

Performance Objectives	Dive Flow
<p><b><u>Exit &amp; Freefall</u></b></p> <ul style="list-style-type: none"> <li>- Participate in spot at the door</li> <li>- Solo Stable Exit; Maintain stability without jumpmaster assistance*</li> <li>- Two 180-degree turns (45 deg. tolerance)*</li> <li>- Two 360-degree turns (45 deg. tolerance)* (Using "Start-Coast-Stop" on all turns)</li> <li>- Stable deployment at assigned altitude without instructor contact (Solo Pull)*</li> <li>- Extensive awareness of hand signals given and all freefall events</li> <li>- Review: AIR, ROB, 5-7 Second rule*</li> </ul> <p><b><u>Equipment</u></b></p> <ul style="list-style-type: none"> <li>- Independently turn on AAD, and perform pre-flight check.</li> <li>- Review Check of 3's and S.H.A.G.G.</li> </ul> <p><b><u>Spotting and Aircraft</u></b></p> <ul style="list-style-type: none"> <li>- Cloud Clearance 105.17*</li> <li>- BSR's: Student jumps completed prior to sunset*</li> <li>- Intro to spotting, Jump Run, Winds Aloft*</li> </ul> <p><b><u>Canopy</u></b></p> <ul style="list-style-type: none"> <li>- Rear Riser Controls (360's)*</li> <li>- With minimal assistance, flare and land within 50 meters of assigned target***</li> <li>- Stand up landing if comfortable</li> </ul> <p>* Minimums for advancement                  *** Student must stay on radio until successful completion.</p>	<p><b><u>Freefall Dive Flow</u></b></p> <ul style="list-style-type: none"> <li>- Single instructor exit, assist with spot</li> <li>- Check in</li> <li>- Prop - Up - Down - Arch</li> <li>- COA (Instructor in front)</li> <li>- Right 180 degree turn (Altitude)**</li> <li>- Left 180 degree turn (Altitude)** "Yes Turns" - (Time Permitting)</li> <li>- Right 360 degree turn (Altitude)</li> <li>- Left 360 degree turn (Altitude)</li> <li>- Leg exercises (Extend legs - 3-4 seconds) *Repeat leg exercises as altitude permits</li> <li>- Lock on - <b>6,000 ft (NO MORE MANUVERS)</b></li> <li>- Wave - Arch - Reach - Throw @ <b>5,000 ft</b></li> </ul> <p><b><u>Canopy Dive Flow</u></b></p> <ul style="list-style-type: none"> <li>- Correct minor canopy problems using rear risers with brakes set</li> <li>- Check altitude, position, traffic (APT)</li> <li>- Execute left and right 90 degree turns with rear risers with brakes set</li> <li>- Release brakes, conduct control check, head to holding area</li> <li>- In route back to holding area execute 90 degree rear riser turns left and right. With APT between maneuvers</li> <li>- Timer permitting, execute 180 degree rear risers turns using APT between maneuvers <b>(ALL CANOPY WORK STOPS AT 2000 FEET)</b></li> <li>- Fly pattern and assess altitude, hands up, prepare for PLF, and flare.</li> </ul> <p>* Complete only if un-successful, or uncompleted in D-1</p>



- What is the quickest & safest way to change heading immediately after opening?
- Describe procedure for landing on a building?
- How would you steer a parachute with a broken brake line?
- What must a spotter do to determine what is directly underneath the aircraft while on jump run?
- What is the purpose of an AAD?
- What are the visibility requirements for clouds above 10,000 feet?

