

# HEALTH AND MEDICAL REQUIREMENTS FOR A TANDEM

Tandem skydive offers a quick and safe way to try skydiving. Tandem skydive might be possible for also those that might not be able to perform a solo skydive for a health reasons.

In tandem skydive the instructor and the student (= tandem student) skydive and use the same parachute. Student is attached to the instructors harness to the front with specially designed tandem harness. Tandem instructor is specially trained experienced skydiver and takes care of the safety throughout the skydive so the student can focus on enjoying the experience.

Doctors note is not often required by a tandem student. Skydivers own health statement is usually enough. Tandem student is redirected to a doctor if:

- Student is 65 or older.
- Health statement gives a reason to redirect to a doctor.
- Organization or the instructor insists.

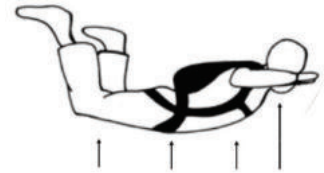
## *Tandem skydive*



During tandem skydive the harness used is specially designed to do tandem skydives. Student is attached to the instructors front side to the instructors harness. Harness is tightened around the groin and from the chest in a way that it is not able to move around and straps are staying where they should stay. There is some adjustments that can be made, but for safety for example chest strap should be tight always. Vertical straps goes practically always over the collarbone. Leg straps are tighten around the legs and after the parachute is deployed, the weight of the jumper is on the leg straps and most of the weight is on back, but there is also some weight on the groin.

Tandem skydive is performed between 2400–4000 m altitude. Freefall is depending on the altitude between 30-50 seconds and the flight to the altitude takes between 15–30 minutes. Tandem instructor deploys the parachute over 1000m altitude. Changes in air pressure or oxygen level in these altitudes won't cause problems for a healthy person. While moving around above the sea level it brings physiological changes on how the human body functions that are caused by for example changes in air pressure and oxygen level. Tension also adds sympathetic nervous system load by raising the blood pressure and heart rate. For people who have tendency for hypoxia (lung problems, heart defects, cardiovascular illnesses etc.) should not skydive at all. Also pay an extra attention to all illnesses caused by changing air pressure (nose, ears).

During freefall, velocity might get as high as 200 km/h. Basic body position is so called X-position, where airflow is pressing especially arms and legs. Eyes are kept at the horizon, this means chin up and neck slightly extended. In basic body position shoulders are slightly rotated outwards and airflow is pressing upper body relatively strongly.



While deployment the velocity decreases from 50 m/s to around 5 m/s in couple of seconds. Most pressure during deployment is on the back and neck.



Landing usually happens softly on the instructors legs. Tandem student lifts her/his legs up to almost full sitting position around 15 seconds before the landing. Student places legs to the ground after the movement is completely stopped.

**Tandem student should not have injury or illness that might compromise the safety during a skydive. For example any condition that might cause temporary loss of consciousness (epilepsy, un-balanced insulin-treated diabetes etc.).**

During pregnancy it is not advice to skydive (the risk of miscarriage is higher, potential lack of oxygen, noise exposure for fetus).

Finnish medical association has a form for a basic statement made by the doctor (*Lomake T*). This form with a guidelines for the doctor (in Finnish) will guide doctor through the examination. For a tandem student the requirements are much lower regarding sight, hearing and body movement. All abnormalities should be considered case by case by the doctor.

Skydivers health requirements are checked and stated for the time of examination. Doctors note is valid for 5 years.

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