

## 1. Weight & BMI

A minimum degree of fitness is required to complete a tandem skydive and to ensure a safe landing for you and your instructor. Your Body Mass Index (BMI) is an indicator of this.

Skydive Dubai requires each tandem customer to meet both, the weight and BMI requirements listed below. These are the equipment's manufacturer's requirements and we cannot make exceptions for safety reasons.

| <b>Women</b>                        | <b>Men</b>                        |
|-------------------------------------|-----------------------------------|
| Weight: 90.0 kg/ 198.0 lbs or less. | Weight: 100.0 kg/220 lbs or less. |
| BMI: 27.5 or less.                  | BMI: 30.0 or less.                |

There is no minimum weight requirement in order to be eligible to skydive. Please note, our staff will weigh you (with your shoes and clothes on) when you check-in on the day of your skydive. You are welcome to visit our locations before you book your skydive to weigh yourself on our scales.

## 2. Age

You must be 18 years of age or above (according to the Gregorian calendar) on the day of your tandem skydive. Please bring a valid and official government photo ID (Emirates ID, driver's license, passport) on the day of your skydive.

If you are 70 years old or older on the day you skydive, kindly download and fill out the Declaration of Fitness form (point 6) prior to your arrival at our location. The form must be completed and must be signed and stamped by your doctor.

## 3. No drugs or alcohol

Skydive Dubai has a zero-tolerance alcohol and/or drugs policy. There must be no alcohol or drugs in your system 24 hours before your skydive.

## 4. Medical conditions

If you suffer from or have previously suffered from any of the conditions listed below, kindly download and fill out the Declaration of Fitness form (point 6) prior to your arrival at our location. The form must be completed and must be signed and stamped by your doctor. This is essential for both your safety and the safety of your instructor. If you do not follow these instructions, there is a chance your skydive could be cancelled. Please contact your doctor in case of any queries.

- Epilepsy
- Fits
- Severe head injury
- Recurrent blackouts or giddiness
- Disease of the brain or nervous system
- High blood pressure
- Heart or lung disease
- Dislocated shoulder or other limb(s)
- Recurrent weakness
- Diabetes
- Mental illness
- Drug or alcohol addiction
- Any past or present medical conditions
- If you are pregnant you should not skydive.

## 5. No scuba diving

Please avoid scuba diving at least 24 hours prior to you tandem skydive.

You can download our Tandem Waiver and the Declaration of Fitness form here. These documents are valid for both our locations.

[waiverform](#)

[SkydiveDubaiDeclarationOfFitnessForm.pdf](#)

[InsurancePolicy0122.pdf \(skydivedubai.ae\)](#)