

Safety is our top priority at Skydive St Andrews. For this reason; we had initially shut down all operations because of COVID-19. While more data has been gathered and new advice released by our government, we have been carefully examining the new information and consulting with trusted medical professionals in our effort to develop a plan for how best to responsibly reopen while also maintaining the safest environment possible for all our staff and jumpers.

PLEASE READ THE WHOLE OF THIS DOCUMENT CAREFULLY SO THAT THERE ARE NO UNWELCOME SURPRISES WHEN YOU ARRIVE!

PRIOR TO COMING TO SKYDIVE ST ANDREWS

You must have contacted us to agree your day of attendance and must have received confirmation by email. We can only ensure safe spacing and adequate staffing if we know in advance how many people are attending. If you attend without email confirmation, regrettably you may not be admitted to the Drop-Zone.

At present, no non-jumping friends, relatives or spectators can attend with you. The only exceptions will be a supervising adult for 16 and 17-year-old jumpers. The supervising adult must agree to the same entry requirements as the jumper. This is one of the preconditions for us to be allowed to operate during these unprecedented times.

Spectators may arrive later once we have started the parachuting program and you have been given a jump time. But spectators are to be kept to a minimum (no more than one car load) and we ask them not to loiter once the jump has been completed. Spectators are not allowed in the building unless permitted by a member of staff.

Our first line of defense against COVID-19 is minimizing the likelihood that someone who has the virus comes to the Drop-Zone.

Prior to you attending please ask yourself the following questions:

1. In the last 28 days, have you been in contact with someone who has symptoms that could be COVID-19 or has had a positive test for Covid-19? *
2. In the last 28 days have you tested positive for COVID-19?
3. Do you now or have you in the last 28 days had any of the following symptoms: Fever, cough, loss of sense of taste or smell, shortness of breath, chills, sore throat, diarrhoea, vomiting or muscle aches and pains?
4. In the last 56 days (eight weeks) have you had any of the above symptoms and have mostly recovered but been left feeling still a bit unwell or short of breath? (You should seek medical advice and certification using form 115F, 116 or 116A).
5. Have you travelled outside the UK in the last 14 days to a country that does not have a "Bridging Agreement" with the UK?
6. In the last 14 days have you been disregarding basic social distancing practices in your daily life, e.g. not wearing a mask in busy public places and not staying at least the government recommended distance away from other individuals when possible?

7. If you haven't been protecting yourself on a daily basis, you are more likely to be carrying the virus even if not showing any symptoms.
8. Do you live in a locality, or work in a facility, which has had a local lockdown order imposed and still in force?
9. While at home, are you in frequent direct contact with individuals whose health is at high risk if they are exposed to COVID-19, such as those in the Governments Vulnerable or Extremely Vulnerable and Shielded groups? If so, consider whether your attendance at the Drop Zone places those household members at greater risk. (Please see the list of conditions at the end. This isn't only about those of us at the Drop-Zone.)
10. Are *you* in one of the Extremely Vulnerable and Shielded groups? The law does not *require* you to stay away from the Drop Zone, but we feel you would be very unwise to attend at present.

If you answered, "yes" to any of these questions, please do not attend, instead email us explaining your case and we will reschedule you to a later date. If you are not in one of the extremely vulnerable groups but are in one of the vulnerable groups, you will not be denied entry to Skydive St Andrews. That said, you MUST take account of the government's current advice to you on safe distancing and make your own assessment of whether you can remain safe while attending a skydiving operation. Remember, this is not just about a risk of dying from COVID-19, there is also the risk of permanent damage to lungs, kidneys and other parts of the body which may leave you unfit in the longer term.

*Healthcare Professionals who work with COVID-19 patients *but are strictly protected while at work* will be allowed to attend even though they answered "yes" to the first question.

WHEN ARRIVING AT SKYDIVE ST ANDREWS

Everyone coming to Skydive St Andrews will need to enter the building via the open hanger door. A staff member will meet you and ask the questions mentioned earlier he/she will confirm that you have read this document. You must have a personal face cover available and that you agree to the release of your personal contact details to the Contact Tracing Service if they request them. The staff member will then take your temperature. A "yes" answer to any of the screening questions, or a failure to have read the whole of this document, or not having a personal face cover available, or not consenting to release of your personal details to the Contact Tracing Service or a single temperature reading of 37.8c/100f (or above) will be reason for not being allowed entry.

SOCIAL DISTANCING AND PERSONAL SANITIZING MEASURES

Everyone should wear a face covering when social distancing is not possible, when indoors, when at manifest/reception or once kitted up.

- If you have to cough or sneeze do so tightly into your arm. If you are frequently coughing or sneezing, you will be asked to leave the premises (even if you feel it is "just hay fever").
- Please maintain the government recommended minimum distance from other

individuals whenever possible, unless one of our instructors has advised you otherwise (it is inherent in skydiving that your instructor will be in close or direct contact with you at times and you may also be close to other skydivers).

- Please resist taking part in the loving, affectionate physical gestures we normally enjoy including hugs, kisses, high fives, fist bumps, etc. (Sorry about this one, especially when we know how excited you will be both before and after your jump!)
- Wash your hands with soap and water or sanitize before and after your jump, prior to making any transactions at manifest or visiting the office and frequently throughout the day. If you choose to wear clinical gloves, you should either don a fresh set of gloves at every point where you would otherwise be washing/disinfecting your hands, or you should wash/disinfect the gloves if you continue to wear the same pair.
- You may be asked to use an alcohol-based spray or gel on your hands or gloves before boarding the airplane.
- When possible use a barrier such as a clean paper towel to prevent direct contact with shared surfaces including sinks, toilets, door handles, etc. In addition, please be sure to provide your own supply of sanitation items including facial coverings, hand sanitizer, sanitizing spray, disinfectant wipes and drinking water. This is the only way to be absolutely certain you always have what you need when you need it.

AIRCRAFT PROCEDURES

Time spent together in tight quarters in the aircraft has the greatest potential for spreading the virus while skydiving. Facial coverings may help but will not completely eliminate the risk. The higher the quality of the face covering and the more consistently it is worn the better the risk reduction. In addition, we need to pay extra attention to how we conduct ourselves in the aircraft.

- Wash your hands before being helped to put on your kit and apply hand gel or spray before going to the aircraft.
- You will have your temperature retaken prior to boarding; this must again be below 37.8c/100f
- Your gloves may be sprayed with a sanitizing agent prior to boarding.
- Wearing a face covering is required in the aircraft and within the loading area at all times.
- To encourage the circulation of fresh air, the aircraft door may be open for part of the flight. Make sure you bring some extra layers of thin clothing – it can be chilly at altitude.
- Only speak in the airplane if absolutely necessary. Speaking increases the transmission of COVID-19 particles. Speaking loudly exponentially increases the transmission of COVID-19.

SANITIZING PROCEDURES

In addition to the personal safety measures and aircraft protocols, we are also increasing our sanitizing procedures throughout the day:

- At the start of the day and during shutdowns, relevant parts of the aircraft will be sprayed with an approved disinfectant.
- At the end of each day the manifest, office, toilets, and other facilities will be cleaned and sanitized.
- Counter tops, bathrooms, door handles, aircraft handles, seat belts, door frames, and all commonly touched surfaces throughout the facility will be cleaned each morning and frequently throughout the day.
- Hand sanitizing stations have been installed at the Flight line and in many other places across the PTO.
- Please rinse down any taps and sink surfaces after use.
- Use common sense social distancing when using the toilets and washbasins.

PERSONAL RESPONSIBILITY

At Skydive St Andrews our staff and jumpers' safety is always our top priority. But there is nothing Skydive St Andrews can do to replace the behavioral measures each of us, as individuals must take. In the best interest of protecting yourself, your friends, families and communities please abide by all these procedures. Please politely help us to hold each other and ourselves accountable. The situation regarding testing, vaccination and knowledge of how Coronavirus spreads has all changed significantly over the last year. Unfortunately, there is also some misinformation floating around. Please be aware of some coronavirus myths:

"I've been vaccinated so I don't need to follow the rules" – being vaccinated may reduce your chance of being seriously ill with Covid, but it does not eliminate it. You may still pass on Covid to others without being aware that you are carrying it. If you were at very high risk from Covid due to age or disease and have now been fully vaccinated, your level of risk has probably been significantly reduced but you may still be at much higher risk than an unvaccinated young person.

"I've already had Covid, so I'm immune now" – a previous proven Covid infection may reduce your chance of a further infection for a while but does not eliminate it. Also, you may still be at significant risk from new variants. You may also still pass on Covid to others without being aware that you are carrying it.

"I've had a negative test so I'm not a risk to anyone else". The 30-minute lateral flow test is only highly reliable when it is positive. It can miss almost half of all actual Covid infections and

so is not reliable when negative. Even if you have had a more sensitive PCR test come back negative, it will have taken a few days to get the result and that will no longer be relevant to the present time.

“I’m wearing a face covering, so I’m not at risk of getting Covid”. A face covering reduces the spray of larger droplets from your mouth (the ones that may directly hit others who are close to you). The face covering does not prevent you exhaling microparticles which float in the air for ages and can infect others at greater distance, particularly in enclosed spaces. A face covering does not prevent you inhaling microparticles in the air.

