

THE ULTIMATE GUIDE TO YOUR

FIRST SKYDIVE



*10 THINGS TO KNOW BEFORE
YOU TAKE THE PLUNGE*

SKYONE™

INTRO

WELCOME TO THE SKY!

You are one step closer to living one of the most blissful experiences in your lifetime. You may think we exaggerate, but the truth is that we hear it from our customers after landing all the time... "this is the best thing I have ever done!"

Skydiving is quite intimidating though, especially for first-timers. We hope this guide will help you understand what's involved in jumping out of planes and give you the confidence to take the plunge with us!



Phil Onis
DIRECTOR

Pilot, AFF and Tandem
instructor with over
39,000 skydives since 1971



Cindi Hemmila
CHIEF INSTRUCTOR

AFF and Tandem
instructor with over 12,000
skydives since 1985

Family-owned and operated for over 50 years, SKYONE is the most experienced skydiving operator in Australia with 11 locations across the country..

AS SEEN ON





FIRST SKYDIVE GUIDE - 2024 EDITION

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Disclaimer

SKYONE makes no representations or warranties of any kind, express or implied, about the accuracy, completeness, reliability, suitability or availability of the information, processes, training methods, gear or safety protocols contained herein. The use of this guide to attempt any skydiving or aviation activity without the supervision of a qualified operator is done at the user's own risk, and SKYONE shall not be liable for any events or outcomes resulting from such use.



#1 ALMOST ANYONE CAN SKYDIVE

WHAT ARE THE REQUIREMENTS TO SKYDIVE?

The Australian Parachute Federation is the body regulating Skydiving. They set the overarching rules and operational standards that every dropzone in Australia must adhere to. These are designed with the safety of both staff and customers in mind.



16 years old is the minimum age to skydive and all minors must have written consent from parents or guardians.



115kg is the maximum weight.



Basic fitness, the main requirement is being able to lift your legs up with your hands under your knees for landing.



You must let us know of any previous injuries or health conditions for an individual assessment of potential risks.

Did you know...

We often jump with customers in their 70s and 80s. The oldest person skydiving with us celebrated her 95th birthday jumping out of a plane!

#2 DRESS FOR SUCCESS

WHAT TO WEAR SKYDIVING?

Leave the high heels or business attire behind, it's time to get loose and enjoy!



Dress up for the weather on the day with comfortable clothes. We can supply jumpsuits to wear over your clothes.



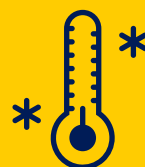
Enclosed shoes are a must. If you are wearing thongs remember to bring a pair of sneakers with you.



We provide goggles so you can enjoy the stunning scenery below you, with an oversized option to fit over glasses if needed.



Stunning views with SKYONE Sunshine Coast, jumping over Caloundra and landing on the beach



Did you know...

Temperatures drop as you go higher in altitude at a rate of between 4 to 9 degrees celsius per 1,000m, depending on overall atmospheric conditions. We jump from up to 4,000m, in some of our dropzones during winter you will have to layer up!

#3 KNOW WHAT TO EXPECT ON THE DAY

THE SKYDIVE EXPLAINED

From take off to landing your skydive will take around 25 minutes. Depending on the location you should allow 2 to 4h for the whole experience. You will be advised of the experience duration in your booking details. Your booking time is the

Arrival

Check-in at reception. You will fill some paperwork prior to our manifest process, when you will be

Taking off

The flight to altitude will take between 15 to 20 min. This is when nerves truly kick in! Remember to take deep breaths and relax, have positive thoughts and just

Canopy ride

After deployment it is time to enjoy a stunning parachute ride. You will be flying for 5 minutes. Let the adrenaline wear-off and enjoy the blissful



Gear up

15 min before departure you will meet your instructor. We will go through a safety briefing and get you geared up with a harness and goggles, ready to hop in the



Freefall

Once you reach up to 15,000 feet the door will open and it's time to jump! You will be freefalling for up to 60 seconds reaching



Mission accomplished!

Time to flash your skydiving certificate, you did it! If you chose to include video and photos we will send you a link to your inbox.

Did you know...

We facilitate over 100,000 skydives per year, for tandem customers, skydiving students and licensed skydivers.

