

NZPIA High Altitude Descent Course for Tandem Passengers



Introduction

This Course is designed to educate and inform you of:

1. The increased safety risks associated with descents from higher altitudes;
2. Management of risks, including the use of oxygen equipment;
3. Symptoms of hypoxia.

Risks of High Altitude Parachuting

Although precautions are taken to reduce the effects of increased altitude, there are added risks associated with skydiving from higher altitudes compared with lower altitudes, including: reduced oxygen (hypoxia), exposure to colder temperatures, higher speeds and the potential for added stress on your body and the equipment.

Skydiving from above 13,000 feet Above Mean Sea Level (AMSL) is not recommended for anyone suffering from cold/flu, sinus discomfort or pressure, hangover, diarrhoea, headache or certain injuries.

You must inform a staff member if you suffer from any of the above.

Management of Risks

The use of supplementary oxygen is required for all descents above 13,000 feet AMSL. Your Tandem Master will instruct you in the use of oxygen and any other requirements for your high altitude descent.

You will be supplied with an oxygen mask; your Tandem Master will instruct you when and how to place the supplied mask onto your face, and will ensure a secure fit. You must continue using the mask until you are told to remove it by your Tandem Master or another staff member. You must comply with your Tandem Master's instructions at all times.

Symptoms of Hypoxia

Some of the effects of hypoxia (lack of oxygen) are listed below. You must alert your Tandem Master if you experience any of these symptoms at any time in the aircraft, e.g. by tapping their leg to get their attention and pointing at the mask.

- Fatigue
- Headache
- Clumsiness
- Hyperventilation
- Blueish fingernails
- Poor memory
- Poor reasoning / judgement
- Loss of time awareness
- Emotional outbursts
- Loss of muscular control
- Euphoria (irrational sense of wellbeing)
- Dimming, blurry vision or tunnel vision
- General slowness of thought
- Fixation on unimportant tasks

NOTE: A complication of hypoxia is that you may not be aware of the onset of symptoms. Your Tandem Master has completed a more comprehensive high altitude descent course and is trained to monitor you for any symptoms of hypoxia

By signing below, you acknowledge that you understand the information in this course, and accept the increased risks of skydiving from a higher altitude.

Passenger's Name: _____ Date: ____/____/____

Passenger's Signature: _____

Office use

Course administrator (name): _____

Course administrator (signature): _____

All courses must be kept on file for a minimum of three (3) years, and forwarded to the NZPIA on request.