

AFF 4 Student Flight Planner (category D)



Student Name:

Date:

a. REVIEW TOPICS

Pull priorities, Altitude awareness, Neutral body position, Leg symmetry, Heading control and awareness
Freefall procedures: Instability fix (Altimeter-Arch-Legs-Relax), 5-sec Rule, Roll-out-of-bed, Instructor pull
Canopy control: Landing pattern, Obstacle avoidance, Alternate landing areas, Full flight, Level off, Stall
Emergency procedures: Failed controllability check, Linetwists, Horseshoe, two canopies out

b. FREEFALL

New Training Objectives

Observe jump run (from inside the door)
Floater Climb out and Exit
Unassisted 90-degree turns
Start – Coast - Stop
Solo and unassisted pull at 5,500 feet

Dive Flow

Climb out in front float position,
Check out (wait for OK)
Initiate count: "Prop., Up., Down., Arch!"
Exit, arch, present into relative wind, look up
COA – Heading, Altimeter, Arch, Legs, Relax

Above 6,000 – nod "Yes turns"
Wait for "Yes turns" nod from instructor
Make 90-degree turn, stop, and check altimeter
Repeat until 6,000 feet

At 6,000 feet – shake head "No turns"
COA - Check and control heading (horizon)
Wave-off and pull at 5,500 feet

c. CANOPY CONTROL

New Training Objectives

Slow flight and braked turns
Practice stalls from slow flight
Stall recovery

Canopy Flight

If above 2500 feet and in playground area:

Pull both toggles to $\frac{1}{2}$ brakes (chest level)
Turn 90-degrees right by raising left toggle slightly
Pull left toggle back down to level off
Perform $\frac{1}{2}$ brake 90-degree left turn by raising right toggle, and level off
Pull both toggles to $\frac{3}{4}$ brakes (belly)
Repeat braked turn exercise
From $\frac{3}{4}$ brakes, continue pulling both toggles down and hold until the canopy begins to stall
As stall develops, slowly raise both toggles all the way up

Below 2,500 feet

Identify alternate landing areas and obstacles
Practice 2-stage flare (above 1,000 feet)
Execute planned pattern (A,B,C)
Fly all flight modes for landing:
Full flight, begin level-off at 12ft, and stall.

d. REVIEW QUIZZ

Why do we have to "Spot" before exiting the aircraft?
What is the fix for loss of heading control in freefall?
What is the visual reference for heading control?
How does $\frac{1}{2}$ brake position change canopy flight?
When is appropriate to fly in slow flight mode?
What happens when the canopy is stalled?
How do you recover from stall?
How to avoid canopy collision while turning?
What are the landing priorities?

e. KEY POINTERS

Engage arms to control heading ("hands on the wheel")
Verbalize COA words: "Heading, Altimeter, Arch, Legs, Relax"
Keep head high
Eyes on horizon (except check altimeter)
Arch from the hips
Push and keep legs out symmetrically
Start-coast-stop