Customer enjoying the stunning views over Kings Reef with SKYONE Cairns

#4 SKYDIVING GEAR

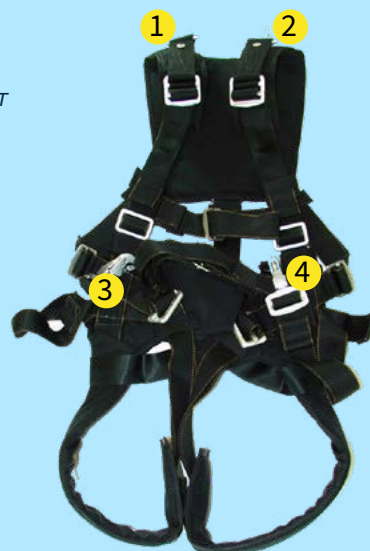
MODERN SKYDIVING GEAR

Tandem skydiving started in the 1980s, quickly becoming the most popular and safest way to experience skydiving for the first time. Tech and innovation over the last few decades have resulted in very advanced gear with significant safety



We commonly refer to the gear as a skydiving “rig”. It consists of a harness, container, main parachute, reserve parachute and AAD (later explained)

Tandem passengers wear a secure harness with 4 attachment points to the tandem instructor rig.



Skydivers use altimeters to maintain altitude awareness for parachute deployment and landing pattern flying.

Passenger harness



Audible altimeter



Wrist-mounted visual altimeter

Our Chief Instructor Cindi Hemmila just before her first skydive with a round parachute in 1985





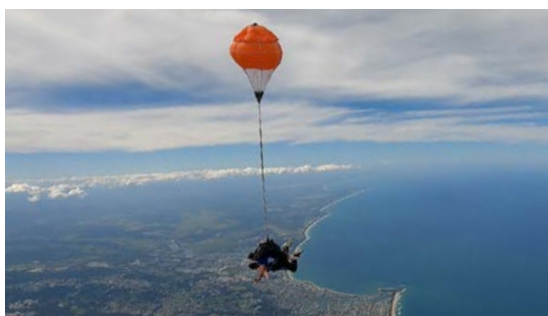
*"The exit", that
moment when you
leave the plane and
the adrenaline kicks in* ▶

Tandem passenger thrilled
to steer the parachute over
Moruya Heads

#5 PARACHUTE DEPLOYMENT

HOW DOES A PARACHUTE WORK?

A crucial part of the skydive is returning back to the ground. We use modern ram air parachutes that offer reliability and precision. This is how a tandem parachute works:



Right after exiting the aircraft the tandem instructor releases the drogue.



It helps slow the rate of descent of 2 people skydiving in tandem, as they have twice the weight with the same surface area, otherwise they would reach too much speed. You will still be falling at 200km/h!



The drogue is connected to the deployment bag containing the parachute through a bridle. Pulling a deployment handle lets the already inflated drogue extract the bag with the main canopy.



The main parachute opens slowing the rate of descent. We steer the parachute with the yellow toggles connected through the "brake lines" to the tail of the parachute. Pull right, go right...pull left, go left...Pulling both will transform speed into lift, required for a smooth landing.

With SKYONE Airline
Beach you get beach
landing guaranteed!



#6 THE CLASSIC QUESTION

WHAT IF THE PARACHUTE DOESN'T OPEN?

This is something a lot of first-timers wonder and the cause of a lot of anxiety. The truth is that a parachute not opening is a highly unlikely scenario. Here is some inside knowledge you may want to be aware of:



On a tandem skydive the drogue parachute is released just after exiting the aircraft. It is inflated and connected to the deployment bag that contains the main parachute. Once the instructor pulls the deployment handle the inflated drogue pulls the bag out of the container and the parachute opens. A parachute not opening is a VERY unlikely scenario.



"What if my tandem instructor faints mid-jump?" Very unlikely! but time to introduce the ADD mentioned in chapter #4. It stands for Automatic Activation Device. All our rigs are equipped with an AAD that measures altitude and speed. It is calibrated to trigger the deployment of the reserve parachute if at the threshold altitude the vertical speed is much higher than that of a regular parachute flight.



Reserve parachutes are periodically inspected and packed only by certified riggers by the Australian Parachute Federation. The deployment is triggered by a spring-loaded pilot chute that ensures the bag is released out of the container with a faster opening of the parachute than a regular main parachute. All our gear and aircraft fleet are periodically serviced by riggers and professional engineers.

Did you know?...

Most of the skydiving accidents and injuries occur after deployment, under a perfectly functioning parachute. The highest risk group is licensed skydivers with between 200 and 500 skydives, performing dangerous manouvres close to the ground. Our tandem instructors have between 4,000 and 20,000+ skydives. Our Director, Phil, holds the Australian record with over 39,000 jumps to date.



#7 SKYDIVE VIDEO AND PHOTOS

THRILLS WORTH KEEPING FOREVER

Most customers choose to include some type of video or photo package. They are embarking on a once-in-a-lifetime experience and it's probably worth immortalising it! (It makes for a great show off on social media as well)

At SKYONE dropzones we generally offer 3 types of media packages.



Hand-cam photos only

Selfie-style photos taken with wrist-mounted camera operated by your instructor. You will receive a selection of the best 100+ photos.



Hand-cam video and photos

Selfie-style videos and photos. You will receive a selection of photos and a 5-minute video edit with music of your experience from boarding the plane to landing.



Ultimate video package

In addition to selfie-style footage and photos you will have your very own "outside camera" filming your whole experience, even in freefall!

Did you know...

Operating cameras while skydiving is regulated by the Australian Parachute Federation, as they introduce another set of risks like distraction or potential entanglement/obstruction with gear. Licensed skydivers need a minimum of 100 jumps before they are allowed to use a camera. Even instructors with thousands of jumps need a minimum of 100 tandem skydives before they can operate a hand-cam with customers.

IT'S ALL A MENTAL GAME

While not being physically demanding, skydiving will require certain mental strength and determination for a lot of people. If that's your case, don't be ashamed of being scared, it is perfectly normal and our staff will be there to help.



Listen to your instructor. They have done this thousands of times. For you this is one day of fun. For them it is a career. And remember, they also want to go back to their families at the end of the day!



Ask questions and get curious if you like. Instructors generally like some good banter and/or very bad dad jokes. Now that you have learned what happens if my chute doesn't open, get curious about other aspects of skydiving.



A skydiving plane is much louder and smaller than a commercial aircraft. On the ride to altitude your nerves WILL increase. Your mind will race going to the darker "what ifs" of things that could go wrong. You CAN be in control during those 20 minutes. Take deep breaths and stay positive, enjoy the scenery and the people around you, you are there to have a good time!



*The door opens and reality hits..."sh*t, I'm about to actually jump out of a plane". On the edge of the plane you will feel the urge to grab onto the plane, just let go. Exiting the plane is the best part of the skydive. And you don't get that belly drop sensation like with roller coasters. The relative wind will push you diagonally until you are in vertical freefall, which will feel like floating more than falling. If you have difficulty breathing just raise your head and look at the horizon. Extend your arms and legs. Embrace the fact that you are free falling! Be present and enjoy it.*



The excitement about to jump out of a plane over the Great Ocean Road



#9 YOU MAY GET ADDICTED TO IT

THE SEED OF A NEW LIFESTYLE?

At SKYONE dropzones you will likely see students and sport skydivers on the day of your jump. Yes, you can learn to skydive!

There are close to 5,000 active licensed skydivers in Australia. From 18 years old to people in their 70s, and all walks of life, at SKYONE we have a vibrant community of fun jumpers that share a passion for flying.

If you asked them, 95% would probably have the same answer: "I did a tandem once and I loved it!". That's how most people get curious about the sport and sign up for the AFF course to learn to skydive. And the rest is history.

For most of them skydiving becomes more than a hobby with a positive ripple effect in all other aspects of their lives.



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90% OF PEOPLE WILL NEVER FEEL READY TO SKYDIVE

Humans are procrastinators by nature, and postponing something is a lot more likely when that something involves facing fears. We hear it all the time from friends and relatives of our staff and licensed skydivers: “It’s definitely in my bucket list, but I just want to be ready to do it...” Some people would wait their entire lives...

We really hope this guide was useful to understand a little bit more about what’s involved in tandem skydiving. We could write a 200-page guide but it would still lack something hard to explain: how it feels to jump out of a plane, the freedom of free falling, the stunning views under a parachute and the rewarding feeling of accomplishment when you land with a big smile on your face.

Will Smith described it as the most blissful experience of his life, and added: “the point of maximum danger is the point of minimum fear”. But you may not know that yet.

We hope we can share the sky with you soon!



WHERE TO SKYDIVE IN AUSTRALIA

OUR LOCATIONS

You can find more information on our website: skyone.com.au/locations
Don't hesitate to call us on 1300 759 348 with any questions you may have.





SKYONE™

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