



## MEDICAL INFORMATION FOR SKYDIVING

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

The following medical conditions could interfere with 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, 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. Paralysis and/or mobility restrictions
11. Any kind of surgery within the last 12 months
12. Shoulder dislocations
13. Disease effecting your brain or nervous system
14. High blood pressure or low blood pressure
15. Drug or alcohol addiction
16. Heart or lung condition

The following conditions may lead to a dangerous situation with regard to yourself 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. Head Injury (severity dependent)
4. Recurrent blackouts, dizziness or giddiness
5. Heart disease
6. Severe diabetes that is poorly controlled
7. Haemophilia
8. Pregnancy

**NOTE:** If you are aged 70 +, it is recommended that you consult with your 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 patient'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 records could result in important conditions being over-looked.

A certifying doctor is not stating that a patient will remain free of injury during skydiving, 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 (name), wishes to make a skydive. 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

**This note must be printed on the Doctor's letter head to certify it.**

## **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. Tachycardia may be present at the same time as relative hypoxia. Ischaemic heart disease, uncontrolled hypertension and cerebrovascular disease are absolute contraindications.
2. Tandem students are connected to an experienced instructor throughout the duration of freefall 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 skydiving. This is painful and risks further injury to the joint. During the parachute deployment there is a brisk 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 patient must be capable of appreciating what is happening and of giving informed consent.
5. Stable diabetes with no tendency to experience hypoglycaemia is acceptable.
6. The patient must be capable of giving informed consent. The patient's behavior must not pose a risk to the Tandem Instructor.

