

Coaching 3 Flight Planner (category H1)



a. REVIEW TOPICS

Equipment/Airplane: gear checks, pilot chute out procedure, handle out procedure

Freefall procedures: body count, diving exit, swoop and dock, break off, tracking on heading

Canopy control: front risers how to fly with only one hand, unassisted use of flight planner

Emergency procedures: canopy collision avoidance, power line landing avoidance and landing procedure

b. FREEFALL

Training Objectives

Swoop to formation (Stair-step technique)

Break off without assistance

Track on heading (within 10 degrees) and for 100ft

Dive Flow

Spot (no assistance), diver exit (same as AFF7)

No grip exit.

Student gives ok, instructor exits, student follows 2 seconds later (on ... set, go)

Exit, present belly to prop, hold position until stable

Turn and find the coach

Swoop/dive do to the coach, go neutral half way

Evaluate, adjust and continue approach, COA

Stop level ten feet out, COA

Approach with forward movement and take grips

Altitude permitting, coach backs down 20-40 feet

Student swoops (short swoop)

Repeat until break off at 5,500 feet

At break-off, student turns 180 and tracks for 5 seconds

Emphasis on heading and increased speed (flatter track)

Coach remains in place and evaluates track

Wave-off and pull at 4,000 feet

d. REVIEW QUIZ

What is it important to look ahead during a swoop toward the base in freefall?

What is the fastest way to slow down from a freefall swoop?

What is the danger of a loose or worn main closing loop?

Why must three-ring cables be cleaned periodically?

What is the procedure for landing in water?

What is the maximum percentage of visible wear allowed on a main closing loop?

Why should one NOT attempt to freefly with all rental gear?

What are recurrency requirements for an A-licensed jumper?

What's your wind limit after getting an A license?

c. CANOPY CONTROL

Training Objectives

Front riser turn (above 2,500)

Wind check under canopy

Flight plan (unassisted use of flight planner)

Canopy Flight

After ensure a good canopy,

Note the opening point over the ground and identity all canopies in the same load,

Steer to the playground,

Try front risers (above 2500 ft)

Perform wind check at 2,500 and 1,500 ft

Practice braked approach/flare

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

Diving exit: toward the wing tip, present hips to the relative wind, avoid diving straight toward the coach

When swooping towards anyone – avoid aiming at the person

Front riser turns – fly in ¼ brakes first, then simultaneously raise both toggles, then pull one front riser (right or left)

Always keep toggles in your hands when using risers!