

Student Flight Planner – AFF 1



Student Name: _____ Jump no: _____

Instructor: _____ Date: _____

a. REVIEW (if first jump course not taken on the day of the jump)

Emergency procedures (hard pull, pilot chute in tow, baglock, streamer, lineover, line twists, stuck slider)

Freefall: proper body position, circle of awareness, altitude checks, pull sequence and priorities

Hand signals: pull, pelvis down, legs out, check altimeter, relax, practice handle touches

Other emergencies: airplane bailout procedures, loss of instructor(s), loss of altitude awareness

Freefall and emergency procedures reviewed. Initials: Instructor _____ Student _____

b. FREEFALL

Training Objectives

Altitude, horizon, and body position awareness

Relaxing in freefall environment

Unassisted pull

Dive Flow

Take position in the door

Check in (wait for OK), check put (wait for OK)

Initiate count: "Prop., Up., Down., Arch!"

Exit in arched position and present into relative wind

COA - think body position, horizon, altimeter, report altitude

left (wait for OK), report altitude right (wait for OK)

Three Practice Pilot Chute Touches (PPCT)

COA

Altitude checks every 5 seconds

Horizon and body position checks in between

Lock on at 6,000 feet (no more maneuvers)

Wave-off and deployment at 5,500 feet

c. CANOPY CONTROL

Training Objectives

Canopy flight

Turns and flare

Landing pattern

Canopy Flight

Exhale and clear nose, if necessary

Perform controllability check

Unstow the brakes

180-degree right turn

180-degree left turn

Full flare

Find DZ, the playground and staging areas

Arrive to the staging area at 800 ft

Enter downwind leg at 800 ft

Turn cross-wind at 500 ft

Turn final at 200 ft

Apply only minimum toggle input necessary
to avoid obstacles below 200 feet

Full flare at 10-12 feet

New freefall and canopy training

completed. Initials: Instructor _____

Student _____

d. STUDENT EQUIPMENT CHECKLIST

Main Canopy: _____ Exit Weight: _____ lbs Wing Loading (exit wt/sq.ft): _____

Reserve: _____ Reserve Wing Loading: _____ Container System: _____

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> shoes (double knotted) | <input type="checkbox"/> altimeter tight, set to "0" | <input type="checkbox"/> bridle routing | <input type="checkbox"/> chest strap and friction lock |
| <input type="checkbox"/> helmet (fit, adjusted) | <input type="checkbox"/> AAD on and set | <input type="checkbox"/> main pilot chute,
handle, and pouch | <input type="checkbox"/> cutaway handle secure |
| <input type="checkbox"/> altimeter (functioning) | <input type="checkbox"/> reserve pin, seal, and flap | <input type="checkbox"/> riser covers | <input type="checkbox"/> reserve handle secure |
| <input type="checkbox"/> goggles (fit, clear) | <input type="checkbox"/> reserve ripcord movement | <input type="checkbox"/> 3-ring assembly | <input type="checkbox"/> main lift web sizing |
| <input type="checkbox"/> gloves (if needed) | <input type="checkbox"/> main pin, loop, and flap | <input type="checkbox"/> RSL attachment | <input type="checkbox"/> leg straps and friction locks |
| <input type="checkbox"/> radio (check operation) | <input type="checkbox"/> main bridle secure | | |

Gear pre-flight check and training completed. Initials: Instructor _____ Student _____