

INSTRUCTIONS FOR TANDEMSTUDENTS

Tandem skydive course

Tandem skydive course is the fastest and easiest way to experience freefall and get to steer a parachute. During the course, a tandem instructor teaches you how to exit the airplane and what to do during freefall. You, the student, will practice these skills on the ground before boarding the plane.

Tandem skydive

Tandem skydive always consists of two persons. You will be strapped to a tandem instructor by use of a secure harness system. The jumper above you is always a tandem instructor, a very experienced skydiver who has taken a tandem instructor certification course and has at least 500 jumps and minimum 3 years in sport.



Tandem skydive is always conducted from at least 2400 meters. Freefall lasts – depending on exit altitude – from 30 to 50 seconds. Tandem instructor deploys the main canopy approximately at 1500 meters. After the deployment you two will steer the canopy to the landing area.

Tandem parachute

A rig on tandem skydive is similar to a solo skydivers equipment: there is both main canopy and reserve canopy. Compared to a solo skydiver's equipment difference is the bigger size of both canopies and container and tandem student's harness. Tandem instructor and you are connected with four separate snaps. The shoulder snaps cannot be undone in the air so there's no fear of falling down. Each of the four snaps can hold a weight of a small car.

The shape of both the main canopy and the reserve canopy is square. They are easy to steer with steering lines attached to the rear of the canopy. A modern parachute reminds more of a wing of an airplane unlike a traditional round canopy. After the deployment your instructor will teach you how to steer and flare (land) the canopy. You will also fly the canopy together to the landing area.

Health

You, the tandem student, need to fill in a [Tandem student's health statement](#). Based on the answers (yes / no questions) given in the statement you can be asked to see a doctor for a medical certificate. For persons over 65 years old medical certificate is mandatory. See here about the medical requirements: [Skydivers Health and Medical Requirements for a Tandems](#). A tandem skydive is possible also for disabled within certain limits. In these cases, the tandem instructor has higher demands for experience. Contact your closest skydiving club and ask more.



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Other equipment

Bring comfortable clothes and sneakers or tennis shoes. Depending on the time of year you may need only a t-shirt or pullover under your jumpsuit which is provided by the club. Headwear is called a frap hat. It is made of leather and it is headform. You will also get goggles which will protect your eyes and prevent tear and an altimeter which shows your altitude all the time (while going up, during freefall, under canopy).

Freefall

After exiting the plane your instructor deploys a drogue in order to decrease your terminal velocity. Tandem falls belly down about 180 km/h. The speed or acceleration doesn't make you dizzy because at exit your speed is already same as your plane's airspeed – over 100 km/h. Your depth perception doesn't work at the exit altitude so you can't feel the altitude. The view looks like a photo taken from a commercial airliner. During the freefall your job is to stay relaxed, enjoy the speed and view. In freefall you take basic position: spread your arms and legs, legs bent from your knees, arch your hip and raise your head, upper arms 90 degrees in relation to your body and lower arms 90 degrees in relation to your upper arms. You can imagine yourself being a shuttlecock (badminton ball) falling: your belly is the cork and legs, and arms are the feathers. Your instructor will teach you the basic position and you'll practice it before boarding the plane.

Landing

The speed of modern parachutes - tandem parachute included – is decelerated before landing. Slowing the speed and landing will be practiced high in the air in good time before actual landing. Just before touching the ground you lift your legs and keep them above instructor's legs so he can land first. Usually landing feels like jumping down from a low chair.

Video

Usually you can get a videographer to film your tandem skydive. The videographer exits first right before you and your instructor, so he won't disturb your exit. He has a video camera attached to his helmet and he'll fly just a meter or two in front of you.

Club membership

Tandem skydive is a part of the club's training program. Every student will become a member of the skydiving club. Membership fee is included in the price of the tandem skydive. If you want to continue skydiving and make a solo jump, you'll get discount from First Jump Course at least the same year you made your tandem skydive.

Insurances

Ordinary *spare time* accident *insurances* don't cover skydiving. It is recommended to get an insurance which covers skydiving and third-party liability. Ask more from your instructor.

