

SKYDIVE ABEL TASMAN

A.F.F LEVELS 1 – 9

1. LEVEL 1 _____ ORIENTATION.
2. LEVEL 2 _____ ARM & LEG AWARENESS.
3. LEVEL 3 _____ HOVER CONTROL, SOLO STABLE FF.
4. LEVEL 4 _____ INTRO TO TURNS.
5. LEVEL 5 _____ 360 DEG TURNS.
6. LEVEL 6 _____ CONSOLIDATION OF TURNS.
7. LEVEL 7 _____ BACKLOOPS AND TRACKING.
8. LEVEL 8 _____ INDEPENDENCE JUMP.
9. LEVEL 9 _____ CLEAR AND PULL.

INSTRUCTOR NOTES AFF LEVELS 1 – 9

LEVEL ONE

ORIENTATION, INTRODUCTION TO FREEFALL...

The Tandem level one, although highly recommended and beneficial, is not required in cases where the student has prior experience such as static- line jumps, previous AFF jumps or past skydiving experience.

The purpose of the tandem level is to link the theoretical and practical phases of the total training regarding both the freefall and canopy flight portions of the descent.

After the exit and subsequent drogue deployment/handle checks by Jumpmaster (T+AFF), the student is prompted by the Jumpmaster to move from the conventional tandem exit position to the normal relaxed freefall position, whereupon the entire Level One sequence is performed - circle of awareness, Dummy Deployment Throws (DDT`s), free time, pull sequence, canopy check procedure, orientation, flight plan and landing.

TARGETED LEARNING OBJECTIVES

- introduction to freefall
- management of sensory overload
- correct body position with relaxation
- location of ripcord
- altitude awareness and general awareness
- correct pull sequence at preset altitude
- canopy checks, orientation, flight plan and landing

DIVE PLAN

- Check left, Check right (pre exit JM check)
- UP, DOWN, ARCH!
- 2 Deep Breaths.
- CIRCLE OF AWARENESS (Check left? Check right?)
- 3 x Extended DDT`s (Shake to resume Arch)
- FREE TIME (horizon, alti, body pos, relax)
- 7000 feet "NO MORE WORK" and "LOCK ON"
- 6000 feet "Wave Off, Reach, Grip, Throw".
- 1000...2000...3000, CHECK CANOPY!
- 4 S`s
- 4 T`s
- Complete debrief

LEVEL 1 BRIEFING

DEMONSTRATION: Entire freefall sequence

EXPLANATION: Total dive plan on whiteboard

- "Check left?" (left jumpmaster)
- "Check right?" (right jumpmaster)
- UP, DOWN, ARCH!
- 2 Deep Breathes, to relax and become aware
- Circle of Awareness (horizon, alti, Ok left, left)
- 3 x Extended DDT's (Shake to resume Arch)
- Free or building time (horizon, alti, body pos reps)
- 7000 feet "NO MORE WORK" and "LOCK ON"
- 6000 feet "WAVE OFF, REACH, GRIP, THROW". 1000... 2000 ...3000
- "CHECK CANOPY"
- 4 S's
- 4 T's

DEMONSTRATE AND EXPLAIN:

- launching into and maintaining correct arch position during exit, until the horizon comes into view
- importance of focussing on correct lower body position
- importance of communication with jumpmasters
- explain the maintenance of stability during both DDT's and actual ripcord pull
- discuss the benefits of relaxation and awareness during freefall
- practice the entire AFF sequence in the AFF seat until smooth, co-ordinated and confident

FREEFALL SAFETY SIGNALS:

- Closed fist PULL NOW!
- Head-slap CHECK ALTI NOW!

FREEFALL COMMUNICATION SIGNALS:

- Shake or flattened hand arch harder
- Thumb down hips down (thrust pelvis/lift knees)
- Two extended fingers extend legs
- Two retracted fingers retract legs
- Jumpmaster taps on Alti check altitude

FREEFALL PROBLEMS:

- Loss of both jumpmasters on exit DEPLOY MAIN!
- Loss of one jumpmaster continue with freefall sequence
- Unstable exit arch harder and monitor altitude
- Beeping in ear DEPLOY MAIN!

