

Performance Objectives	Dive Flow
<p><u>Exit & Freefall</u></p> <ul style="list-style-type: none"> - Stability within 10 seconds after exit* - Maintain correct body position, including leg awareness/control* - Initiate deployment procedures within 500 feet of assigned altitude* - General awareness of hand signals and freefall events <p><u>Emergency Procedure Review</u></p> <ul style="list-style-type: none"> - Harness Training <p><u>Canopy</u></p> <ul style="list-style-type: none"> - Understand and plan descent strategy from opening to pattern entry and pattern principles (Divide flight path)** - Steering with clearance procedures without prompting (self-evaluated)** - Assisted flare & safe landing within 30 degrees of into wind** - Review canopy retrieval & PLF <p>* Minimums for advancement ** If unsatisfied in Category B, student may be recommend to complete through tandem, or comprehensive canopy instruction before continuing AFF method specific training.</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) - Right turn (90 Degrees) - Left Turn (90 Degrees) - Leg exercises (Extend legs - 3-4 seconds) *Repeat leg exercises as altitude permits - 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




- What are your pull priorities and when should you look at your altimeter?
- What is your most important task when in freefall?
- What is your decision altitude if you are experiencing a malfunction?
- If part of the deployed parachute is caught on the jumper or the equipment (horseshoe), what is the correct response?
- What are the three S's and why do you use them?
- What are the compass headings on the runway at the airport?
- What is the length of the runway and why would this be important and how could we use it?

Des Moines Skydivers

Flight Planner: AFF Category B

Review

Understand routine canopy problems (nuisances) and the correct responses (Line twists, slider stuck, end cell closure, broken line, small holes, turning canopy due to unstowed toggle)

 <ul style="list-style-type: none"> • Every 5 seconds • Between maneuvers • If experiencing difficulty 	<h3 style="text-align: center;">Types of Malfunctions</h3> <table border="0" style="width: 100%; text-align: center;"> <tr> <td style="width: 33%;">Total</td> <td style="width: 33%;">High Speed</td> <td style="width: 33%;">Low Speed</td> </tr> <tr> <td> <ul style="list-style-type: none"> • Try twice, or • Spend 2 seconds to fix • Then, execute Emergency Procedures </td> <td> Execute Emergency Procedures </td> <td> <ul style="list-style-type: none"> • Controllability Check • Must fix by 2,500 feet, or • Execute Emergency Procedures </td> </tr> </table>	Total	High Speed	Low Speed	<ul style="list-style-type: none"> • Try twice, or • Spend 2 seconds to fix • Then, execute Emergency Procedures 	Execute Emergency Procedures	<ul style="list-style-type: none"> • Controllability Check • Must fix by 2,500 feet, or • Execute Emergency Procedures
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Canopy Flight Review

"The Green-Control-Zone"

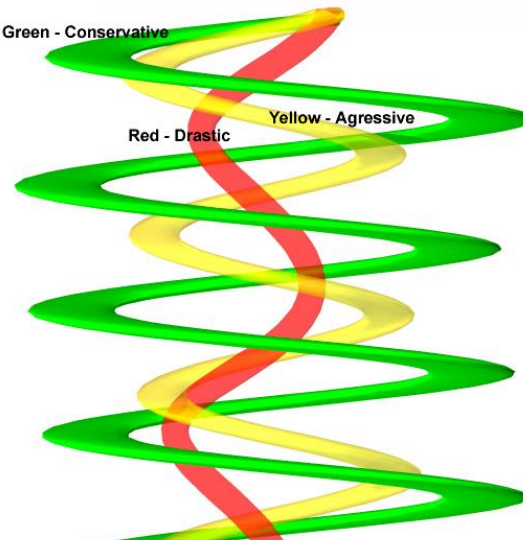



1. The normal control response zone.
2. Toggle operation between the hands all the way up position and the hands at the shoulder level position.
3. Light to medium centrifugal turns with the canopy above the jumper.

"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.

