

# Student Flight Planner – AFF 3



Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

## a. REVIEW

Emergency procedures: accidental premature opening, can't find/pull the handle, horseshoe  
Freefall review: neutral body position, altitude checks, pull priorities, leg symmetry, hand signals  
Freefall training: Heading control (arms control), Heading awareness (point on horizon), instability fix  
Canopy control: Full, level, and stall flight modes, high and no-wind patterns, alternate landing areas

## b. FREEFALL

### New Training Objectives

COA: Heading(horizon), altimeter, arch, legs, relax  
Solo freefall and heading control, arm and leg symmetry  
Solo and unassisted pull at 5,500 feet  
Rules: AIR rule, 5 second rule, instructor pull  
Instability fix: Altimeter-Relax-Arch, roll out of bed

### Dive Flow

Take position in the door  
Check in (wait for OK)  
Initiate count: "Prop., Up., Down., Arch!"  
Exit in arched position and present into relative wind  
COA - think body position, horizon, altimeter, check (wait for OK)  
One practice pilot chute touch (PPCT)  
Close and open legs  
Maintain heading, altitude, and body position awareness  
Altitude checks every 3-5 secs or if experiencing instability  
Lock on at 6,000 feet  
Wave-off and pull at 5,500 feet

## c. CANOPY CONTROL

### Training Objectives

Canopy flight  
Turns and flare  
Landing pattern

### Canopy Flight

Exhale and clear nose  
Perform controllability check  
Practice 2-stage flare 5-10 times  
Full Flight (arms up)  
Level Off (toggles to chest/belly)  
Stall (toggles all the way down)  
Slowly recover to full flight  
Below 2,500 feet, identify alternate landing areas and obstacles  
Execute planned pattern (A,B,C)  
Fly all flight modes during landing flare:  
Full flight, begin level-off at 10-12 feet, and stall.

## d. REVIEW QUIZ

How many seconds does it take to freefall 1000 feet?  
What is the procedure to fix stability problems?  
Why is it more important to pull at correct altitude than pull stable, but at lower altitude?  
What if I cannot pull the main deployment handle after 2 tries and 2 seconds of trying?  
What is the purpose of the wave-off?  
What is the most dangerous part of the canopy flight?  
Why is it important to fly the canopy in full flight?  
What's the importance of the PLF?  
When would I want to PLF?

## 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 when checking altimeter)  
Arch from the hips  
Push and keep legs out symmetrically