Student

Des Moines Skydivers

Date

Flight Planner: Category F - Coach Jump 1

Performance Objectives	Dive Flow
Exit & Freefall -Tracking and Refining Track (Max Track) **Equipment** - Pack at least 1 parachute with assistance - Pre-jump equipment check on other jumpers **Emergency Procedure Review** - Review: Landing in power lines – Use Training Harness **Spotting and Aircraft** - Discuss aircraft emergency SOP for DMSD at 3Y3 (Landing, Reserve, Main) - Discuss forward throw. - Separation between groups: 1000ft of ground separation between solos and 1500ft or more for small groups. Adding more time as group size increases. **Canopy** - Braked Turns - 1 Unassisted landing within 25 meters of assigned target.	**Freefall Dive Flow** - Spot - Rear Float Exit - Track for 5 seconds towards planned heading - Turn 180 degrees, track back for 5 seconds - Repeat until **6,000 ft** - Stop, regain stability - Turn 180 degrees, track away. (Coach remains in place to watch) - Wave – Arch – Reach – Throw by **4,500 ft** **Canopy Dive Flow** - Canopy control check - Check altitude, position, traffic (APT) - Fly to holding area - Two 180 degree turns while flying in deep brakes above 2,000 ft Assess winds, select pattern - Braked approach – full flight on final.

- What is the best way to change the direction of canopy flight while conserving the most altitude?
- What happens if a canopy is controlled too deeply in the brakes?
- How does the half-brakes position affect the canopy's flight?
- How is heading corrected during a track?
- When making tracking jumps from a large plane, why is it important to track perpendicular to the jump run?

Main Wing Load_____ Reserve Wing Load_____

Pre-flight Equipment Check:

3 rings assembly	☐	Reserve ripcord handle	☐	Bridle Stowed	☐
RSL attachment	☐	Leg straps	☐	Pilot chute pocket and handle	☐
Riser covers	☐	Reserve flap and pins	☐	Altimeter and Radio	☐
Chest strap	☐	AAD	☐	Accessories (SHAGG)	☐
Cutaway handle	☐	Main flap and pin	☐	Reserve Static Line	☐

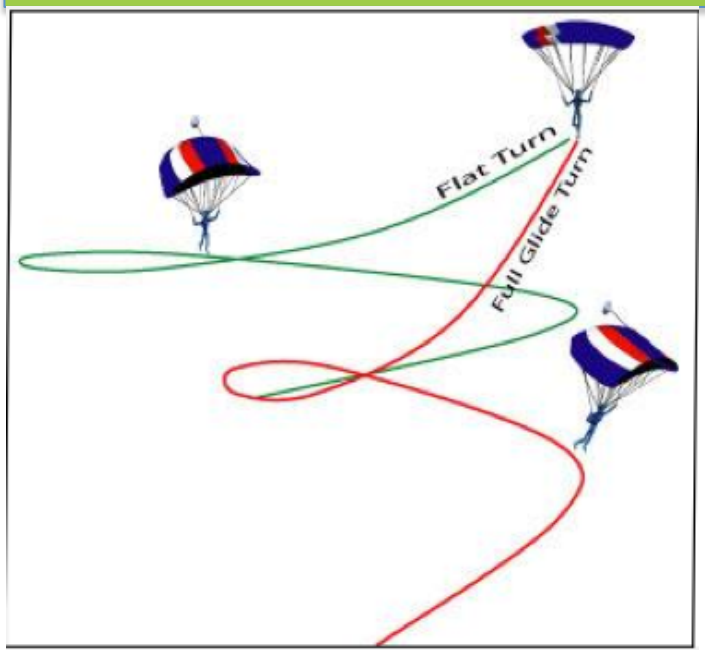
Complete quiz at home, on your own, with the use of any resources available. You will go over the quiz with your coach on the day of your jump. You will complete the Equipment check at that time also.