“I’m exempt from wearing a face covering due to my condition”. It is difficult to imagine any condition that makes it difficult to wear a face covering which does not also make it inadvisable to be skydiving.

CONTACT TRACING

If you discover that you have contracted COVID-19 and have been to Skydive St Andrews in the previous 14 days please contact us immediately on: booking@skydivestandrews.co.uk, or Telephone: 01592882400. We will follow up with contact tracing efforts by notifying other jumpers with whom you shared an aircraft that day. Your name will not be released to the other skydivers by Skydive St Andrews

If we are contacted by the NHS/Public Health Contact Tracing Service about a visitor to the PTO who has subsequently developed Covid-19. We will co-operate fully in providing the Contact Tracing Service with names and contact details for all significant contacts identified by our records system.

COVID-19, SKYDIVING AND PERSONAL RISK ASSESSMENT

Skydiving is a contact sport and contact with your instructor is necessary for your safety. Please understand that even with all the precautions and safety measures we have taken it is not possible for us to guarantee that you won’t be exposed to COVID-19. By participating in skydiving you already accept a degree of risk and you will now assume an additional risk of exposure to, and contracting of, COVID-19.

A young skydiver is very unlikely to die of COVID-19 but this infection attacks the lungs and a minority will suffer long term lung damage, which may restrict exercise or their ability to fly at altitude or skydive. In assessing your personal risks, you should consider not just your own health and situation but also that of the people with whom you live. Age, gender, ethnicity, obesity and a range of medical issues can all affect individual risk. The more risk factors that apply, the more you should pause before deciding to attend the drop zone:

Clinically Extremely Vulnerable groups, who require Shielding at home (check for changing Government & NHS advice).

Anyone in this group is at much higher risk of severe illness or death from coronavirus and is strongly advised not to attend a Drop-Zone at present. If anyone in your household is in this group, you should carefully discuss with them whether your attendance here might affect their risk profile. Clinically extremely vulnerable people may include:

1. Solid organ transplant recipients.
2. People with specific cancers:
 - people with cancer who are undergoing active chemotherapy
 - people with lung cancer who are undergoing radical radiotherapy
 - people with cancers of the blood or bone marrow such as leukemia, lymphoma or myeloma who are at any stage of treatment
 - people having immunotherapy or other continuing antibody treatments for cancer
 - people having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
 - people who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs.
3. People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary disease (COPD).
4. People with rare diseases that significantly increase the risk of infections (such as severe combined immunodeficiency (SCID), homozygous sickle cell)
5. People on immunosuppression therapies sufficient to significantly increase risk of infection.
6. Women who are pregnant with significant heart disease, congenital or acquired.
7. Other people have also been classed as clinically extremely vulnerable, based on their doctor's judgment and an assessment of their needs.

Clinically Vulnerable Groups who should exercise caution

If you have any of the following health conditions, you are clinically vulnerable, meaning you are at higher risk of severe illness or death from coronavirus compared with a fully healthy person, but are not at as high a risk as the shielded group listed above. Although you are now allowed to go out to work, you are still advised to limit your contacts with others outside your household. You should pause and think very carefully about whether it is in your best interests to attend us at present. If anyone in your household is in this group, you should discuss with them whether your attendance here might affect their risk profile. Clinically vulnerable people are those who are:

1. Aged 70 or older (regardless of medical conditions).
2. Under 70 with an underlying health condition listed below (that is, anyone instructed to get a

flu jab each year on medical grounds):

- Chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- Chronic heart disease, such as heart failure
- Chronic kidney disease
- Chronic liver disease, such as hepatitis
- Chronic neurological conditions, such as Parkinson's disease, motor neuron disease, multiple sclerosis (MS), or cerebral palsy.
- Diabetes
- A weakened immune system as the result of certain conditions or medicines they are taking (such as steroid tablets)
- Being seriously obese (a body mass index (BMI) of 40 or above)
- Pregnant women.

Other groups which appear to be at some increased risk from Covid-19, but which are not at present included in Government "Vulnerable" lists include male gender, simple obesity (BMI 30-39) and Black or Asian Minority Ethnic groups particularly those of Bangladeshi origin. *The most important non-medical risk factor appears to be age, with those over the age of 80 being at 70 times the risk of those under the age of*

3. The absolute increase in risk for male gender, obesity or BAME groups are by comparison less significant, especially for those under the age of 40.

Skydive St Andrews and all its associated entities and individuals cannot guarantee your protection. If you do not wish to accept the extra risk despite all the safety measures, we have taken then you should not participate in skydiving activities for the time being.

