

Rules & regulations

Introduce self, review logbook, get student bio & feedback on previous jumps

Tell me about that last jump where you...

Paperwork: current waiver, medical, USPA member, phase & program sheet
Resources: SK training book, BSR's, SIM, USPA, FAA, currency

gear

Point to these parts and ask:

main handle 


cutaway

reserve 

PC, bridle, D bag, canopy, cells, end cells, lines

slider, risers, toggles

reserve pack, main pack

RSL, AAD (turn on) 

What's this? Show me how to use it.

What happens when I pull this?

What happens when I pull this? **(EP)**

What's this?

What's this? What's its purpose?


What's this?

What's this? What does this do?

airplane

Routine:

walk to plane
 procedures

exit, arch on exit 

Emergency:

Pilot in command

look for instructor directions

stay with plane, exit on reserve, exit on main, early exit, chute out, premature deployment on aircraft

exit & freefall

Routine:

SIGNALS > dive flow reminders: COA, PRCP, altimeter tap, wave, pull
 > body position reminders: shake/yell, relax, OK, hips down, check arms, legs out, legs in

DIVE FLOW > **EXPLAIN** - **DEMONSTRATE** - **PRACTICE!**
 TLO's, demo dive, neutral body position, practice concepts, wave/pull, signals, reading altimeter, realtime 

What's the dive flow for this jump?

Emergency:

FREEFALL PRIORITIES >

1. pull 2. pull on time 3. pull stable
 can't find main handle, hard pull 

You reach to pull and start to roll or go unstable: what do you do?

RAN > technique

Relax (sigh) Arch (hips) Neutral (symmetry arms/legs)

How do you solve problems in freefall?

canopy

Routine:

GOOD CANOPY > Square, Stable, Steerable

How do you know if you have a good canopy? What's square mean? etc.

Emergency:

PROBLEMS > line twists, tears, pc in front, end cell closure, slider up, tension knots, broken lines, premature brake release

What's the difference between a problem and a malfunction?

DECISION ALTITUDE > 2,000 feet

How long do you try to solve a problem?

MAJFUNCTIONS > slow opening vs. streamer, bag lock, pc in tow, total/burble, line over, horseshoe, biplane, side by side, downplane, two canopies out, entanglement, canopy collision

RESERVE > problems How do you solve problems on your reserve?

stalling What is stalling? How should you react?

limits/options Why is it dangerous to cutaway below 1,000 feet?

landing

Routine:

STERING > Find Airport, Playground, reading upper & ground winds; leave playground between 1,500 to 1,000 feet to start **Downwind**
Base leg or **Turnaround** by 500 feet
Final Approach by 300 feet
Flare (hi or low: cold vs hot & windy vs not)

Say the winds are from... show me your canopy pattern. How do you know when to flare? What should you do if you flare too high?

ACCURACY > S-turns or adjustable base leg; spot that doesn't move; watch target's movement
 PLF: collapse canopy, gather canopy

How can you determine where you will land once on final?

LANDING OFF >

determining landing area & ground wind direction

What's a SOFA? Show me a few on the map.

OBSTACLE AVOIDANCE >

look away & steer away, brake turns
 water, trees, buildings, power lines, other

What's a brake turn and how is that useful?
 What do you do if you think you're going to hit that tree?

emergencies

Written Test

As appropriate or check USPA license proficiency card

Practical Test HANGING HARNESS >

1. routine exit, freefall, canopy, landing 
2. routine exit, **emergency freefall**, routine canopy & landing
3. routine exit & freefall, **emergency canopy**, routine landing
4. routine exit & freefall, **emergency canopy** & landing

Make up scenarios