**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

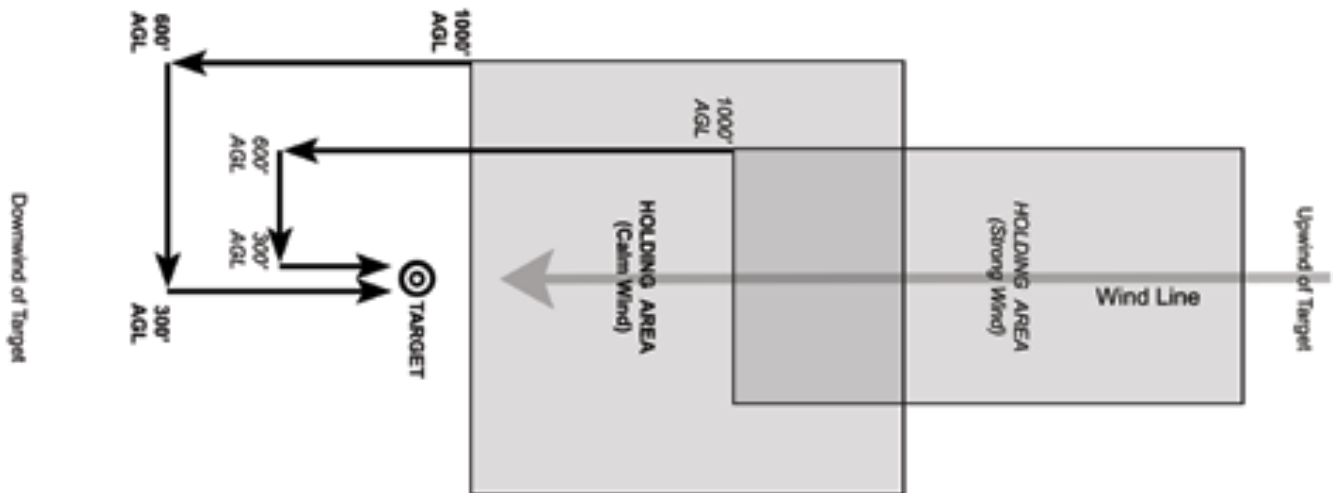
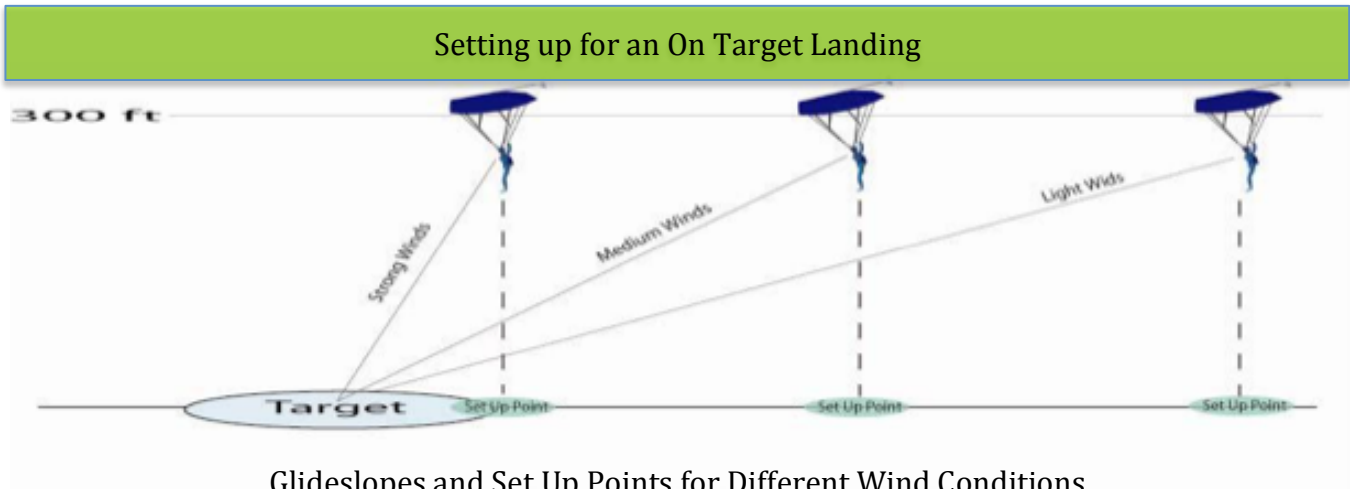
## Flight Planner: AFF Category D-2

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"/>      | <b>AAD</b> <input type="checkbox"/>             | Accessories (SHAGG) <input type="checkbox"/>           |
| Cutaway handle <input type="checkbox"/>   | Main flap and pin <input type="checkbox"/>      | <b>Reserve Static Line</b> <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.**



Automatic Activation Device

**Vigil (1&2):** Tap button 3 times at red light.

**Cypres 1:** Tap button 4 times at red light. Write down the numbers that the unit paused at. The second is battery test number 6000+. Final number = 0.

**Cypres 2:** Tap 4 times and final number = 0.

# Des Moines Skydivers

Flight Planner: AFF Category D-2

## Canopy

Select Landing Area & Holding Area.

Identify Hazards Along Flight Path.

Draw Landing Pattern: Downwind, Base, and Final.



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

Questions / Comments: