WEIGHT & HEALTH

BEFORE YOUR TANDEM FLIGHT



20–95 kg

USUAL WEIGHT RANGE

AT TAKE-OFF

You must be able to walk and run 10–15 m at take-off.

80–95 kg
Be able to run actively at take-off.

OVER 95 kg
Contact Azur Parapente.

HEALTH

No medical certificate is required.
Do not fly if you are unwell or have consumed alcohol or drugs.
A knee or hip prosthesis is a contraindication.
If in doubt, ask your doctor.

The chair test: can you jump with both feet together from the height of a chair seat (about 50 cm), even while holding someone's hand?