

ACCELERATED FREEFALL STUDENT SKYDIVING TRAINING GIUDE

SECTION IV: TLO'S AND DIVE FLOW FOR ALL AFF JUMPS

PRE-JUMP GROUD TRAINING (SECTION I) GIVEN PRIOR TO JUMP. REVIEW: 4 EMER, IMPORT ALTS, CANOPY CONTROL, IMPORTANCE OF ARCH, RELAXING AND COMPLETE SECTION IV.

1. LEVEL I (FREE ARM)

A. TLO'S

1. PERFORM CONTROLLED EXIT
2. EXPOSURE TO CONTINUOUS FREEFALL
3. HEADING AWARENESS
4. FOCUSED AWARENESS AND ATTENTION (RECALL)
5. 3 PRCP'S (COORDINATED MOVEMENT)
6. ALTITUDE AWARENESS
7. ACTUAL RIPCORD PULL BY NLT 4,000 AGL OR "BOC"

B. DIVE FLOW

1. CLIMB OUT (CHECH IN/CHECK OUT)
2. EXIT INTO RELATIVE WIND
3. CIRCLE OF AWARENESS/OBSERVATION (COA) (**FREE ARM**)
4. 3 PRCP'S (COORDINATED MOVEMENT)
5. 2ND (COA)
6. FREE TIME, FEQ CHECKS OF ALT (HEADING AWARENESS)
7. 5.5 SIGNAL AT 5,500 AGL (MOST DZ'S START PULL HERE)
8. ACTUAL RIPCORD PULL AT 4,500 AGL
(MINIMUM - 4,000)

C. PERFORMANCE PREP, IN FLIGHT, CANOPY, DEBRIEF

1. PRACTICE ARCH, LOOK, REACH, PULL...
2. REHEARSE EXIT, DIRT DIVES (VERBAL COUNT), JMPI
3. REHEARSE EMER (FLIGHT/JUMP) (LOSS OF JM/PULL)
4. STUDENT HAS PRE-PLANNED CANOPY FLIGHT PATTERN
5. VISUALLY LOCATE DZ, TARGET, WINSOCK FROM 2,000 FT
6. POINT OUT IMPORTANT ALT
7. STUDENT POST DIVES (X2), JM VIEW, LOG
8. DISCUSS NEXT TLO

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SECTION IV: TLO'S AND DIVE FLOW

**PRE-JUMP GROUD TRAINING (SECTION I) REVEIWD PRIOR TO JUMP. REVIEW: 4 EMER, IMPORT ALTS, SECTION IV & PREVIOUS LEVEL
(STUDENT REVIEWS VERBALLY AND DEMONSTRATES LEVEL I)**

1. LEVEL II (FREE ARM PLUS)

A. TLO'S

1. MAXIMUM FREE ARM TIME
2. 3 PRCP'S
3. HEADING AWARENESS
4. TRIM CONTROL OR BODY AWARENESS EXERCISES
5. RELAXED ARCHED BODY POSITION
6. STUDENT PULL BY NLT 4,000 AGL

(TURNS *TWIST AT THE SHOULDERS, NOT BEND AT THE WAIST*, STOPPING WITH ARCH, NEUTRAL BODY POSITION, & COUNTER TURNS, INTRO TO SLOW/FAST)

B. DIVE FLOW

1. CLIMB OUT (CHECK IN/CHECK OUT)
2. EXIT INTO THE RELATIVE WIND
3. CIRCLE OF AWARENESS/OBSERVATION (COA)
4. 2 PRCP'S, ALTIMETER CHECK
5. 90 DEG L. (TEAM) TURN, ALTIMETER CHECK
6. 90 DEG R. (TEAM) TURN, ALTIMETER CHECK
7. FORWARD (TEAM) MOVEMENT, ALTIMETER CHECK
8. 5.5 SIGNAL AT 5,500 AGL (MOST DZ'S START PULL HERE)
9. STUDENT PULL AT 4,500 AGL
(MINIMUM - 4,000)

(STUDENT SHOWS GOOD BODY POSITION, **JM'S NO TENSION HARNESS GRIPS**) (ALT PERMITS: REPEAT OR SLOW/FAST FALL)

C. PERFORMANCE PREP, IN FLIGHT, CANOPY, DEBRIEF

1. REHEARSE EXIT, DIRT DIVES (VERBAL COUNT), JMPI
2. COMPLETE OBJ'S FROM PREVIOUS LEVEL (I)
3. CONTROLLED BREATHING/VISUALIZE AND VERBALIZE JUMP
4. IMPORTANT ALTS
5. DEBRIEF STANDARD (LEVEL II)
6. DISCUSS NEXT TLO

ACCELERATED FREEFALL STUDENT SKYDIVING TRAINING GUIDE

SECTION IV: TLO'S AND DIVE FLOW

PRE-JUMP GROUND TRAINING (SECTION I) REVIEWED PRIOR TO JUMP. REVIEW: 4 EMER, IMPORT ALTS, SECTION IV, & PREVIOUS LEVEL (STUDENT REVIEWS VERBALLY AND DEMONSTRATES LEVEL II)

1. LEVEL III (RELEASE DIVE)

A. TLO'S

1. LEG AWARENESS & CONTROL MODES
2. HEADING MAINTENANCE (REFER TO LEVEL II) (TURNS)
3. HOVER CONTROL (INITIAL RELEASE NLT 6,000 AGL)
(IMAGINE ELEV SHAFT, STRAIGHT DOWN, BODY POS)
4. UNASSISTED PULL SOLO PULL BY 4,000 FT

(INTRO SHORT COA'S OR SMALL CIRCLES)

B. DIVE FLOW

1. CLIMB OUT (CHECH IN/CHECK OUT)
2. EXIT INTO RELATIVE WIND
3. CIRCLE OF AWARENESS/OBSERVATION (COA)
4. 1 PRCP
5. 2 TWO TOE CLICKS
6. CONTINUOUS SHORT COA'S
7. JM'S RELEASE
8. SHORT COA'S & HOVER (NO FORMAL ACK BY JM'S)
9. 5.5 SIGNAL AT 5,500 FT AGL
(MOST DZ'S 5,500 OR 5,000 FOR PULL)
10. 4,500 FT BEGIN PULL SEQ
11. ACTUAL SOLO PULL BY 4,000 FT AGL
(4,000 MINIMUM)

*****HELPFUL TIPS FOR STUDENT*****

- 1.INTRO 5 SEC RULE & CIA, (ROLLING OUT OF BED TECHNIQUE)
- 2.RE-ENFORCE HOW TO STOP TURNS OR SPINS
- 3.IF STUDENT GOES PAST 180, STOP AND JUST PICK-UP
NEW HEADING
- 4.POINTING OF TOES FOR LEG AWARENESS

C. PERFORMANCE PREP, IN FLIGHT, CANOPY, DEBRIEF

1. REHEARSE EXIT, DIRT DIVES (VERBAL COUNT), JMPI
2. COMPLETE OBJ'S FROM PREVIOUS LEVELS (I-II)
3. STRESS LEG AWARENESS/HEADING
4. LOSS OF JM'S 5 SEC/CIA, ROLLING OUT OF BED
(CONTIUE TO SKYDIVE IF COMFORTABLE)