

**Council Approval:** Required. This is a vendor provided activity only. Visit or COI list for current venues.

**Certificate of Insurance (COI):** Required from vendor providing this activity for Council Approval. Visit [GSNI's webpage](#) for information on requesting a COI from the venue.



**Activity Permitted for:** J C S A

**Not appropriate for:** D B

### About Indoor Skydiving

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.” Each participant “flies” within a column of wind created by the wind tunnel—and the skydiver floats 3 to 6 feet above a trampoline-like net, so if the fan fails, the participant falls into the net and is caught. There are many 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.

With this activity, Girl Scouts get to simulate actual (outdoor) skydiving, including learning about and wearing skydiving gear such as a jumpsuit, goggles, a helmet, eye protection, and earplugs (for the noise).

### Learn More

- Explanation of indoor skydiving: [iFLY](#)
- [Indoor Skydiving World](#)

**Include Girl Scout Members with Disabilities.** Talk to Girl Scout members with disabilities and their caregivers. Ask about needs and accommodations. Always be sure to contact the location and/or the instructor in advance to ensure they are able to accommodate those with disabilities. Also note that even without disability, indoor skydiving is not safe for some bodies; refer to the Physical Restrictions on the next page. Discuss these restrictions with Girl Scout members and their caregivers. Consider alternate plans if everyone can't participate.

**Equity.** Communicate any height, weight, or other restrictions to families in advance. Consider the history, culture, and past experiences of the Girl Scout members in your troop that could affect their ability to equally participate in an activity. Work with members and families to understand how an activity is perceived. Ensure that all Girl Scout members and their families feel comfortable and have access to whatever is needed to fully participate, such as proper equipment, prior experiences, and the skills needed to enjoy the activity. See the Equity section of the [Introduction to Safety Activity Checkpoints](#) for general advice about expense,

**Emergency Action Plan (EAP).** Review and document your Emergency Action Plan (EAP) before starting any activity and review it so all are prepared. Think through scenarios of what can go wrong such as an accident, physical injury, missing person, sudden illness, or sudden weather or water emergencies. All Troops must provide one adult certified in Adult and Pediatric CPR/First Aid/AED.

## Indoor Skydiving Checkpoints

**Learn ahead of time.** Ensure that 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.

**Practice before flying.** With guidance from your instructor, practice body positions ahead of time.

**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. This depends on skill level, the instructor, and council guidelines.

**Size up gear.** Ensure the appropriate sizes of helmets, flight suits, and goggles are available, and make sure helmets and goggles fit faces securely and comfortably. Make certain that members with glasses or contacts have goggles that properly accommodate them.

**Safeguard valuables.** Do not 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 options.

**Verify instructor knowledge and experience.** Ensure the instructor holds instructional certification from the [International Bodyflight Association](#) 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 the [International Bodyflight Association](#).

**Ensure youth stay with an adult.** Confirm that the instructor will lead fliers to the flight chamber, be with them during the flight experience, and spot them the entire time. The instructor should also lead participants out of the flight chamber.

### Physical Restrictions

- This activity is not recommended for those with a history of heart trouble.
- Because the body must be in an arched position with hips forward, people with back issues that prevent this body position should avoid flying.
- It is recommended that people with prior shoulder dislocations do not fly, due to a significant amount of wind on shoulders.
- Those who are pregnant should not fly.
- Participants must weigh less than 250 pounds.
- Verify height and weight restrictions at each location.
- Any other serious health issues should be cleared by a physician prior to flying. Check with specific locations for their restrictions before booking a flight.

**Safety Gear.** These items are provided by the facility:

- Helmet (full face or open face)
- Goggles
- Flight suit