

Flight Planner: AFF Category C

Performance Objectives	Dive Flow
<p><u>Exit & Freefall</u></p> <ul style="list-style-type: none"> - Demonstrate ability to freefall safely with 1 instructor * - Stable exit - Stable deployment at assigned altitude with minimal instructor contact* - Control within 5 seconds of exit* - Stable relaxed fall* - Ability to dampen turns and heading drift using "Heading - Altimeter - Arch - Legs - Relax"* - Extensive awareness of hand signals given and all freefall events <p><u>Spotting and Aircraft</u></p> <ul style="list-style-type: none"> - Understanding of how to plan and adjust the landing pattern for wind speed and direction* <p><u>Canopy</u></p> <ul style="list-style-type: none"> - Fly a recognizable pattern with minimal assistance* - Flare with minimal assistance* <p>* Minimums for advancement</p>	<p><u>Freefall Dive Flow</u></p> <ul style="list-style-type: none"> - Check in, check out - Prop - Up - Down - Arch - COA (Circle of Awareness) - Practice touches (3) - COA - Continuous attempt to maintain heading using H.A.A.L.R. - Lock on - 6,000 ft - Wave - Arch - Reach - Throw @ 5,500 ft <p><u>Canopy Dive Flow</u></p> <ul style="list-style-type: none"> - Controllability check - Fly to holding area - Check altitude, position, traffic (APT) - Divide flight path by thousands of feet - Locate holding area decide by 2,000 ft. - Green and Yellow zone 360° turns compare differences - Fly pattern and assess altitude - Hands up, prepare for PLF - Flare @ 10 feet



- If unstable, how would you best recover stability?
- What would you do if you were on your back in freefall?
- What does AIR or CIA mean and when do you use it?
- How many seconds do you have to get AIR or CIA?
- Where would you find areas of turbulence?

Wing Loading: Exit Weight _____ Divided by Canopy Size _____ = Wing Load _____

Pre-flight Equipment Check: Demonstrate

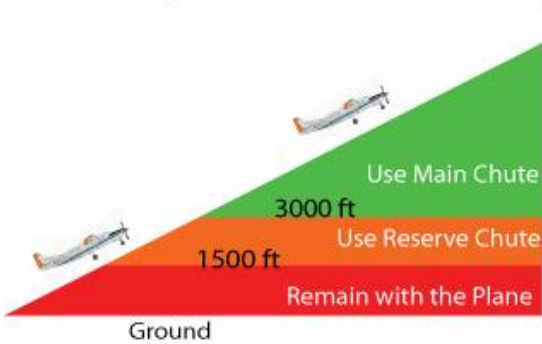
- | | | |
|---|---|---|
| 3 rings assembly <input type="checkbox"/> | Reserve ripcord handle <input type="checkbox"/> | Bridle Stowed <input type="checkbox"/> |
| RSL attachment <input type="checkbox"/> | Leg straps <input type="checkbox"/> | Pilot chute pocket and handle <input type="checkbox"/> |
| 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"/> | Discuss: repack date/180 days/Seal |

Des Moines Skydivers

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Aircraft Emergencies Turbulence

Aircraft Emergencies Chart



Jump Altitude

Behind Any Moving Object



Above All Dark Surfaces



10-20 X The Height

Obstacle Recognition Effective Flare: Transitions canopy to horizontal flight just prior to your feet touching the ground



Complete with an AFF-Instructor

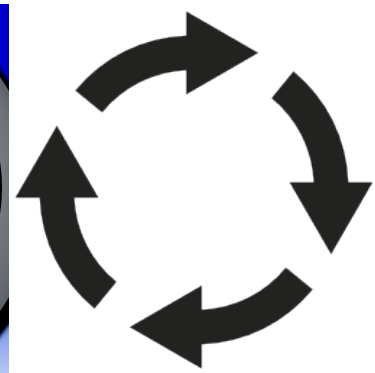
Demonstrate: "Roll out of bed" technique **Discuss:** A.I.R., The 5-7 second rule and how to use it
PULL PRIORITIES: Pull, Pull @ assigned Altitude, Pull stable, and (If instructor pulls you pull)



Roll Out of Bed. Think slap the alarm clock. Start on your back, reach across your chest, roll over as you slap the alarm clock. Don't forget to ARCH.



Altitude Aware
In Control
Relaxed



Rotating 360° in less than 5-7 seconds = DANGER.

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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: