

Indoor Skydiving: Safety Activity Checkpoints



If your council expressly approves, indoor skydiving, because it is contained, low-impact, and adjustable to size and skill-level of participants, is the only freefall activity not prohibited by Girl Scouts. Indoor skydiving takes place in a vertical wind tunnel, a wind tunnel that moves air in an upward column, to simulate the experience of skydiving without planes or parachutes. The force of the wind generated in the tunnel is based on the size (height, weight), skill-level, and needs of the "skydiver." The skydiver floats three to six feet above a trampoline-like net, so if the fan fails, the participant falls into the net and is caught. There are several facilities in the United States that operate vertical wind tunnels for recreation and training; only those facilities with indoor vertical wind tunnels are permitted for use by Girl Scouts. Indoor skydiving is not recommended for Girl Scout Daisies or Brownies.

Know where to "skydive." Only indoor vertical wind tunnels are permitted. Be sure that the facility you plan to attend is indoors.

Include girls with disabilities. Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations. Indoor Skydiving is not recommended for pregnant women and people with previous or recurring back, shoulder, or neck problems; the facility may even preclude these people from participating. Some facilities also have weight restrictions and requirements of participants. Get specifics from the indoor skydiving facility you plan to attend.

Indooi	Skydiving Gear		
Basic Gear			
	Comfortable clothes Tightly laced athletic shoes		
Special	Specialized Gear (may be provided by the facility)		
	Helmet (full-face or open-face) Goggles Elbow/Kneepads Earplugs Jumpsuit		
Prepare for Indoor Skydiving			
	Communicate with council and parents. Inform your Girl Scout council and girls' parents/guardians about the activity, including details about safety precautions and any appropriate clothing or supplies that may be necessary. Follow council procedures for activity approval, certificates of insurance, and council guidelines about girls' general health examinations. Make arrangements in advance for all transportation and confirm plans before departure.		
	Girls plan the activity. Keeping their grade-level abilities in mind, encourage girls to take proactive leadership roles in organizing details of the activity.		
	Arrange for transportation and adult supervision. The recommended adult-to-girl ratios are two non-related adults (at least one of whom is female) to every:		
	 16 Girl Scout Juniors 20 Girl Scout Cadettes 24 Girl Scout Seniors 24 Girl Scout Ambassadors 		
	Plus one adult to each additional:		
	 8 Girl Scout Juniors 10 Girl Scout Cadettes 12 Girl Scout Seniors 12 Girl Scout Ambassadors 		
	Verify instructor knowledge and experience. Ensure that the instructor holds instructional certification from the <u>International Bodyflight Association</u> , or has councilapproved equivalent certification or documented experience and skill in teaching and/or supervising indoor skydiving. If you have questions about certification or instructor knowledge, contact either the International Bodyflight Association or <u>Skyventure</u> (a recognized vertical wind tunnel company) to ask about instructors in the facility you intend to use.		
	Compile key contacts. Give an itinerary to a contact person at home; call the contact person upon departure and return. Create a list of girls' parents/guardian contact information, telephone numbers for emergency services and police, and council contacts—keep on hand or post in an easily accessible location.		

	Size up gear. Ensure the appropriate sizes of helmets, jumpsuits, goggles, and elbow/kneepads are available, and make sure that helmets and goggles fit girls' faces securely and comfortably; make certain that girls with glasses or contacts have goggles that properly accommodate them.
	Safeguard valuables. Don't leave personal belongings and valuables unattended in a public place. Most indoor skydiving facilities provide a locker area for personal belongings. Check with the facility ahead of time about cost and availability of the facility's storage amenities.
	Dress appropriately for the activity. Make sure girls and adults avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment.
	Prepare for emergencies. Ensure the presence of a first-aid kit and a first-aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED. See <i>Volunteer Essentials</i> for information about first-aid standards and training.
On the	e Day of Indoor Skydiving
	Girls learn how to skydive indoors. All first-time participants will be given instruction in how to properly wear and adjust gear and how to float and move in the vertical wind tunnel. All legitimate centers provide instruction; it is up to the adult organizing this activity to ensure this is so.
	Use the buddy system. Girls are divided into teams of two. Each girl chooses a buddy and is responsible for staying with her buddy at all times, warning her buddy of danger, giving her buddy immediate assistance if safe to do so, and seeking help when the situation warrants it. If someone in the group is injured, one person cares for the patient while two others seek help. However, the buddy system only applies to activity outside

Indoor Skydiving Links

• International Bodyflight Association: <u>www.tunnelflight.com</u>

• Bodyflight Network: www.bodyflight.net
Skyventure: www.skyventure.com

Indoor Skydiving Know-How for Girls

• Fall with style. There are several maneuvers skydivers can do while in the wind tunnel including flips, spins, and turns. First time skydivers will not likely perform or learn any of these maneuvers; depending on skill-level, the instructor, and council guidelines, girls with experience may learn and perform these maneuvers while in the wind tunnel.

the wind tunnel; only one participant at a time is allowed in the wind tunnel.

Indoor Skydiving Jargon

- **Potato chip:** An involuntary movement, common to beginners just learning stability.
- Belly flying: A position wherein the belly of the skydiver is facing the ground.