

# Coaching 1 Flight Planner (category G1)

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## a. REVIEW TOPICS

Aircraft: emergency bailout, loading and exit order, jump run procedures, spotting, group separation  
Freefall: Altitude check frequency, break off, tracking on heading, pull priorities  
Canopy control: Landing priorities, obstacle avoidance, landing in trees and near fences  
Emergency procedures: No pull, Hard pull, Pilot chute-in-tow, Linetwists  
Post-AFF progression: Minimum 4 coach jumps, A-license proficiency card (canopy class, packing class)

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## b. FREEFALL

### Training Objectives

Front floater exit (not gripped, instructor counts)  
Fall rate control, up / down movement  
Start-coast-stop technique  
Break off and tracking straight without assistance

### Dive Flow

Spot (with assistance)  
Front floater exit (check with coach for an OK)  
Instructor counts with head and leg: "ready, set, go."  
Exit, hold direction of flight until stable  
Turn to face coach and make a dock, COA  
Coach moves down (up) fall rate 2-3 feet  
Student follows down (up), COA (dock, optional)  
Repeat until break off at 6,000 feet  
6,000 feet student turns 180 and tracks for 5 seconds  
Coach remains in place and evaluates track  
Wave-off and pull at 4,500 feet

## d. REVIEW QUIZ

How do you control direction when you move forward?  
What is the minimum break-off altitude for groups smaller than 6?  
What may happen if turn too quickly with a toggle?  
What does a canopy do after a maximum turn by a toggle?  
What are 3 biggest dangers of a hard toggle turn near the ground?  
What to do when entangled with a jumper under canopy  
What may result when trying to come up from under a freefall formation?  
Why is it important to remain clear of the area directly above and below other jumpers in freefall?  
What is the most danger of having traffic directly in front under canopy and for aircraft pilots?  
What may happen if dragging the rig when stowing the lines?

## c. CANOPY CONTROL

### Training Objectives

Reverse toggle turns (above 2,500)  
Canopy flight plan (use of flight planner)

### 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  
Un-stow toggles and perform a full check

Reverse turns (above 2,500 ft.) – 2 times  
Practice 2-stage toggle flare (above 1,000 feet)

Execute planned pattern (A, B, C)  
Check altitudes at each point A, B, C  
Fly all flight modes for landing: Full flight, begin to flare at 12ft, level-off, and stall.

## e. KEY POINTERS

On exit: keep the chin up and hold exit heading (line of flight)  
When changing fall rate – avoid being on top/bottom of the group/coach  
Increase fall rate – arch and decrease surface area  
Decrease fall rate – torso flat and increase surface area  
For stable tracking, keep arms out more  
Reverse turn under canopy– start small, then increase turn size. Be careful not to get to line-twist. If line-twist happens, must clear by 2500 ft.