



# How to go skydiving

Mable



Easy English

# How to go skydiving

## About this guide



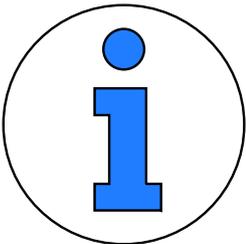
This guide tells you how to go skydiving if you have a disability.



This guide is written by Mable.



Mable is where you can find independent support workers online.



Contact information is at the end of this guide.

## Hard words

This guide has some hard words.



The first time we write a hard word

- the word is **blue**
- we write what the hard word means.

There is a list of the hard words at the end of the guide.

## Get help with this guide

Someone can help you



- read this guide



- know what this guide is about

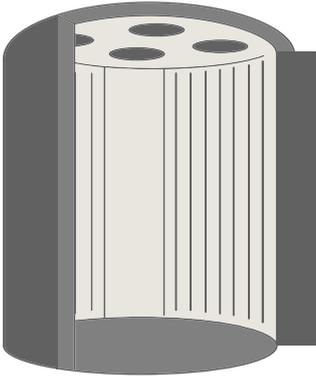


- find out more.

## What is indoor skydiving?



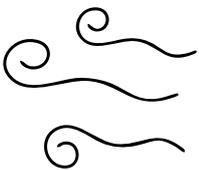
Indoor skydiving is a sport.



You do it inside a special room.



You float in the air.



There is a strong wind so you can float.



It feels like flying.



An **instructor** does it with you.



An instructor is a person who shows you how to do something.

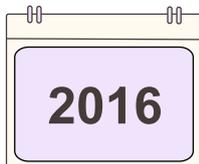


**What is the Handifly World Race Series?**

It is a skydiving event.



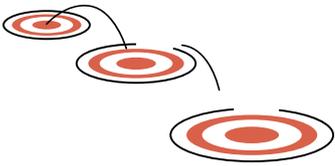
It is for people with disability.



It started in 2016.



Players move through a **slalom course**.



A slalom course is a path with targets to hit.



Players try to go fast.



Players try to stay in control.



**Why people with disability like indoor skydiving**

Indoor skydiving can suit many people.



The air holds your body.



An instructor flies next to you.

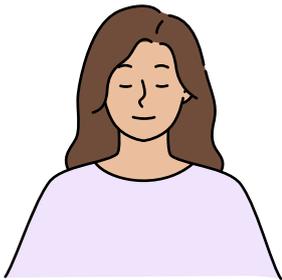
There is special **equipment** for your needs.

Equipment is the things you need to do an activity.

This might include



- a harness
- hand signals
- sound cues
- changes for your senses.



Some people say skydiving

- feels like freedom
- helps them feel brave
- feels good.

### **How to get ready for indoor skydiving**

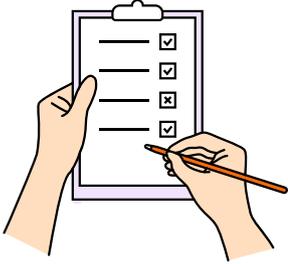
1. Dress for movement



- Wear comfortable clothes.
- Wear closed shoes.
- Do not wear loose clothes.
- Do not wear jewellery.

## 2. Check-in

- You will sign a **waiver**.
- A waiver is a form that says you understand the risks.
- You meet your instructors.
- You get a safety talk.
- You can talk about your needs.



You can tell them if you

- use a wheelchair
- need more time
- have sensory needs
- need help.



## 3. Learn and practice

Before you start, the instructor will teach you

- hand signals
- body position.



#### 4. Get dressed

The instructor will give you

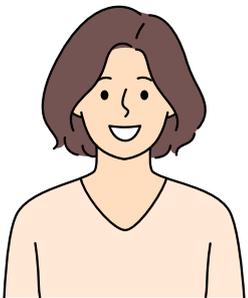


- a flight suit
- a helmet
- goggles
- earplugs.

They can help you put them on.

#### 5. Bring a support person

A support person is someone who helps you.



They can be a

- support worker
- friend
- family member.

A support person can help you feel calm.

## 6. Time to fly



- You go into the tunnel with your instructor.
- The air lifts you.
- You float in the air.
- It's a lot of fun.

## 7. Photos



The centre might take photos or videos.

If you do not want photos, tell the instructor before your flight.

Some centres give you a **certificate**.

A certificate is a paper to show you finished something.

## Give it a go

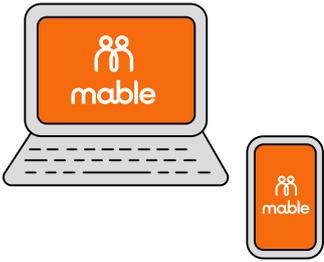
Indoor skydiving is fun.

It can make you feel

- free
- confident
- brave.

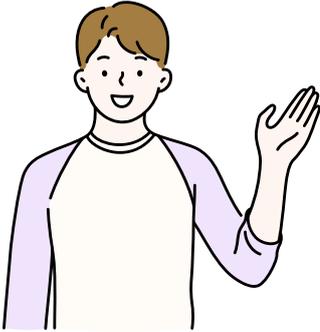
You can do it.





## About Mable

Mable is a website and app.



It helps people find independent support workers.



You can contact Mable.

Phone: 1300 73 65 73



Website: [www.mable.com.au](http://www.mable.com.au)

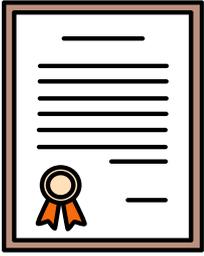


Email: [support@mable.com.au](mailto:support@mable.com.au)



Mable's office hours are Monday to Friday,  
8 am to 6 pm (Sydney time)

## Word list



### Certificate

A certificate is a paper to show you finished something.



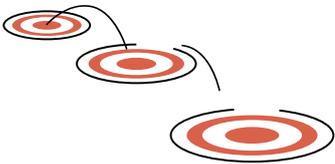
### Equipment

Equipment is the things you need to do an activity.



### Instructor

An instructor is a person who shows you how to do something.



### Slalom course

A slalom course is a path with targets to hit.



### Waiver

A waiver is a form that says you understand the risks.