

# Looking for a thrill?

Come to  
**Sandy Bay Skydiving Centre**  
for a safe, exciting and  
unforgettable experience.



**Make the decision to jump: you won't regret it!**

- You must be between 18 and 65 yrs. old.
- You mustn't be over 14 stone.
- You need to be in good physical condition
- You have to complete our ground training programme.
- You don't have to bring your own parachute equipment or helmet. We provide everything.

[info@sandybayskydivingcentre.com](mailto:info@sandybayskydivingcentre.com)



**Congratulations VICTOR HARPER!**

**You've booked your first skydive with Sandy Bay!**

Some final tips and reminders before your big day:

**21st March, 9am**

- Get a good night's sleep.
- Eat a healthy breakfast. You need to have lots of energy to make the most of the experience.
- Wear comfortable clothes.
- If it's too windy, wet or cloudy on that day, contact us. We will have to cancel your jump and book for another day. The same applies if you are ill.
- We can take photos or video record your experience (at an extra cost). Let us know prior to boarding the aircraft, so that a professional skydiving videographer can jump with you.
- Don't be nervous! Safety is our number one priority.

**If you have any questions, don't hesitate to ask.**



Read the information in the texts below and the sentences 1-8. Write T for True or F for False.

1. You need to be at least 18 to skydive at Sandy Bay Skydiving Centre. ☐
2. If you weigh more than 14 stone, they won't accept you. ☐
3. You have to buy the safety equipment before you go. ☐
4. You can choose whether you want to do the training or not. ☐
5. Victor has booked a jump on 21st March. ☐
6. The centre offers you breakfast. ☐
7. If you are ill, you should contact the centre. ☐
8. Everyone receives a video recording of their experience before they leave. ☐

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**Congratulations VICTOR HARPER!**  
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21st March, 8am

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