 <p>Green - Conservative</p> <p>Yellow - Aggressive</p> <p>Red - Drastic</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p><u>Running</u></p>  </div> <div style="text-align: center;"> <p><u>Crabbing</u></p>  </div> </div> <div style="text-align: center; margin-top: 20px;"> <p><u>Holding</u></p>  </div>
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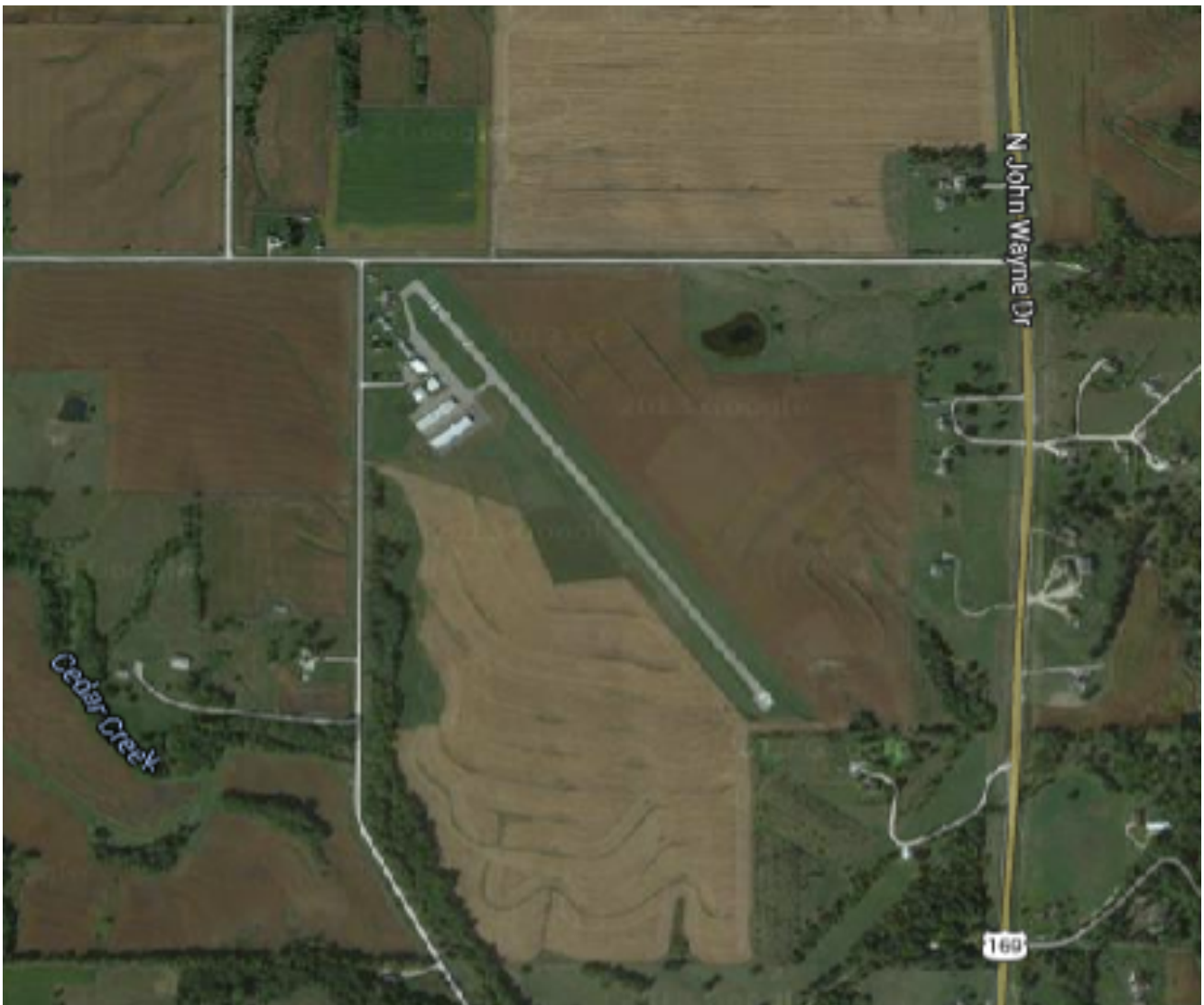
Flight Planner: AFF Category B

Canopy

Select Landing Area & Holding Area.

Identify Hazards along flight path.

Draw Landing Pattern: Downwind, Base, and Final.



Student Signature: _____ Instructor Signature: _____

Questions / Comments: