



## Indoor Skydiving: Safety Activity Checkpoints



**With your councils express permission, indoor skydiving is one of only two freefall activities not prohibited by Girl Scouts, primarily because it is a contained, low-impact activity that can be adjusted to the size and skill-level of the participants.** 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 and 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 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, and some facilities also have weight restrictions and requirements for participants. Note that some facilities may prohibit people with any of the previously mentioned conditions from participating. Get specifics from the indoor skydiving facility you plan to attend.

### Indoor Skydiving Gear

#### Required Gear (may be provided by the facility)

- Helmet (full-face or open-face)
- Goggles
- Elbow/Kneepads

- Earplugs
- Jumpsuit

### Recommended Gear

- Comfortable clothes
- Tightly laced athletic shoes

### Prepare for Indoor Skydiving

- Communicate with council and parents.** See the Introduction to Safety Activity Checkpoints.
- Girls plan the activity.** See the Introduction to Safety Activity Checkpoints.
- Arrange for transportation and adult supervision.** See the Introduction to Safety Activity Checkpoints for the recommended adult-to-girl ratios.
- Verify instructor knowledge and experience.** Ensure that the instructor holds instructional certification from the [International Bodyflight Association](http://www.bodyflight.org), or has council-approved 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 [Skyventure](http://www.skyventure.com) (a recognized vertical wind tunnel company) to ask about instructors at the facility you intend to use.
- Compile key contacts.** See the Introduction to Safety Activity Checkpoints.
- 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, who is prepared to handle cases of abrasions, sprains, and fractures. Emergency transportation is available; if any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with Wilderness First Aid. See *Volunteer Essentials* for information about first-aid standards and training.

### On the 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.** See *the Introduction to Safety Activity Checkpoints*. Keep in mind, however, the buddy system only applies to activity outside the wind tunnel, as only one participant at a time is allowed in the wind tunnel.

### Indoor Skydiving Links

- International Bodyflight Association: [www.tunnelflight.com](http://www.tunnelflight.com)
- Bodyflight Network: [www.bodyflight.net](http://www.bodyflight.net)
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## **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.

**\*These checkpoints must be reviewed with the vendor and/or facility, when appropriate.**