

# AFF 7 Student Flight Planner (category F)



**Student Name:**

**Date:**

## a. REVIEW TOPICS

Aircraft emergencies: bail out procedures on main and reserve, landing with aircraft  
Canopy flight planning: Winds aloft, group separation, exit and opening points, freefall and canopy drift  
Freefall procedures: Heading control (arms/shoulders), Altitude check frequency, Instructor pull  
Canopy control: Extending the glide (brakes/rear risers), Off-dz landing, Power lines avoidance  
Emergency procedures: Can't pull cutaway handle, hard spinning canopy, pilot chute hesitation (in tow)

## b. FREEFALL

### New Training Objectives

Observe jump run, group separation, and spot  
Solo inside/diving exit  
Delta Tracking (3 successful attempts required)  
Pull at 4,500 feet

### Dive Flow

Spot (with instructor assistance)  
Position inside the door (left foot forward)  
Check out (wait for OK)  
Initiate count: "Wing tip.., Out, In, Arch!"  
Exit, Present hips forward into relative wind

Delta track for 3-seconds  
Instructor points heading (perpendicular to jump run)  
Turn and control that heading  
Extend legs out first, lock knees, then  
Sweep arms back in the delta position  
Hold for 3 seconds, return to neutral, check altimeter  
Repeat sequence for 5 seconds  
Perform tracking until 5,500 feet  
Wave-off and pull at 4,500 feet

## d. REVIEW QUIZZ

Who should jumpers listen to in case of aircraft emergency?  
What is the function of RSL? When do you disconnect it?  
How do jumpers ensure adequate group separation?  
What is jumper's freefall drift with 30 mph upper winds?  
How is heading controlled in track in freefall?  
What is student's minimum pull altitude?  
Why is it important to track perpendicular to the jump run?  
Why is it important to not lose a toggle when using rear riser?  
What is the difference when flaring from braked vs. full flight?  
How does braked approach change canopy flight / pattern?  
What are the landing priorities?  
What does a USPA A license permit a skydiver to do?

## c. CANOPY CONTROL

### New Training Objectives

Flight plan (no assistance)  
Equipment check (no assistance)  
Braked approach for landing

### Canopy Flight

Ensure the canopy is square and stable  
Before releasing the brakes, grab both risers:  
Pull/twist right rear riser to turn 90 degrees  
Turn left using the left rear riser  
Flare using both risers

Unstow toggles and perform steerability check  
With toggles in hands repeat riser turns  
Perform rear riser flare and stall (above 2,500 ft)

Practice 2-stage toggle flare (above 1,000 feet)  
Navigate with minimal radio assistance  
Execute planned pattern (A,B,C)  
Check altitudes at each point A, B, C  
Fly all flight modes during landing flare:  
Full flight, level-off at 12ft, and stall.

## e. KEY POINTERS

For exit, use front part of the door, left foot forward on the edge, toes outside a/c  
Present hips and into the relative wind  
For stable tracking, keep arms out more