

Flight Planner: AFF Category E-1

Performance Objectives	Dive Flow
<p><u>Exit & Freefall</u></p> <ul style="list-style-type: none"> - Participate in spot at the door - Unassisted exit (Dive)* - Cumulative two successive disorienting maneuvers with stability and altitude awareness recovered within 5 sec.* - Stable deployment at assigned altitude without instructor contact (Solo Pull)* - Extensive awareness of hand signals given and all freefall events <p><u>Equipment</u></p> <ul style="list-style-type: none"> - Open Parachute Orientation – Intro into packing <p><u>Spotting and Aircraft</u></p> <ul style="list-style-type: none"> - Spotting: Reading winds aloft report, calculating spot, giving corrections to the pilot, & true vs. magnetic headings. - BSR's: Student Wind Limits <p><u>Canopy</u></p> <ul style="list-style-type: none"> - 9 Flares (Finding the Sweet Spot) - Without assistance, flare and land within 50 meters of assigned target - Stand up landing if comfortable <p>* Minimums for advancement</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 (Instructor in front) - Right Barrel Roll (A.A.L.R.)** - Left Barrel Roll (A.A.L.R.)** (Time Permitting) - 3-5 second Delta Position (Altitude) *Repeat altitude permits (Heading Focus) - Lock on – 6,000 ft (NO MORE MANUVERS) - Wave – Arch – Reach – Throw @ 4,500 ft <p><u>Canopy Dive Flow</u></p> <ul style="list-style-type: none"> - Canopy control check - Check altitude, position, traffic (APT) - Flare to chest at slow, medium, & fast speeds. Recover to full flight for 10 seconds between each flare. - Do the same maneuver to hips, and shoulders. - Evaluate most effective flare according to the most sustainable lift (Sweet Spot) - Initiate best flare at head height above the ground. Continue to flare to maintain flat glide until landing. - After landing: Evaluate the flare height according to the results.

Q

- What happens to a jumpers fall rate when performing rolls, loops, or other freeflying maneuvers?

U

- What happens to a visual altimeter when it's in another jumper's burble?

I

- What is the best way to determine a canopy's optimum flare speed and depth for landing?

Z

- How many "A" lines does a nine-cell canopy have?

- What lines go through the rear slider grommets?

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

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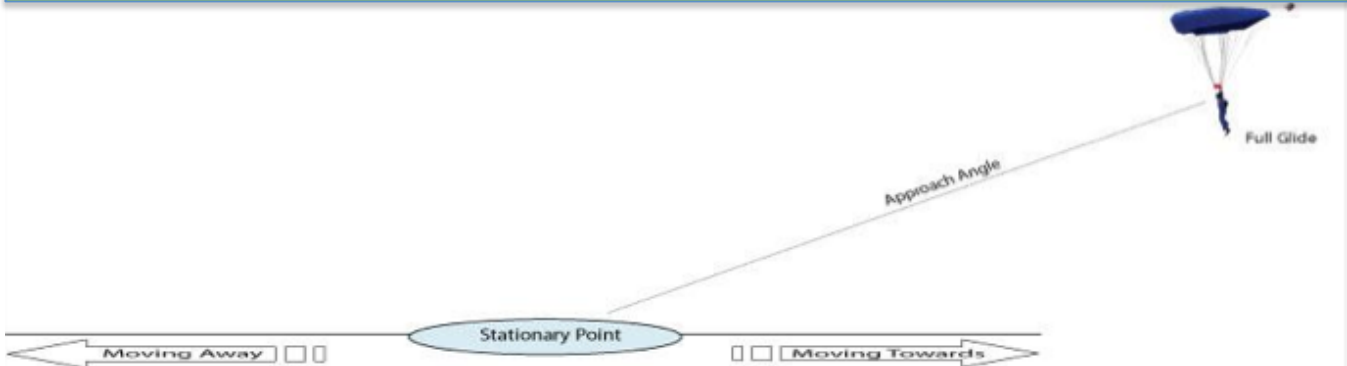
Main Wing Load _____ Reserve Wing Load _____

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 Drift



Canopy Drift

	MPH	Miles per Minute	Drift from 3,000 feet
	60	1	n/a
	30	1/2	n/a
	20	1/3	1 mile
	15	1/4	3/4 mile
	10	1/6	1/2 mile
	5	1/12	1.4 mile

CALCULATING FREEFALL AND CANOPY DRIFT

Calculating Freefall Drift

Altitudes	Heading	Speed (in mph)
3,000 ft	250	15 mph
6,000 ft	260	18 mph
9,000 ft	270	20 mph
12,000 ft	290	25 mph
<i>Average</i>	270	<i>19.5 mph</i>

*Assuming a one minute freefall 19.5 divided by 60 equals .33 miles. Freefall drift is equal to .33 miles at 270 degrees.

Calculating Canopy Drift

Altitudes	Heading	Speed (in mph)
Surface	270	12 mph
3,000 ft	270	18 mph
<i>Average</i>	270	<i>15 mph</i>

Exposure to the wind under canopy per minute: "15 divided by 60 is equal to .25 miles
Then multiply .25 miles by the number of minutes under canopy. To simplify the process: assume a four minute canopy flight. Canopy drift is equal to .25 miles multiplied by four minutes which is equal to one mile at 270 degrees.

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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: