



Booking Form 1

This form must be completed and returned ASAP.

Please return this form to:

35 Mount Street
Abergavenny
Monmouthshire
NP7 7DT

Flyers details

Full Name _____ Home tel _____ Mobile _____
 Address _____ Age* _____ Weight (kgs) _____
 _____ Previous experience* _____

 _____ Email _____

* If you are under 18 we must receive a letter of consent from a parent or guardian
 * all outdoor activities are useful information. If you have had previous paraglider training we will require copies of your records/Logs **before** training.

Course Required

Tandem Flight	Dual experience lesson with instructor	£119*	<input type="checkbox"/>	with aerial photos £129	<input type="checkbox"/>
Tandem Flight	with in flight video and DVD	£169	<input type="checkbox"/>		
One day Introductory	First day of any course	£150	<input type="checkbox"/>		
Extra Days	Pay by the day to EP and CP*	£150	<input type="checkbox"/>	inc equipment voucher*	
Paramotor tuition	the motorised part of training	£150	<input type="checkbox"/>		

I have enclosed payment by cheque/P.O Amount _____ made payable to: **Mr S Millson**
 or by paypal receipt number _____
 Somebody has paid on my behalf Name _____
 * **£50 refund voucher against new equipment package, or £25 against secondhand package.**

- BHPA membership (one flight) included for tandem flights worth £10.
- For all other courses BHPA membership is mandatory and can be taken out **on the day**, or by applying directly to the BHPA at least 3 weeks before for annual and training membership.

Contact 0870 870 6490, or online www.bhpa.co.uk Credit Cards and cheques accepted
 One day intro £10. Training membership (3 months) £60 Annual membership £104

Availability

Weekdays Weekday evenings Weekends Weekend evenings

Preferred start date First choice (TBC) _____ 2nd choice (TBC) _____

Always have a date booked in our diary.
 With U.K weather the way it is, the more often you book in and check in the more likely you will get to fly!
 We do not mind, and prefer to hear from you, so please stay in contact.

Axis paragliding booking form 2

Medical questionnaire

To be completed by every student or tandem student

	YES	NO
Do you consider yourself to be in good health?	<input type="checkbox"/>	<input type="checkbox"/>
Are you:		
(a)* fit enough to carry a 10 kg backpack over rough countryside?	<input type="checkbox"/>	<input type="checkbox"/>
(b) fit enough to run over short distances (50m)?	<input type="checkbox"/>	<input type="checkbox"/>
(c) able to sustain a fall onto grass from a run without injury?	<input type="checkbox"/>	<input type="checkbox"/>
(d) able to sustain a feet first impact equivalent to jumping from a chair?	<input type="checkbox"/>	<input type="checkbox"/>
(e)* fit enough to complete a day of moderate hill walking?	<input type="checkbox"/>	<input type="checkbox"/>
(f)* Able to see well enough to drive a car (with or without glasses or lenses)?	<input type="checkbox"/>	<input type="checkbox"/>

If the answer to any of these is NO, then you will not be able to start a course with us.

If you are on a tandem flight and you have said no to a, e, or f, it may still be possible, but you must discuss this with us first. **This is for your own safety**

Do you, or have you ever suffered from any of the following;

(a) Heart disease (including angina) or any other heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
(b) Circulatory problems including high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
(c) Epilepsy?	<input type="checkbox"/>	<input type="checkbox"/>
(d) Diabetes?	<input type="checkbox"/>	<input type="checkbox"/>
(e) Severe vertigo or dizziness?	<input type="checkbox"/>	<input type="checkbox"/>
(f) Increased susceptibility to bone breakage or joint dislocation?	<input type="checkbox"/>	<input type="checkbox"/>
(g) Severe skeletal damage with increased risk of injury?	<input type="checkbox"/>	<input type="checkbox"/>
(h) Asthma or other respiratory conditions?	<input type="checkbox"/>	<input type="checkbox"/>
(i) Any Condition/Medication which may affect your ability to participate?	<input type="checkbox"/>	<input type="checkbox"/>

If the answer to any of the above is YES please give details below

Declaration

Participant / Student I certify that the details given above are, to the best of my knowledge correct

Signed _____ Date _____

Please note; If you are over 55 years of age, or suffer from any illness or injury that may affect you during your paragliding/paramotoring course, then this document should be countersigned by your GP.

**In the case of over 55 or a medical issue that will affect you this is guidance for your GP
In order to participate in a paragliding course this person should be;**

- In good health generally
- Be fit enough to walk or run over uneven ground carrying a 10kg backpack up a steep hillside
- Be able to concentrate and reason in a normal manner
- Have average spatial awareness and vision sufficient to drive a car
- Not be taking any medication where the effects may detrimentally affect his/her mental or physical ability.

If you require more help and guidance, please contact us and we will be happy to assist.

Axis paragliding booking form 3

This only needs to be completed by your G.P if you have one of our listed causes for concern..

Declaration by your G.P/Doctor

I certify that the details given above for the participant named _____
Is to the best of my knowledge, correct. I consider this person is in adequate health to participate in a paragliding course

Signed _____ Date _____

Name of surgery _____ Tel: _____

Booking Conditions

Course fees. Please enclose your course fees with this booking form, or pay by credit card on our secure payment section of the website. If you pay by cheque, make it payable to S Millson.

You must be in credit to book in. If you wish to book for more than one day, you must have enough credit for each day you book.

Booking in. You may book in by telephone, email, or text, but you must receive confirmation of your booking. We will try to confirm as soon as possible. You must be in credit to book in. . If you fail to check in the night before you will forfeit your flight / day!

Your cancellation. If you need to cancel a booking for any reason you must give us at least 48hrs notice, in order for us to fill your space. If you do not, and we cannot fill your space you will be charged for the day!

Our cancellation. If we have to cancel a course, it will usually be for reasons of weather and your safety, but we reserve the right to cancel for other exceptional reasons. You will simply have to re-book your course at the next available time. There is no charge for this, and due to the weather dependency of this sport, may happen frequently.

Refunds. Courses/ flights cannot be refunded unless in exceptional circumstances, however if you wish to sell or transfer your course you may, but there is a £15 admin fee to do so. The new applicant must fill out a new booking form.

Aerial and general photography . If you have booked and paid for photography, we cannot guarantee to always be able to perform this service. If for technical or safety reasons it is cancelled you will be refunded for the photography only, not the flight. All images remain the copyrighted property of Axis paragliding and you agree to their use for commercial purposes by Axis. You may not sell or reproduce images or make copies of images without express permission.

Flying Conditions

To ensure that your course is as safe and enjoyable as possible, it is important that you read and understand these flying conditions.

I understand that: **Paragliding is a form of aviation, with all of the inherent and potential dangers that are involved in aviation. No form of aviation is without risk, and injuries and death can and do occur in paragliding, even to trained pilots using proper equipment. No claim is made or implied that all sources of potential danger to the pilot have or can be identified. No one should participate in paragliding who does not recognise and wish to personally assume the associated risks.**

I must be a member of the BHPA to be under training, and I must abide by the rules of the association and its Instructors. I understand that as a member I am entitled to third party insurance to the level of 2 million pounds, but that it provides me with NO personal accident cover. I understand that my instructors liability insurance is limited to £25,000 per claim. I understand that it is advisable to have sufficient personal accident insurance and it is my sole responsibility to do this.

I will not consume ANY alcohol during, or in the 12 hours preceding tuition, or be under the influence, or suffering from the effects of alcohol, or drugs, during my course.

I will come to my course dressed in appropriate outdoor clothing (Strong, grippy soled, outdoor boots with good ankle support. Gloves, Long trousers, long sleeved shirt and jacket, sun cream and will bring lunch and at least 2 litres of water to drink)

I understand that my Instructors decision to cease flying and terminate the course of any student for whatever reason to be final and binding.

I unreservedly indemnify, Axis Paragliding, or its Instructors and staff against any loss, damage or injury caused by me during my participation of the sport or my attendance on a course. (Events not covered by BHPA 3rd party liability)

I have read, understood, and agree to abide by the conditions set out above.

Signed _____ Date _____



Instructions

(please keep)

The first thing you need to do is complete and return the booking form, with payment (or the name of giver, if bought as a gift) for your course or flight. You can put some provisional dates on the form, which we can confirm, but if you have no dates yet, please still return the form immediately. We require this for you to be able to use the 'booking in and weather check facility'. Your flight or course is valid for 15 months, so if your day is cancelled due to unsuitable weather, you can re-book as many times as you like (one date at a time) until you complete the day/flight/course.

Booking In ? You can either call us, text or e mail (best) your date. If you use SMS please remember to put your name at the end. We will reply to confirm this booking. Then you will have to contact us the night before the day of the booking, for weather check. This is normally done between **7- 7.30 pm**, when we do our weather updates. **Please do not call outside this time,** unless you have been specifically asked to. Sometimes you may be left a message on the answer phone, if you are booked in please leave a message to confirm you have received it . We try our best to keep you informed and to avoid wasted journeys, but do not expect returned phone calls it is not always possible. Occasionally, if the forecast is uncertain and you are local (less than an hour away) we may ask you to phone in at 7.00 - 7.30 am on the morning of your course. We are open all year round, (although we have courses abroad, and are unavailable during these periods – see website for dates). Often the best conditions to begin learning are in the winter, when we have smoother air conditions. Please do not turn up unless you have confirmed that you are booked in, and that your course or flight is running!

Do I have to do the course on consecutive days?

No. Your course can be tailored to your free time, and with the unpredictable nature of the U.K weather it is often difficult to get an EP or CP course completed consecutively. For most people with only weekends to spare it may take up to a year or more to qualify. Be patient it is a virtue you will need for flying! But it is worth it.

How far in advance do I need to book? This depends on when it is; our busiest periods are summer weekends, from June to September. At this time it is usually best to book at least 2 weeks in advance, or 1 week if it is mid-week. Out of this period, it may only be necessary to book a few days before, or wait for the forecast, but if you have the time available and you want to come in, put your name in the book, we can only take a limited number per instructor, so it avoids disappointment. During the winter we are usually quieter, and so last minute booking is usually not a problem if you have seen some good weather coming!

What kind of weather do I need? For the first few days of your course the ideal conditions are light winds. The gliders have a wingspan of more than 30 ft and at first, are difficult to handle in anything more than 10mph at hilltop level (most of our hills are at least 1200' AMSL). As you progress you will be able to handle slightly stronger conditions than this. Tandem flights can operate in slightly windier conditions than solo students.

Why when I hear that flying is cancelled is the weather lovely in my back garden? Often winds close to the surface at around sea level will be much lighter than they are in our mountains at altitude. This effect is called wind gradient. It is often more noticeable early in the mornings when the cold night air pools on the ground and the quicker moving upper winds slide over the top. There are also some conditions which might look nice but are unsafe for training. We will always put safety first.

Can you teach different levels of student on the same day? Yes. Often we will have extra instructors for each level. If not, and we will cancel the ones who the weather and conditions are least suitable for. We will always do our best to be fair about this.

What do I look for in a forecast? Keep an eye on T.V weather forecasts, or you can use some of the links on our website (xcweather). The BBC forecasts are very good. Isobars need to be widely spaced (max 3 across the U.K) with wind speeds no more than 10 mph, 5 being ideal. These wind measurements are made at 30' above sea level and so will be almost double on the hills

Can I Bring the family? It is usually better not to bring spectators, although we do not mind a partner or friend, if they have been warned that they are likely to be in a remote location, and there is likely to be a lot of waiting around. Please **NO DOGS** (although we love them). They cause problems for us with land owners and Graziers.

How do I know where to meet you?

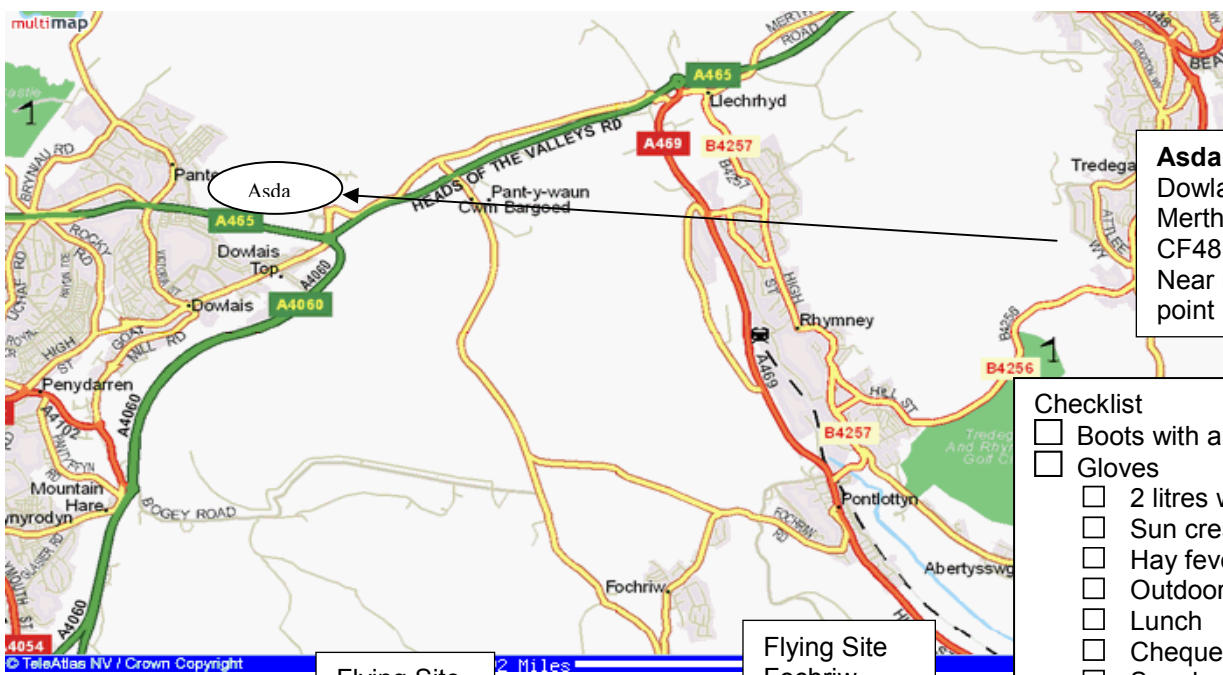
When you speak to the Instructor at weather check you will be given Instructions and directions where to meet. We do not stick to one meeting place as it depends which site we are using that day. It will often be at a supermarket car park, (a good place to get lunch, water, fuel etc) and is easy to find. Two popular ones are shown below, but do not assume that it will always be one of these.

Car Sharing. As part of our environmental policy we will often ask people coming from a similar area if they would be happy to share transport, and may give you contact numbers of fellow students. We hope you are happy to co-operate with this policy. It has many benefits outside of saving the planet? If you do not wish to be part of this please let us know. We are also more than happy to collect people from Abergavenny Train or bus station you wish to use public transport.



Waitrose
Merthyr Road
Llanfoist
Abergavenny
NP7 9LL
Near recycle point

LOST?
Call the duty Instructors
mobile
07970 421373
only when urgent.



Asda
Dowlais Top
Merthyr Tydfil
CF48 2YF
Near recycle point

Flying Site
Merthyr
common

Flying Site
Fochriw
&
Bedlinog

- Checklist**
- Boots with ankle support
 - Gloves
 - 2 litres water
 - Sun cream
 - Hay fever tabs
 - Outdoor/Warm clothes
 - Lunch
 - Cheque/card for BHPA
 - Sunglasses
 - Big Smile