

ACCELERATED FREEFALL STUDENT SKYDIVING TRAINING GIUDE

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 CONTORL 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, NUETRAL BODY POSITION, & COUNTER TURNS, INTRO TO SLOW/FAST)

B. DIVE FLOW

1. CLIMB OUT (CHECH IN/CHECH 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 GIUDE

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 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 (CHECK 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
(CONTINUE TO SKYDIVE IF COMFORTABLE)

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 III)

1. LEVEL IV (TURNS TO REDOCK) (MUST BE USPA MEMBER)

A. TLO'S

1. CONTROLLED TURNS - START & STOP AT 90 DEG
(REFER TO LEVEL II) (TRUNC TURNS)
2. FORWARD MOVEMENT TO REDOCK (IF POSSIBLE)
3. WAVE OFF AT 4,000 AND PULL (SOLO, UNASSISTED)

(MINIMUM PULL ALT)

B. DIVE FLOW * (TONGUE OUT - LEGS) *

1. CLIMB OUT (CHECK IN!! BATES CHECK)
2. EXIT INTO RELATIVE WIND (PRONOUNCED INCLINE ON EXIT DUE TO ONLY 2 JUMPERS)
3. COA/OBSERVATION
4. JM TRANS TO FRONT GRIPS
5. COA & PICKS HEADING
6. "YES TURNS" (ABOVE 6,000 FT)
7. 90 DEG L TRN FROM HEADING & STOP/CHECK ALT (SMALL CIRCLES)
8. 90 DEG R TRN BACK TO HEADING/CHECK ALT (SMALL CIRCLES)
9. FORWARD MOVEMENT TO REDOCK/CHECK ALT (ARMS:SCISSORS-LIKE, LEGS STRAIGHT TOES POINTED)
10. REPEAT SEQUENCE, ALT PERMITTING
11. 6,000 FT - "NO MORE TURNS"
12. 4,000 FT - WAVE OFF & PULL (MOST DZ'S 5,000 FOR PULL)

C. PERFORMANCE PREP, IN FLIGHT, CANOPY, DEBRIEF

1. COMPLETE OBJ'S FROM PREVIOUS LEVELS (I-III)
2. EXPLAIN TONGUE OUT, WHY
3. EXPLAIN IF EXIT GOES BAD, JM MAY RELEASE & WHY
4. INTRO TO SPOTTING/OBSERV (REFER TO AFF SYLLABUS) (STUDENT SHOULD BE INFORMING JM OF CORRECT CANOPY CONTROL PATTERN IN RELATION TO THE WINDS START LIMITED RADIO COMMANDS)
5. DISCUSS RW SAFETY (SLOW IS FAST, NEUTRAL POS, GRIPS (LEGS), IMPORTANCE OF WAVE OFF,
6. LAND 50 METERS OF CENTER/MINIMUM GUIDANCE

ACCELERATED FREEFALL STUDENT SKYDIVING TRAINING GIUDE

SECTION IV: TLO'S AND DIVE FLOW

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

1. LEVEL V (TURNS TO REDOCK #2)

A. TLO'S

1. CONTROLLED TURNS - START & STOP AT 360 DEG (REFER TO LEVEL IV) (TRUNCK TURNS)
2. FORWARD MOVEMENT TO REDOCK (**SHOULD BE DOING THIS AT THIS LEVEL**)
3. CONTROL OF ALL 3 AXIS (PITCH, ROLL, YAW)
4. WAVE OFF AT 4,000 AND PULL (MINIMUM ALT)

B. DIVE FLOW *(JM BACKS UP 10-20 FT, FRWD MV) *

* (UNASSISTED CLB/OUT: JM MAINTAINS CONTROL, GRIPS) *

1. CLIMB OUT (CHECK IN!! BATES CHECK)

2. EXIT INTO RELATIVE WIND
3. COA/OBSERVATION
4. JM TRANS TO FRONT GRIPS
5. COA & PICKS HEADING
6. "YES TURNS" (ABOVE 6,000 FT)
7. 360 DEG L TRN TO HEADING & STOP/CHECK ALT
8. FORWARD MOVEMENT TO REDOCK/**COA - SMALL CIRCLES**
(STUDENT RESPONSIBLE FOR FRWD MVMNT)
9. 360 DEG R TRN TO HEADING & STOP/CHECK ALT
10. FORWARD MOVEMENT TO REDOCK/**COA - SMALL CIRCLES**
11. REPEAT SEQUENCE, ALT PERMITTING
12. 6,000 FT - "NO MORE TURNS"
13. 4,000 FT - WAVE OFF & PULL
(MOST DZ'S 4,500 FOR PULL)

