

Performance Objectives	Dive Flow
<p><u>Exit & Freefall</u></p> <ul style="list-style-type: none"> - Participate in spot at the door - Control within 5 seconds after an unassisted poised exit* - Four 90-degree turns (20 degree tolerance)* (Intro to Start – Coast – Stop) - Stable deployment at assigned altitude without instructor contact (Solo Pull)* - Extensive awareness of hand signals given and all freefall events - Review: AIR, ROB, 5-7 Second rule <p><u>Equipment</u></p> <ul style="list-style-type: none"> - Operate AAD, and 3 pre-jump checks* (Check of 3's) 3 rings, 3 straps, 3 handles - S.H.A.G.G. <p><u>Spotting and Aircraft</u></p> <ul style="list-style-type: none"> - Cloud Clearance 105.17* - BSR's: Student jumps completed prior to sunset* - Intro to spotting, Jump Run, Winds Aloft* <p><u>Canopy</u></p> <ul style="list-style-type: none"> - Rear Riser Controls* - With minimal assistance, flare and land within 50 meters of assigned target** - Stand up landing if comfortable <p>* Minimums for advancement ** Student must stay on radio until successful completion.</p>	<p><u>Freefall Dive Flow</u></p> <ul style="list-style-type: none"> - Single instructor exit, assist with spot - Check in - Prop – Up – Down – Arch - COA (Check main side only) - Right 90 degree turn (Altitude) - Left 90 degree turn (Altitude) "Yes Turns" – (Time Permitting) - Right 90 degree turn (Altitude) - Left 90 degree turn (Altitude) - Leg exercises (Extend legs - 3-4 seconds) *Repeat leg exercises as altitude permits - Lock on – 6,000 ft (NO MORE MANUVERS) - Wave – Arch – Reach – Throw @ 5,500 ft <p><u>Canopy Dive Flow</u></p> <ul style="list-style-type: none"> - Correct minor canopy problems using rear risers with brakes set - Check altitude, position, traffic (APT) - Execute left and right 90 degree turns with rear risers with brakes set - Release brakes, conduct control check, head to holding area - In route back to holding area execute 90 degree rear riser turns left and right. With APT between maneuvers - Timer permitting, execute 180 degree rear risers turns using APT between maneuvers (ALL CANOPY WORK STOPS AT 2000 FEET) - Fly pattern and assess altitude, hands up, prepare for PLF, and flare.



- List your landing priorities.
- What is the best practice to use to avoid canopy collisions?
- Who is responsible for observing cloud clearance?
- Describe the check of threes.
- How would you steer a parachute with a broken line?
- What is the purpose of an AAD?
- What are the visibility requirements for clouds above 10,000 feet?

Complete quiz at home, on your own, with the use of any resources available. You will go over this quiz with your instructor on the day of your jump. All answers can be found in the USPA SIM, (available online) or on the USPA SIM App. from any electronic device.

Des Moines Skydivers

Flight Planner: AFF Category D-1

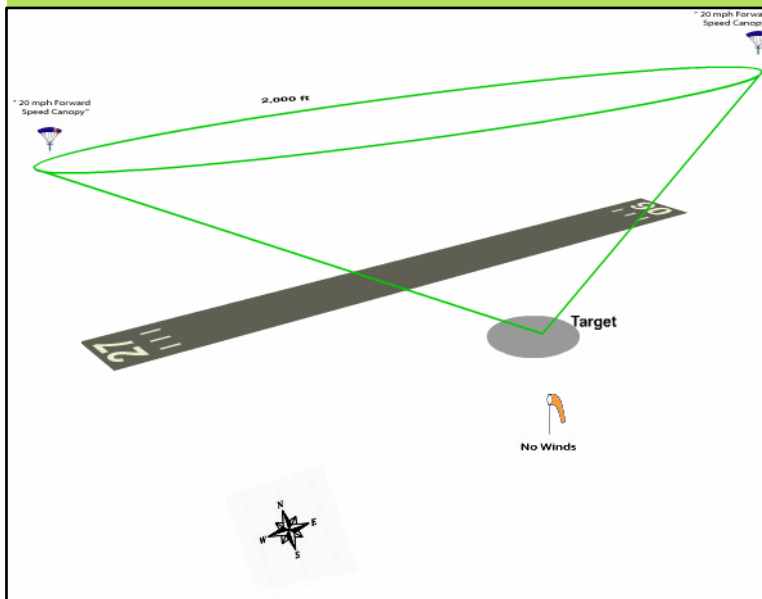
Main Wing Load _____ Reserve Wing Load _____

Pre-flight Equipment Check:

- | | | | | | |
|------------------|--------------------------|------------------------|--------------------------|-------------------------------|--------------------------|
| 3 rings assembly | <input type="checkbox"/> | Reserve ripcord handle | <input type="checkbox"/> | Bridle Stowed | <input type="checkbox"/> |
| RSL attachment | <input type="checkbox"/> | Leg straps | <input type="checkbox"/> | Pilot chute pocket and handle | <input type="checkbox"/> |
| Riser covers | <input type="checkbox"/> | Reserve flap and pins | <input type="checkbox"/> | Altimeter and Radio | <input type="checkbox"/> |
| Chest strap | <input type="checkbox"/> | AAD | <input type="checkbox"/> | Accessories (SHAGG) | <input type="checkbox"/> |
| Cutaway handle | <input type="checkbox"/> | Main flap and pin | <input type="checkbox"/> | Reserve Static Line | <input type="checkbox"/> |

Complete the equipment check with your instructor on the day of your jump. Your instructor should mark off all items as you check them on your equipment.

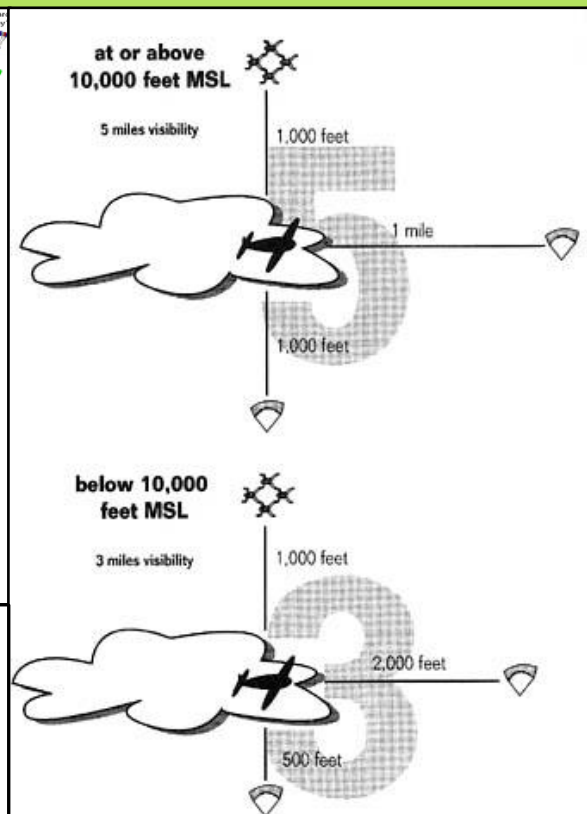
Canopy Flight



All Canopy Pilots Must Consider:

Wind Speed, Wind Direction, Target Landing Area, Runways, Air Traffic, Ground Speed, Canopy Decent Speed, and other factors.

Cloud Clearance



Automatic Activation Device

Vigil (1&2): Tap button 3 times at red light.

Cypres 1: Tap button 4 times at red light. Write down the numbers that the unit paused at. The second is battery test number 6000+. Final number = 0.

Cypres 2: Tap 4 times and final number = 0.

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Canopy

Select Landing Area & Holding Area.

Identify Hazards Along Flight Path.

Draw Landing Pattern: Downwind, Base, and Final.



Student Signature: _____ Instructor Signature: _____

Questions / Comments: