

Coaching 4 Flight Planner (category H2)



a. REVIEW TOPICS

Aircraft: loading and exit order, jump run procedures, spotting, group separation

Freefall procedures: diver exit, swoop and dock (stair-steps)

Canopy control: front risers, low turn dangers and techniques, toggle holding technique (use all fingers)

Emergency procedures: water landing procedure, hard pull, horse-shoe, two out (side by side), AAD fire

b. FREEFALL

Training Objectives

Swoop and dock (with Stair-steps)

Break off without assistance

Track on heading for 100ft

Pull at 3,500

Dive Flow

Spot (without assistance)

Diver exit (coach as the rare floater)

No grip exit

Initiate count: "ready, set, go."

Exit, present belly to prop, hold position until stable

Turn and find the coach

Dive and slow down at 50% out

Adjust and continue approach

COA

Stop level 10 feet out

COA

Approach and take grips

If altitude permitting, practice (turns and dock)

Dock

Repeat until break off @ 5,500 feet

Coach remains in place and evaluates track

Wave-off and pull at 3,500 feet

d. REVIEW QUIZ

Can you freefly with all rental gear? Why not?

What do the front risers do?

What are the two biggest dangers of front-riser maneuvers near the ground?

Who is responsible if you jump a rig without a seal?

How to hold toggle and front risers at the same time?

If you know that you have turned too low to make a safe landing, what should be your first response?

What is so important for the 3 rings to be in the right configuration?

Who can you jump with after you get an A license?

What is your decision altitude with an A license?

c. CANOPY CONTROL

Training Objectives

Traffic avoidance with rear risers

Braked approach and landing

Flight plan (adjust for braked approach)

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

Practice Brake Turns and Flare (above 1,500 ft)

Adjust pattern altitudes for wind condition

Fly all pattern legs in ½ brakes

On final, keep ½ brakes and flare from ½ brake position, PLF if necessary

e. NEXT STEPS

Canopy control class

Packing class

Freefall training (formation skydiving freefall and/or tunnel coaching)

Jump suit

Helmet (full face/open face)

Altimeter (analog/digital)

Your first rig