

Performance Objectives	Dive Flow
<p><b><u>Exit &amp; Freefall</u></b></p> <ul style="list-style-type: none"> <li>- Reasonable arch and stability within 10 seconds prior to planned deployment altitude*</li> <li>- Reasonable altitude awareness*</li> <li>- Initiate deployment procedures within 1000 feet of assigned altitude*</li> <li>- General awareness of hand signals and freefall events</li> </ul> <p><b><u>Canopy</u></b></p> <ul style="list-style-type: none"> <li>- Plan and execute canopy decent and landing pattern with assistance**</li> <li>- Assisted flare for a safe landing within 60 degrees of correct landing direction**</li> <li>- Land within 300 feet of planned landing area, spot permitting**</li> </ul> <p>* Minimums for advancement                      ** If unsatisfied in Category A, student may be recommend to complete through tandem, or comprehensive canopy instruction before continuing AFF method specific training.</p>	<p><b><u>Freefall Dive Flow</u></b></p> <ul style="list-style-type: none"> <li>- Door Position</li> <li>- Check in, check out</li> <li>- Prop – Up – Down – Arch</li> <li>- COA (Circle of Awareness)</li> <li>- Practice touches (3)</li> <li>- COA</li> <li>- Heading, Altitude, Arch, Legs, Relax (Repeat)</li> <li>- Lock on – <b>6,000 ft</b></li> <li>- Wave – Arch – Reach – Throw @ <b>5,500 ft</b></li> </ul> <p><b><u>Canopy Dive Flow</u></b></p> <ul style="list-style-type: none"> <li>- Controllability check</li> <li>- Fly to holding area (Decide by 2000 feet if going to land off DZ)</li> <li>- Check altitude, position, traffic (APT)</li> <li>- Green zone turns and heading changes compare differences</li> <li>- Fly pattern and assess altitude</li> <li>- Hands up, prepare for PLF</li> <li>- Flare @ 10 feet</li> </ul>



- Why is it important to exit on 'arch' (prop-up-down-arch!)?
- What do you do if you lose 1 instructor or both?
- What does a canopy do immediately following a turn?
- What is your decision Altitude for Malfunctions?
- What altitude do you decide if you are going to make it back to the DZ?
- Describe procedure for a hard landing.
- Who is responsible for their own skydive?
- What Altitudes do you do your downwind base and final?
- What kinds of corrections are allowed under 300ft with your canopy?

# Des Moines Skydivers

Flight Planner: AFF Category A

## Skydiving Basics



## Landing Priorities

1. Wing Level
2. In the Clear Area
3. Flare

## Canopy Flight

### “The Green-Control-Zone”

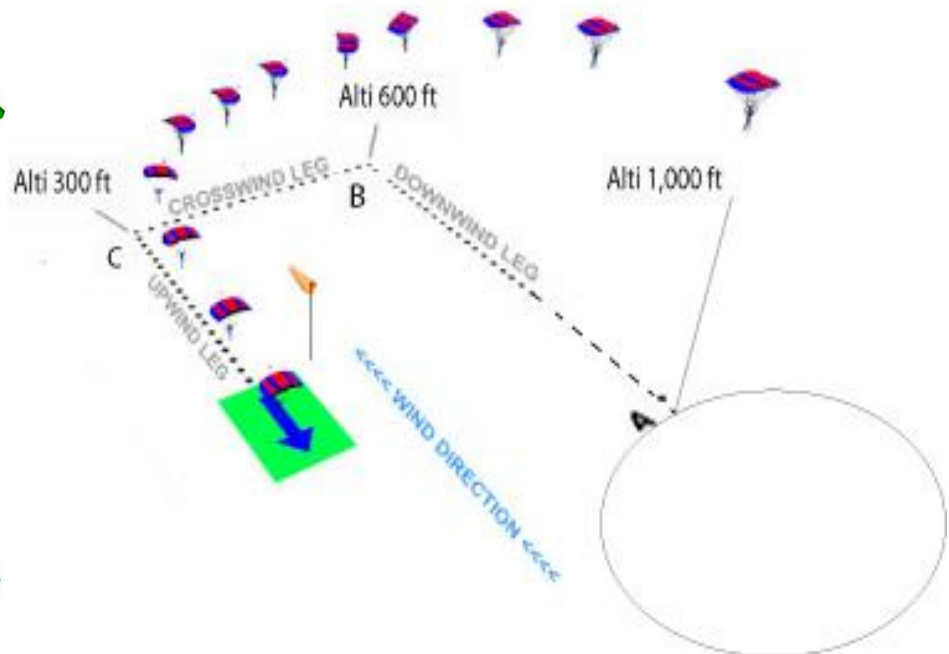
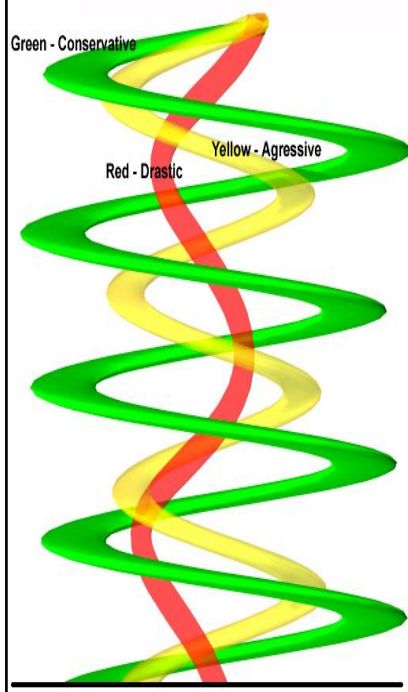
1. The normal control response zone.
2. Toggle operation between the hands all the way up position and the hands at the shoulder level position.
3. Light to medium centrifugal turns with the canopy above the jumper.

### “The Yellow-Control-Zone”

1. The rapid control response zone.
2. Toggle operation between the hands at the shoulder level position and the hands at the middle chest level position.
3. Heavy centrifugal turns with the canopy on level with the jumper.

### “The Red-Control-Zone”

1. The radical control response zone.
2. Toggle operation between the hands at the middle chest level position and hands at the hips level position.
3. Very heavy centrifugal turns with the canopy below the jumper.









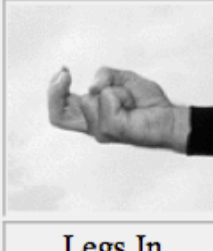





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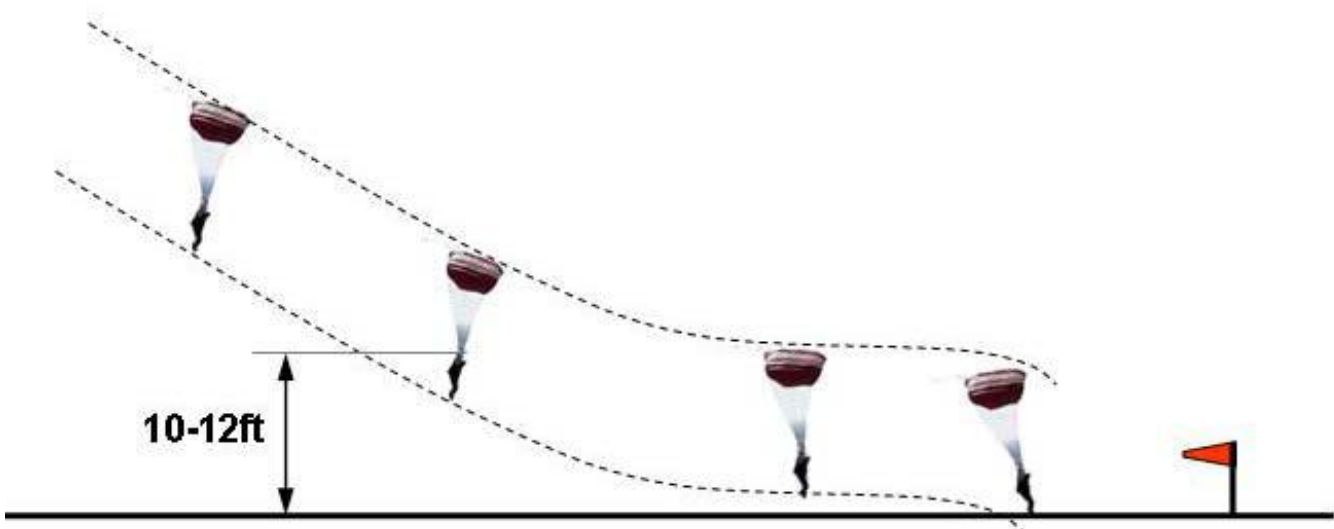
Flight Planner: AFF Category A

## Skydiver Hand Signals

Slight variations of these basic hand signals may be used by your instructors. All students should review signals with instructors prior to making their next jump. Not all signals will be used in each jump. The more you train, and the more proficient you become, the fewer signals you will likely be see from your instructor(s).

