

Peterlee DZ Weight Height Guidelines for First Time Parachutists and Skydivers

Weight lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230		
Weight St & s	7st 2	7st 7	7st 12	8st 3	8st 8	8st 13	9st 4	9st 9	10st	10st 5	10st 10	11st 1	11st 6	11st 11	12st 2	12st 7	12st 12	13st 3	13st 8	13st 13	14st 4	14st 9	15st	15st 5	15st 10	16st 1	16st 6		
Weight kg	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7	100.0	102.3	104.5		
Height Inches	Height Cm	The figures within the box below represent the BMI for a given height & weight; i.e. BMI "24" for 5'10"/177.80cm & 12st 2lbs/79.5kg.																											
5' 0"	152.40	19.0	20.0	21.0	22.0	23.0	24.0	25.0	26.0	27.4	28.0	29.0	30.0	31.0	32.0	33.0	34.0	35.0	36.0	37.0	38.0	39.0	40.0	41.0	42.0	43.1	44.0	45.0	
5' 1"	154.90	18.0	19.0	20.0	21.0	22.0	23.0	24.0	25.0	26.0	27.5	28.0	29.0	30.0	31.0	32.0	33.0	34.0	35.0	36.0	36.0	37.0	38.0	39.0	40.0	41.7	42.6	43.6	
5' 2"	157.40	18.0	19.0	20.0	21.0	22.0	22.0	23.0	24.0	25.0	26.0	27.5	28.0	29.0	30.0	31.0	32.0	33.0	34.0	35.0	36.0	37.0	38.0	39.0	40.4	41.3	42.2		
5' 3"	160.00	17.0	18.0	19.0	20.0	21.0	22.0	23.0	24.0	24.8	25.7	26.0	27.5	28.0	29.0	30.0	31.0	32.0	32.0	33.0	34.0	35.0	36.0	37.0	38.0	39.1	40.0	40.8	
5' 4"	162.50	17.0	18.0	18.0	19.0	20.0	21.0	22.0	23.0	24.0	25.0	25.0	26.0	27.5	28.0	29.0	30.0	31.0	31.0	32.0	33.0	34.0	35.0	36.0	37.0	37.9	38.7	39.6	
5' 5"	165.10	16.3	17.3	18.0	19.0	20.0	20.0	21.7	22.7	23.0	24.0	25.0	25.0	26.0	27.5	28.0	29.0	30.0	30.0	31.0	32.0	33.0	34.0	35.0	35.0	36.7	37.5	38.3	
5' 6"	167.60	15.8	16.8	17.0	18.0	19.0	20.0	21.2	22.2	22.0	23.0	24.0	25.0	25.0	26.0	27.5	28.0	29.0	29.0	30.0	31.0	32.0	33.0	34.0	34.0	35.6	36.4	37.2	
5' 7"	170.10	15.3	16.3	17.0	18.0	18.0	19.0	20.7	21.7	22.0	22.0	23.0	24.0	25.0	25.0	26.0	27.5	28.0	29.0	29.0	30.0	31.0	32.0	33.0	33.0	34.6	35.4	36.1	
5' 8"	172.70	14.8	15.8	16.0	17.0	18.0	19.0	20.2	21.2	21.0	22.0	22.0	23.0	24.0	25.0	25.0	26.0	27.4	28.0	28.0	29.0	30.0	31.0	32.0	32.0	33.5	34.3	35.0	
5' 9"	175.20	14.3	15.3	16.0	17.0	17.0	18.0	19.7	20.7	20.0	21.0	22.0	22.0	23.0	24.0	25.0	25.0	26.0	27.4	28.0	28.0	29.0	30.0	31.0	31.0	32.6	33.3	34.0	
5' 10"	177.80	13.8	14.8	15.0	16.0	17.0	18.0	19.2	20.2	20.0	20.0	21.0	22.0	23.0	23.0	24.0	25.0	25.0	26.0	27.3	28.0	28.0	29.0	30.0	30.9	31.6	32.4	33.1	
5' 11"	180.30	14.0	14.3	15.0	16.0	16.0	17.0	18.7	19.7	19.0	20.0	21.0	21.0	22.0	23.0	23.0	24.0	25.0	25.0	26.0	27.3	28.0	28.0	29.0	30.0	30.8	31.5	32.1	
6' 0"	182.80	12.8	13.8	14.0	15.0	16.0	17.0	18.2	19.2	19.0	19.0	20.0	21.0	21.0	22.0	23.0	23.0	24.0	25.0	25.0	26.0	27.2	27.9	28.0	29.0	29.9	30.6	31.3	
6' 1"	185.40	13.0	13.3	14.0	15.0	15.0	16.0	17.7	18.7	18.0	19.0	19.0	20.0	21.0	21.0	22.0	23.0	24.0	25.0	25.0	26.0	27.1	27.8	28.0	29.1	29.8	30.4		
6' 2"	187.90	11.8	12.8	13.0	14.0	15.0	16.0	17.2	17.4	18.0	18.0	19.0	19.0	20.0	21.0	21.0	22.0	23.0	24.0	25.0	25.0	26.0	27.0	27.7	28.3	29.0	29.6		
6' 3"	190.50	12.0	12.3	13.0	14.0	15.0	15.0	16.7	17.7	17.5	18.0	18.0	19.0	20.0	20.0	21.0	21.0	22.0	23.0	23.0	24.0	25.0	25.0	26.0	26.9	27.6	28.2	28.8	
6' 4"	193.00	12.0	11.8	13.0	14.0	15.0	15.0	16.2	17.2	17.1	17.0	18.0	19.0	19.0	20.0	20.0	21.0	22.0	22.0	23.0	23.0	24.0	25.0	25.0	27.0	26.8	27.5	28.1	
6' 5"	195.60	11.9	12.5	13.1	13.7	14.2	14.8	15.4	16.0	16.6	17.2	17.8	18.4	19.0	19.6	20.2	20.8	21.4	22.0	22.6	23.2	23.8	24.4	25.0	25.5	26.1	26.7	27.3	

Those with a BMI of 19 - 24 are considered to have a healthy weight & may opt for either the Solo or Tandem Options all other things with standing, however we accept that large numbers of people with BMIs in excess of 24 are healthy and able to safely take part in Solo Parachuting & Tandem Skydiving, indeed a high proportion of Participants with BMIs in excess of 24 safely complete jumps. Whilst we have safely taken Participants with BMIs upto 32, others weighing upto 16st 6lbs & others aged in their 90s it is fact that the older & heavier the participant the higher the incidence of injury. We would draw participants attention to the "Go" "Caution" "Stop" colour coded advisories below, drawn from the BMI Chart above. That said being young & having a low BMI is no guarantee participants will remain injury free - following training & instructions is important too - whilst few & far between we have had participants as young as 16 & with low BMIs sustain injury. The National Parachute Injury rate for injuries (this includes bruising & sickness) is 1/1,000 for Tandem & 4.5/1,000 for Solo, for serious injuries including fractures this reduces to 1/3,000 for Tandem. First time participants are less likely to be injured undertaking a Tandem than a Solo.

BMI 24 or below "Go" for Tandem & Solo other factors withstanding although less than BMI 17/10st may be limited to jump in lighter winds - Solos on occasion less than 10mph

BMI 27.5 or below "Go" for Tandem & Solo other factors withstanding; may be classed as overweight, however will likely still be accepted.

BMI 29 or below "Go" for Tandem Only other factors withstanding; as overweight for height & over max advised limit for 1st time Solo Parachutist.

BMI 32 or below "Caution" - Limited to Tandem Option - phone 0191.5171234 to discuss booking may need to attend assessment, lighter instructor or larger parachute.

BMI 33 or above "Stop" - Weight/Height Ratio exceeds maximum allowable to make first jump as either Solo or Tandem - need to lose weight before booking.