Des Moines Skydivers

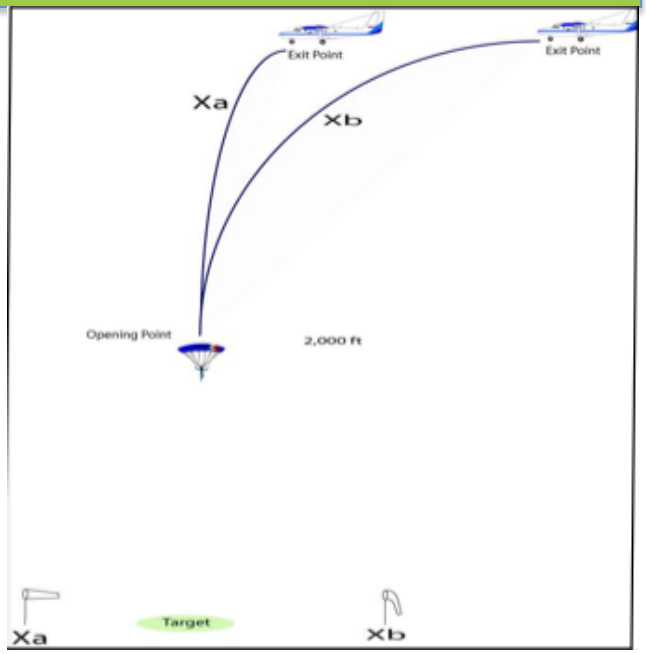
Flight Planner: Category F - Coach Jump

Max Track Position

Canopy Decent During Turns



Forward Throw



Des Moines Skydivers

Flight Planner: Category F Coach Jump

Canopy

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments:

Student

Des Moines Skydivers

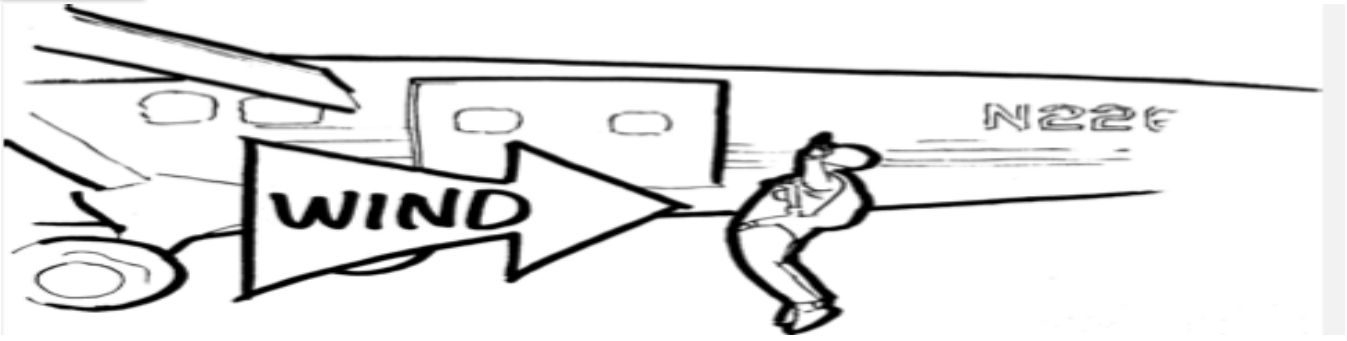
Date

Flight Planner: Category F - Coach Jumps 2&3 - Clear & Pulls

Performance Objectives	Dive Flow
Exit & Freefall - 2 Clear & Pulls (5,500 ft and 3,500 ft) **Equipment** - Pack at least 1 parachute with minimal to no assistance - Most important aspects & points of packing (Section 5-4, C.2. SIM) **Emergency Procedure Review** - Review: Recognize areas under canopy where there may be power lines. **Spotting and Aircraft** - Discuss A license privileges: Winds, Landing, Deployment Altitude. Etc… - Recurrency for A license (60 days) - Perform all duties independently on jump run (door, pilot directions, choosing exit point. Etc…) **Canopy** - Extending glide (Using Rear Risers) - Learn to make it to DZ from long spot - 1 unassisted landing within 25 meters	**Freefall Dive Flow** - Spot with minimal assistance - Poised Exit - Initiate deployment within 5 seconds of exit. **Canopy Dive Flow** **(If not completed in previous Cat F jumps)** - Canopy control check - Check altitude, position, traffic (APT) - Fly to holding area - Two 180 degree turns while flying in deep brakes above 2,000 ft Assess winds, select pattern - Braked approach – full flight on final.

QUIZ

- How does the wind affect glide path?
- What is the minimal pull altitude for an A license skydiver?
- How can you tell is an RSL is routed correctly?
- What are the 3 most important aspects of packing a main parachute?
- Who can pack a main parachute?
- What are the minimum repack requirements for a main parachute?



Complete quiz at home, on your own, with the use of any resources available. You will go over the quiz with your coach on the day of your jump.

Des Moines Skydivers

Flight Planner: Category F Coach Jump

Canopy

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments:

Student

Des Moines Skydivers

Date

Flight Planner: Category G - Coach Jump 4

Performance Objectives	Dive Flow
Exit & Freefall - Door: Set-up, Launch & Fly Away - Forward Movement to Dock - Start Coast Stop Focus During Docks - Learn to Correct Flight with Legs **Equipment** - Storing Equipment (ultra violet rays, heat in cars, and effects on gear) - Pack on parachute w/ out assistance **Emergency Procedure Review** - Review: Tree Landings **Spotting and Aircraft** - Senior Rigger and Master Rigger. Who does what? FAR 65 - Weather Section 5-5: How to identify a front, Effects and dangers of fronts **Canopy** - 2 Unassisted landings within 20 meters	**Freefall Dive Flow** - Spot - Front Float Exit - Face direction of flight until stable (2-3 sec.) - Coach moves into position and docks - Check altitude and nod - Coach backs up 5 ft and adjusts level as necessary - Move forward and dock - Altitude check every 5 sec or after every maneuver - Coach backs up 10 ft, student moves forward and docks - Initiate break off at **5,000 ft** and turn and track - Coach Remains in place and evaluates dock - Wave and pull by **4,000 ft** **Canopy Dive Flow** - Canopy control check - Check altitude, position, traffic (APT) - Fly to holding area. - Check altitude, position, traffic (APT) - Make sharp 90-degree turn - Reverse the toggle position aggressively and make a balanced 180-degree turn - Check altitude, position, traffic (APT) - Repeat no lower than **2,500 ft** (In case of line twists) - Fly landing pattern - Coach measures students distance to assigned target.

QUIZ

- What is the minimum break off altitude for freefall groups of 5 or fewer?
- What is the danger of entering a toggle turn too quickly?
- What does a canopy do after completing a maximum input toggle turn?
- Why is it bad to leave a canopy in the sun?
- What damage can occur from leaving a skydiving rig in a car trunk for prolonged periods of time during the summer?

Complete quiz at home, on your own, with the use of any resources available. You will go over the quiz with your coach on the day of your jump.

Des Moines Skydivers

Flight Planner: Category G Coach Jump 4

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments:

Student

Des Moines Skydivers

Date

Flight Planner: Category G - Coach Jump 5

Performance Objectives	Dive Flow
Exit & Freefall - Door: Set-up, Launch & Fly Away - Start Coast Stop Focus with Fall Rate Learn to increase fall rate (arch, get small) Learn to decrease fall rate (cup air, get big) - Track 50 ft within 10° of heading **Equipment** - Detailed identification and inspection of high wear items requiring riggers maintenance. * Pilot chute and handle, bridle, Deployment Bag, Closing Pin, Pilot Chute Attachment, Slider, Lines, Bumpers, and Brake System - Reinforce Packing Skills **Emergency Procedure Review** - Canopy Collision Avoidance **Spotting and Aircraft** - Guide pilot to selected spot & with corrections if necessary without assistance. **Canopy** - Work on unassisted landings w/ in 20 meters	**Freefall Dive Flow** - Spot - Rear Float Exit - Initiate count after coach "OK" - Face direction of flight until stable (2-3 sec.) - Remain in position and match coach's fall rate - Coach moves into position and docks - Check altitude and nod - Coach backs up 5 ft and increases fall rate - Student matches coach's fall rate - Altitude check after every maneuver - Coach slows fall rate - Student matches coach's fall rate - Initiate break off at **5,500 ft** and turn and track - Coach Remains in place and evaluates dock - Wave and pull by **4,000 ft** **Canopy Dive Flow** - Canopy control check - Check altitude, position, traffic (APT) - Fly to holding area. - Check altitude, position, traffic (APT) - Make sharp 90-degree turn - Reverse the toggle position aggressively and make a balanced 180-degree turn - Check altitude, position, traffic (APT) - Repeat no lower than **2,500 ft** (In case of line twists) - Fly landing pattern - Coach measures student's distance to

QUIZ

- How does a canopy's air speed, ground speed, and decent rate change with an increase in density altitude?
- Why is it bad to drag a rig while packing?
- What can happen if you recover altitude (slow fall rate) directly under a formation? What should you do if you sink out (fall below) of a formation?
- What is the correct response to a canopy entanglement with another jumper below 100ft if they can't be separated?

Complete quiz at home, on your own, with the use of any resources available. You will go over the quiz with your coach on the day of your jump.

Des Moines Skydivers

Flight Planner: Category G Coach Jump 5

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments:

Student

Des Moines Skydivers

Date

Flight Planner: Category G - Coach Jump 6

Performance Objectives	Dive Flow
Exit & Freefall - Door: Set-up, Launch & Fly Away - Start, Coast, Stop Focus with Approach to Docks (Forward movement during fall rate adjustments for docking purposes) - Track 50 ft within 10° of heading **Equipment** - Detailed identification and inspection of high wear items requiring riggers maintenance. * Pilot chute and handle, bridle, Deployment Bag, Closing Pin, Pilot Chute Attachment, Slider, Lines, Bumpers, and Brake System - Reinforce Packing Skills **Emergency Procedure Review** - 3 Rules of the Air: Lower jumper has right of way Always look before you turn Steer right to avoid collisions **Spotting and Aircraft** - AAD Maintenance Differences in Vigil, and Cypress. **Canopy** - Work on unassisted landings w/ in 20 meters	**Freefall Dive Flow** - Spot - Inside Center (Bomb Out) - Initiate count after coach "OK" - Face direction of flight until stable (2-3 sec.) - Turn to face coach - Coach moves into position and docks - Check altitude and nod - Coach backs up 10 ft and changes fall rate - Student matches coach's fall rate to level and then dock - Altitude check after every maneuver - Repeat until break off - Initiate break off at **5,500 ft** and turn and track - Coach Remains in place and evaluates dock - Wave and pull by **4,000 ft** **Canopy Dive Flow** - Canopy control check - Check altitude, position, traffic (APT) - Fly to holding area. - Check altitude, position, traffic (APT) - Make sharp 90-degree turn - Reverse the toggle position aggressively and make a balanced 180-degree turn - Check altitude, position, traffic (APT) - Repeat no lower than **2,500 ft** (In case of line twists) - Fly landing pattern - Coach measures student's distance to assigned target.

QUIZ

- What happens to stiffened tuck flaps that are frequently used?
- What extra consideration is required when wearing an AAD near an open aircraft door, and when climbing out?
- Describe the procedures for landing in trees?
- What does a cumulus cloud indicate?
- What is the most dangerous part of an incoming storm?
- Who publishes and enforces rules regarding skydiving?
- What is the most critical aspect of closing a main container equipped with a hand deployed pilot chute?

Complete quiz at home, on your own, with the use of any resources available. You will go over the quiz with your coach on the day of your jump.

Des Moines Skydivers

Flight Planner: Category G Coach Jump 6

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments:

Student

Des Moines Skydivers

Date

Flight Planner: Category H - Coach Jump 7

Performance Objectives	Dive Flow
Exit & Freefall - Use large and small movements to stay relative in the sky to another jumper (swoop, dock) - Start, Coast, Stop Focus with significant forward, and downward travel. - Look for other jumpers while tracking, waving, and deploying. - Track 100 ft within 10° of heading **Equipment** - Three ring maintenance (disassemble), Cleaning cables, Replacing closing loops - Retaining bands (stows) for lines (types, and why) **Emergency Procedure Review** - Water Landing Review * Flotation Requirements - BSR requirements for water - Recovery from a low turn **Spotting and Aircraft** - Prep for "A" license check dive - Prep for "A" license exam - Aircraft radio requirements (FAR 105) Why - Aircraft approved for flight with door removed (AC 105-2) - NOTAMS (FAR 105) **Canopy** - Front Riser control (Why) - Unassisted landings within 20 meters of planned target. (5 Required for A License)	**Freefall Dive Flow** - Exit from door 1 full second after coach - Bomber Exit (Diving) towards coach - Coach establishes fall rate and holds heading - Turn to face coach - Dive and stop level 10-20 ft in front of coach - Altitude check after every maneuver, or every 5 seconds - Approach and take grips - Altitude permitting, coach dives to a point 50-100 ft laterally and 20-40 ft below - Follow and repeat docking procedures. - Initiate break off at **5,500 ft** and turn and track - Coach Remains in place and evaluates dock - Wave and pull by **4,000 ft** **Canopy Dive Flow** - Canopy control check - Check altitude, position, traffic (APT) - Fly to holding area. - Check altitude, position, traffic (APT) - Perform an on heading front risers dive (keep toggles in hands) - Check altitude, position, traffic (APT) - Perform a 90 degree front riser turn (keep toggles in hands) - Check APT - Perform a 180 degree front riser turn (keep toggles in hands) - Check APT - Stop all front riser maneuvers by **2,000 ft** - Fly landing pattern - Coach measures student's distance to assigned target.