					
Arch	Pelvis Forward	Extend Legs Six Inches and Hold	Circle of Awareness (Altitude Check)	Perform the Practice Deployment Sequence	Release Pilot Chute
					
Deploy the Parachute (Pull)	Check Arm Position	Legs In (Retract Legs Slightly)	Relax (Breathe)	Knees Together Slightly --or-- Toe Taps	OK

## The Perfect Flare



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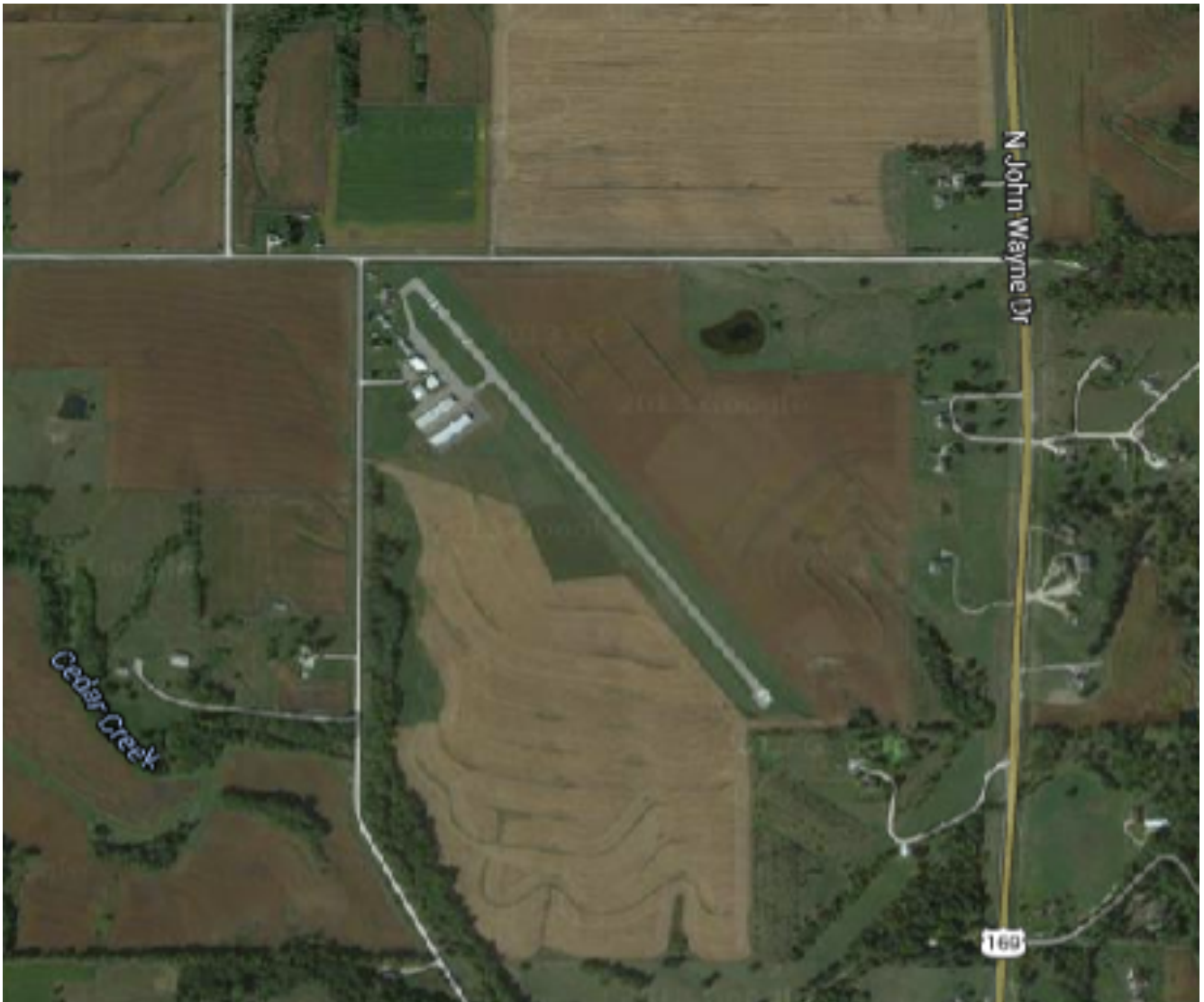
Flight Planner: AFF Category A

## Canopy

Select Landing Area & Holding Area.

Identify Hazards along flight path.

Draw Landing Pattern: Downwind, Base, and Final.



Student Signature: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_

Questions / Comments: