

# Student Flight Planner – AFF 3



Student Name: \_\_\_\_\_ Jump no: \_\_\_\_\_

Instructor: \_\_\_\_\_ Date: \_\_\_\_\_

## a. REVIEW

Emergency procedures: hard pull, canopy damage, spinning canopy, broken steering line

Freefall: circle of awareness, altitude checks, pull sequence and priorities, hand signals

Other emergencies: airplane bailout procedures, loss of altitude awareness, how to fix instability

Freefall and emergency procedures reviewed. Initials: Instructor \_\_\_\_\_ Student \_\_\_\_\_

## b. FREEFALL

### Training Objectives

Neutral body position

Hover control to maintain heading and position

Unassisted freefall and pull

### New Training

Focus on neutral body position

AIR rule - If lose both instructors, continue skydive only if

Altitude Aware, In Control and Relaxed.

Relax and arch to fix instability, roll out of bed technique

5-second rule – must fix any stability problems within 5 secs.

Close and open legs – to bring leg and symmetry awareness

### 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, check left (wait for OK), check right (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

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 \_\_\_\_\_**