QUIZ

- Why is it important to look ahead during a swoop toward other jumpers in freefall?
- Why as the fastest way to slow down?
- What is the danger of a loose, or worn main container closing loop?
- What effect does pulling down the front risers have on the canopy?
- What is the maximum percentage of visible wear allowable on a main closing loop?
- Can a jump be legally made form an aircraft without a radio?
- What is the least notification the FAA requires before any jump or series of jumps may be made?
- Whose name will the FAA require when filing a notification for parachute jumping? (NOTAM)
- Describe your procedure for landing in water.

Complete quiz at home, on your own, with the use of any resources available. You will go over the quiz with your coach on the day of your jump.

Des Moines Skydivers

Flight Planner: Category H - Coach Jump 7

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments:

Student

Des Moines Skydivers

Date

Flight Planner: "A" License Check Dive

Performance Objectives	Dive Flow
Exit & Freefall -"A" License Check Dive - Must have overall good air awareness skills **Equipment** - Must be thoroughly familiar with all aspects of their gear: packing, maintenance, storage, suits, accessories, RSL, reserve, altimeter, and AAD - Pre-jump Equipment Check for themself, and others **Emergency Procedure Review** **-** Thoroughly understand correctly respond to all skydiving emergency scenarios (SIM 5-1) - Understand actions required for Aircraft Emergencies **Spotting and Aircraft** - Familiar with FARs 65, 91, and 105 (SIM Section 9) - Understand aircraft "Door Procedures" - Understand "Winds Aloft" - Know how to spot and brief the pilot - Understand cloud clearance FAR 105.17 - Understand exit order, and group separation - Understand fundamentals of RW, and planning effective breakoff and pull altitudes - Understand BSRs (SIM Section 2) and how they apply to all jumpers - Familiar with SIM Sections 4,5, & 6 **Canopy** - Cumulative of 5 landings within 20 meters - Thoroughly understand traffic patterns and collision avoidance - Understand low turn avoidance and recovery - Consistent Accuracy and stand up landings	**Freefall Dive Flow** - Spot without assistance - Initiates climb out, set-up, and exit count procedures - Stable, comfortable exit (Dive Out, or Bomb Out Exit Required) - Right 360 Degree Turn - Left 360 Degree Turn - Backloop (within 60 degrees of heading) - Instructor backs up 20 feet (during student backloop) and adjusts to student level - Forward movement to dock (without assistance from instructor) - **5,500 ft** Initiate breakoff - Turn 180 degrees and track 100ft (Min.) **- 4,500-4,000** Wave and Deploy **Canopy Dive Flow** - Assess winds, plan and execute a good landing pattern - Fly logical landing pattern that promotes safe, smooth traffic flow and avoids other jumpers (both vertically and horizontally) - Assess target accuracy – Depending on spot and conditions: Stand up landing within 20 meters of assigned target.

Des Moines Skydivers

Flight Planner: "A" License Check Dive

TESTS

Your Instructor will conduct an oral test consisting of 20 questions pulled from the ISP SIM Section 4 Categories A-H and your student flight planners.

Your Instructor or S&TA will administer a 40 question written test. All questions from this test are from SIM Sections 2,3,4,5,6, & 9.

If you do not pass the oral or written test you can re-test in 7 days. IAW SIM Section 3-2

Once completed, your "A" License Card will be signed, verified, and thoroughly completed by your instructor. An endorsement with their signature and stamp will be placed on the card. The card is only good for 60 Days, You must send it in with payment and a license application to the USPA to receive your "A" license card.

1. Landing how many meters from target: _____ Stand Up Yes / No

2. Oral Test Score: _____

3. 40 Question Written Test Score: _____

4. Instructor endorsement of student understanding of spotting:
Instructors Name: _____ Date: _____

5. Instructor endorsement of completion of Check Dive
Instructors Name: _____Date: _____

6. Student has written approval to pack his/her own parachute IAW SIM Section 5-3,L,2:
(At a minimum - Has packed & jumped 5 solo pack jobs with no assistance under indirect supervision)
Instructors/Riggers Name: _____Date:_____

Des Moines Skydivers

Flight Planner: “A” License Check Dive

Canopy

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments:

Des Moines Skydivers

Flight Planner: Extra Canopy Page

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments:

Des Moines Skydivers

Flight Planner: Extra Canopy Page

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments:

Des Moines Skydivers

Flight Planner: Extra Canopy Page

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments:

Des Moines Skydivers

Flight Planner: Extra Canopy Page

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments:

Des Moines Skydivers

Flight Planner: Extra Canopy Page

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments:

Des Moines Skydivers

Flight Planner: Extra Canopy Page

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments:

Des Moines Skydivers

Flight Planner: Extra Canopy Page

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments: