that is poorly controlled
7. Drug or alcohol addiction
8. Haemophilia
9. Pregnancy

In the event of contracting or suspecting any of the above conditions, you will cease to skydive until you have obtained medical approval from your long-standing family physician.

NOTE: If you are aged 70 +, it is recommended that you consult with your long-term family physician prior to making your reservation.

DOCTOR'S CERTIFICATE

The preferred level of skill of the certifying doctor is usually that of a General Practitioner without specialist knowledge of skydiving but usually with access to the candidate's records or a specialist responsible for the patient's care. Other doctors completing the certificate should remain aware that lack of access to the medical record could result in important conditions being over-looked.

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.

WHAT THE DOCTOR'S CERTIFICATE SHOULD CONTAIN

I understand that the applicant wishes to make a Student Tandem parachute descent but has conditions listed above and / or is aged 70 or over. In my opinion as a doctor, the applicant is physically and mentally capable of skydiving and is medically safe to do so.

The following information should be included on the Physicians Note:

Patient specifics:

Name of Participant
Date of Birth
Age

Doctors Information:

Name of Doctor
Signature
Date

NOTES FOR DOCTORS

1. Cardiorespiratory fitness is important. Tandem skydivers make descents from unpressurised aircraft at heights of 13,000 feet above sea level without supplementary oxygen. A tachycardia of 120 - 160 bpm is common in experienced skydivers and 200 bpm is not unusual in novices. The tachycardia may be present at the same time as relative hypoxia. Ischaemic heart disease, uncontrolled hypertension and cerebrovascular disease are absolute contraindications. A history of autonomic dysreflexia should be excluded in candidates with spinal injuries.
2. Tandem students are strapped to an experienced instructor throughout the aircraft ride and parachute descent. The instructor and student share a common large parachute but only the instructor can open it or initiate any emergency procedures. Paralysis or partial amputation of limbs is acceptable provided the instructor is comfortable with the situation. Unstable or dislocatable shoulders are particularly likely to dislocate again while parachuting. This is painful and risks further injury to the joint. During the parachute deployment there is a brisk deceleration. Unstable spinal injuries or subluxation may be exacerbated by such deceleration. The landing impact typically involves a variable descent rate equivalent to jumping from a platform of 4 feet high, with a horizontal speed of 0 - 15 mph. Occasionally the landing impact may be considerably greater than this. Pre-existing spinal problems, joint injuries and arthritis can be exacerbated but are far less likely to be aggravated by a tandem skydive than by any other form of skydiving, due to the descent and landing being controlled by a very experienced instructor.
3. 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.

4. Neither blindness or deafness constitutes a barrier to tandem skydiving, but the candidate must be capable of appreciating what is happening and of giving informed consent.
5. Stable diabetes with no tendency to hypoglycaemia is acceptable.
6. Normal mental development and a stable mental state are important. The candidate must be able to understand what he/she is about to do and be capable of giving informed consent. The candidate's behavior must not pose a risk to the Tandem Instructor.