C. PERFORMANCE PREP, IN FLIGHT, CANOPY, DEBRIEF

1. COMPLETE OBJ'S FROM PREVIOUS LEVELS (I-IV)
2. SPOTTING: WITH DIRECT SUPERVISION
3. DISCUSS RW SAFETY: RIGHT OF WAY, CLEARING AIR SPACE
5. DEMO ABILITY TO INSPECT/DON GEAR WITHOUT ASSIST
6. STUDENT SHOULD BE GIVING CORRECT CANOPY CONTROL PATTERN, W/LIMITED RADIO, AND LAND 50 METERS OF CENTER, START PACKING INSTRUCTIONS

ACCELERATED FREEFALL STUDENT SKYDIVING TRAINING GIUDE

SECTION IV: TLO'S AND DIVE FLOW

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

1. LEVEL VI (SOLO EXIT)

A. TLO'S

1. SOLO, NO CONTACT EXIT (UNASSISTED CLB/OUT)
2. SUBTERMINAL HEADING CONTROL
3. BACKLOOPS (INTENT IS TO GET INTENTIONALLY UNSTABLE AND RECOVER, NOT LOOKING FOR PERFECTION)
4. TRACKING (INTRO)
5. WAVE OFF BEFORE & PULL (3,500)
(MINIMUM ALT)

B. DIVE FLOW

1. STUDENT CLIMBS OUT & EXITS (DIVE/POISED)
2. STUDENT MAINTAINS HEADING/LAYS BASE
3. JM DEMOS BACKLOOP (SIDE VIEW)
4. STUDENT CONDUCTS SHORT COA - SMALL CIRCLES
5. STUDENT PERFORMS BACKLOOP
6. STUDENT CONDUCTS SHORT COA - SMALL CIRCLES
7. SHORT COA
8. STUDENT FINDS DZ, OR HEADING & TRACKS
(3-5 SEC), TURNS 180 TRACKS (3-5 SEC),
RETURNS TO NUETRAL BY 4,000 FT. (DELTA POSITION)

- * (UNTIL 6,000 OR 5,000 FT (MOST DZ POLICIES) *
9. WAVES OFF AND PULL BY 3,500 FT
(MOST DZ'S 4,000 FT)

C. PERFORMANCE PREP, IN FLIGHT, CANOPY, DEBRIEF

1. COMPLETE OBJ'S FROM PREVIOUS LEVELS (I-V)
2. SPOTTING: BRIEF PILOT WITH SIGNALS
3. RECOVERY FROM BACKLOOPS/DELTA POSITION
4. EXPLAIN SUBTERM HEADING, HOW TO KEEP IT AND WHY
5. LAND 25 METERS OF CENTER WITH CORRECT CANOPY CONTROL AND NO RADIO
6. ADDITIONALL - CHANGE ALTIMETER TO CHEST ALT FOR EASE OF ALT AWARENESS WHILE IN DELTA

ACCELERATED FREEFALL STUDENT SKYDIVING TRAINING GIUDE

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 VI)

1. LEVEL VII (HALF SERIES) (DIVING EXIT)

A. TLO'S

1. NO CONTACT DIVING EXIT
2. INTENTIONAL FRONT LOOP (BARREL ROLL OPTIONAL)
3. 1/2 SERIES (R 360, L 360, BACKLOOP)
4. TRACKING
5. WAVE OFF AND PULL 3,500 FT

B. DIVE FLOW

1. STUDENTS CONDUCTS DIVING EXIT
2. STUDENT MAINTAINS HEADING
3. STUDENT PERFORMS SHORT COA
4. PERFORMS FRONT LOOP
5. PERFORMS SHORT COA
6. PERFORMS 1/2 SERIES (BARREL ROLE OPTIONAL)
7. PERFORMS SHORT COA
8. PERFORMS TRACKING (3-5 SEC)
9. WAVE AND PULL BY 3,500 FT

C. PERFORMANCE PREP, IN FLIGHT, CANOPY, DEBRIEF

1. COMPLETE OBJ'S FROM PREVIOUS LEVELS (I-VI)
2. SPOTTING/BRIEF PILOT: WITHOUT ASSISTANCE
3. RECOVERY FROM FRONT LOOPS/BARREL ROLL/TRACKING POSITION
4. PACK/JMPI ON THEIR OWN
5. LAND 25 METERS OF CENTER/DEMO SAFE CANOPY PROCEDURES, NO RADIO..

6. ACCOMPLISH 1/2 SERIES AS QUICKLY AS POSSIBLE
(PURPOSE: PERCISE BODY CONTROL)
7. DEBRIEF STANDARD (LEVEL VII)/GRADUATION CERTIFICATE
8. DISCUSS: COACH PORGRAM AND ADDITIONAL TRAINING
REQUIREMENTS, HOW TO MANIFEST, RENTING GEAR,
BUYING GEAR, APPROPRIATE CANOPY SIZES FOR THEM,
RESTRICTIONS, DZ PROCEDURES, JUMPING AT DIFFERENT
DZ'S, SAFETY AT ALL TIMES, STILL A STUDENT & LICENSE
REQUIREMENTS
9. **CLEAR & PULL**