

Student Flight Planner – AFF 5



Student Name: _____ Jump no: _____

Instructor: _____ Date: _____

a. REVIEW

Emergency procedures: linetwists, stuck slider, baglock, lineover, no canopy overhead, two canopies out
Freefall: circle of awareness, altitude checks, pull sequence and priorities, decision altitude, hand signals
Other emergencies: instability and spin recovery, AIR rule, 5-second rule, symmetry awareness
Freefall and emergency procedures reviewed. Initials: Instructor _____ Student _____

b. FREEFALL

Training Objectives

Unassisted 360-degree turns
Forward movement and docks

New Training

360-degree turns with reference to horizon should take 8 seconds
Altitude checks during the turns
Pull at 5,000 feet

Dive Flow

Take position in the door and 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 right
Check altimeter: if above 6,000 – nod "Yes turns"
Wait for "Yes turns" nod from instructor
Make 360-degree right turn, stop, and check altimeter
Move forward and take a gentle grips on instructor's wrists
If above 6,000, nod "Yes turns" and wait for instructor's "Yes turns"
Perform 360-degree left turn and dock
Repeat until 6,000 feet
At 6,000 feet – shake head "No turns"
Check horizon, altimeter, body position, and
Wave-off and pull at 5,000 feet

c. CANOPY CONTROL

Training Objectives

Braked flight and turns
Practice stalls and recovery

Canopy Flight

Check altimeter, if above 2500 feet
and in playground area:
Pull both toggles to ½ brakes
Turn 90-degrees right by raising left
toggle slightly
Pull left toggle back down to level off
Perform ½ brake 90-degree left turn
by raising right toggle, and level off
Pull both toggles to ¾ brakes and
repeat braked turn exercise
From ¾ brakes, continue pulling both
toggles down and hold until the
canopy begins to stall
As stall develops, slowly raise both
toggles all the way up
Fly the proper pattern legs and flare
for landing

**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 _____