

Student Flight Planner – AFF 7



Student Name: _____ Jump no: _____

Instructor: _____ Date: _____

a. REVIEW

Emergency procedures: no pull, no canopy overhead, horseshoe, failed controllability check, two canopies

Freefall: tracking body position, altitude checks, pull priorities, decision altitude

Other emergencies: instability recovery, altimeter failure, if instructor pulls – pull!!!, landing priorities

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

b. FREEFALL

Training Objectives

Solo diving exit

Front loop, barrel roll

Tracking with emphasis on heading control

New Training

Diving exit: from inside the airplane, come out with arms out, arch, and legs up.

Front loop: bring arms in, tuck head and chest in

Barrel roll: fold right(left) arm and right(left) leg in at the same time

Pull at 4,500

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

Check altimeter

Perform a front loop, regain stability and check altimeter

Perform a barrel roll, regain stability and check altimeter

Track for 3 seconds, stop and check altimeter

Repeat tracking until 6,000 feet

At 6,000 feet – signal "No more maneuvers"

Check horizon, altimeter, body position, and

Wave-off and pull at 4,500 feet

c. CANOPY CONTROL

Training Objectives

Rear riser turns and flare with brakes stowed and unstowed

Destination point awareness

Canopy Flight

Upon opening, visually check canopy

Leave brakes stowed

Check altimeter, if above 2500 feet:

Pull right rear riser and turn right

Pull left rear riser and turn left

Pull both rear risers to flare

Unstow brakes and head for the playground

In playground, perform rear riser turns & flare, keep toggles in hands

Arrive to the staging area by 800 feet

Execute the pattern legs at appropriate altitudes

Look for destination point on final

Flare to level off the canopy just prior to touchdown

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 _____