



Indoor Skydiving

Council Approval: [Required](#)

Activity Permitted For: J C S A

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 several 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, girls 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).

Indoor skydiving is not approved for Daisies or Brownies.

Learn More:

- Explanation of indoor skydiving: [iFLY](#)
- Difference between skydiving and indoor skydiving: [Indoor Skydiving Source](#)

Include Girls with Disabilities

Talk to girls with disabilities and their caregivers, and ask about needs and accommodations. Contact the location, vendor, or facility in advance to ensure they are able to accommodate those with disabilities.

Safety Activity Checkpoints

[Emergency Action Plan \(EAP\)](#). Review and document your Emergency Action Plan (EAP) ahead of time before taking girls out for this activity. Think through scenarios of what can go wrong such as an accident, physical injury to a girl or adult, missing girl, or sudden illness.

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 that helmets and goggles fit girls' faces securely and comfortably. Make certain that girls with glasses or contacts have goggles that properly accommodate them.

Safeguard valuables. Don't 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 that 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 either the International Bodyflight Association or Skyventure (a recognized vertical wind tunnel company) to ask about instructors at the facility you intend to use.

Ensure girls stay with an adult. Confirm that the instructor will lead girls to the flight chamber, be with them during the flight experience, and spot them the entire time. The instructor should also lead girls 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 300 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