

# Wing Walking FAQs

Is there a height restriction?

You must be between 5ft and 6ft.

Is there a weight restriction?

The maximum weight is 12 stone 2lbs / 77kg.

Is there an age limit?

You must be between 18 and 65 years of age, but you can fly up to 75 years of age with a GP's declaration of good health.

What medical restrictions are there?

The principal medical restrictions for all wing walks are diabetes, epilepsy, fits, severe head or neck injury, fainting fits or giddiness, disease of the brain or nervous system, high blood pressure, recurrent blackouts, heart or lung disease, recurrent weakness or dislocation of any limb, type 1 diabetes, mental illness, drug or alcohol addictions and some cases of asthma but if you are in any doubt please contact us for further information.

Participants in Wing walking have to be capable of climbing up on to the top wing to be strapped into the wing-walking harness by a staff member. They need enough strength in their legs, and mobility to climb, and at one point, kneel to reach the Rig positioned on the upper wing and they need to be able to withstand the wind pressures of over 100mph whilst flying.

All wing walkers are required to sign or get a doctor to sign off a medical form before their wing walk declaring their fitness to take part.

Do I need any experience or training?

All relevant training will be provided on the day.

What will happen on the day?

You will be allocated a time for your wing walk briefing to begin. We would recommend that you arrive half an hour before your allocated time slot. Before all flights you will be provided with a comprehensive ground and safety briefing. You will then be strapped into the 5 point harness and take off for a 12 – 15 minute ultimate experience to include zooms and climbs at speeds up to 130mph!! Please be aware there are a number of factors that may have an impact on your scheduled time, including the weather, so make sure you leave enough time in your day.

What happens if the weather is bad?

Wing walking will depend on weather conditions. If the airfield decide that it is not safe to fly on the day, they will rearrange for an alternative date.

What should I wear?

You will need to make sure you are wearing comfortable clothes and trainers/soft shoes that won't slip off easily, preferably without any sharp buckles etc. It can be cold in the wind so wrap up warm, but absolutely **no hoods**. Please also be aware that you will be travelling at extremely high speeds so any loose clothing may flap in the winds and cause discomfort.

Can I wear my glasses / contact lenses?

Yes. You will be provided with protective goggles.

Can I bring family and friends with me?

Certainly! The more the merrier. There is a café on site serving food and drink until late afternoon as well as a viewing platform.

Can I get a DVD of my wing walk?

Yes. A recording of the flight is available filmed from 2 cameras with cockpit sound and is supplied on a USB stick. This cost is £50, is optional and can be purchased on the day.

Do I need insurance?

On payment of the fee for the wing walk, all wing walkers are covered by the aircraft Liability Insurance. But if you wish to take out a separate policy that is fine.

What do I need to do to book?

There is a non-refundable registration fee of £50 and then a pledge to raise a minimum of £700 sponsorship. Go to: [events.st-gemma.co.uk](https://events.st-gemma.co.uk) and follow the link to book online.

### **What if I don't raise the minimum sponsorship?**

Minimum sponsorship is set to ensure all costs for the wing walk are covered. It is only recently wing walking was legally approved for fundraising purposes. You therefore shouldn't find it too difficult to encourage donations. It's not something you do every day! St Gemma's Hospice will also be able to help and you will have contact with dedicated fundraisers who can provide hints, tips and support at every step of the way. If for any reason you do not make the £700 minimum sponsorship, you can top up the amount yourself.

What support will I get with my fundraising?

The Fundraising team at St Gemma's Hospice have some great fundraising tips to help you get started. We will provide you with our fundraising pack which includes our tips, guidance on setting up an online fundraising page, a sponsorship form and contact details for the event organiser. We can also arrange for posters, collection buckets, bunting and balloons if required.