AFF LEVEL ONE HANDOUT

OK - Right?

OK - Left?

UP, DOWN, ARCH!

Two deep breaths, relax into arch

Circle of Awareness (horizon, alti, OK left? Ckeck left?)

WAIT FOR OK! SIGNAL BOTH Right AND Left

3 x DDT's (extended DDT's) "reach, locate, arch" (Shake to resume Arch)

"Free Time" (horizon, altitude, body position, relax - reps)

7000 feet indicate "No more Work" with a headshake and "Lock -On" to Altimeter until...

6000 feet "Wave Off, Reach, Grip, Throw". "1000...2000...3000".

Check Canopy!

4 S's

4 T's

LEVEL 2

ARM AND LEG AWARENESS...

TARGETED LEARNING OBJECTIVES

- As in Level 1 plus:
- Moving from passive to active to passive position
- Arm and leg awareness
- Heading awareness
- Alti checks after every manoeuvre

DIVE PLAN

- "Check left?" (left jumpmaster)
- "Check right?" (right jumpmaster)
- UP, DOWN, ARCH!
- 2 Deep Breathes, to relax and become aware.
- Circle of awareness (horizon, alti, OK left? Ccheck left?)
- 2 x DDT's (extended DDT's) (Shake to resume Arch)
- Alti Check
- Forward motion x 5 sec (active) *
- Return to neutral or passive position (passive)*
- Repeat if above 8000feet*
- 7000 feet " No More Work" and Lock on"
- 6000 feet "Wave Off", "Arch", "Reach", "Grip", "Throw", "Check..."
- 4 S's
- 4 T's

- "Forward motion" is optional, and may not be necessary or beneficial for students already demonstrating strong leg positions. In this case, 'free time' is encouraged until 6000 ft, allowing the student to develop relaxation and general awareness.

Note: Forward movements are beneficial in two aspects, particularly for students who demonstrate weak leg position and awareness.

Forward movements encourage lower body/leg awareness because in order to achieve noticeable forward motion the student is forced to utilize the legs.

Establishing this lower body/leg awareness early is crucial because the position of the pelvis/knees/legs is the major contributing factor in establishing, maintaining and regaining stability during exits or when recovering from an unstable body position.

The returns to a neutral relaxed body pos after forward movement allows the student to passively achieve the natural neutral stable position thru relaxation as opposed to a mechanical rigid return associated with the inevitable resurfacing of the classic body position problems (de-arched pelvis, knees low, legs tucked up etc.)

FREEFALL SAFETY SIGNALS:

- Closed fist PULL NOW!
- Head-slap CHECK ALTI NOW!

FREEFALL COMMUNICATION SIGNALS:

- Shake or flattened hand arch harder
- Thumb down hips down (thrust pelvis/lift knees)
- Two extended fingers extend legs
- Two retracted fingers retract legs
- Jumpmaster taps on Alti check altitude
- Jumpmaster points ahead forward movement

FREEFALL PROBLEMS:

- Loss of both jumpmasters on exit DEPLOY MAIN!
- Loss of one jumpmaster continue with freefall sequence
- Unstable exit arch harder and monitor altitude
- Beeping in ear DEPLOY MAIN!

AFF LEVEL TWO HANDOUT

OK - Right?

OK - Left?

UP, DOWN, ARCH!

Two deep breaths, relax into arch

C.O.A (horizon, alti, OK left? Ccheck left?)

2 x DDT's (extended DDT's) (Shake to resume Arch)

If above 8000 feet - Forward movement for 5 seconds

Return to neutral relaxed arch position

Check Altitude!

7000 feet – “No More Work” and “Lock On”!

6000 feet – “Wave Off, Reach, Grip, Throw”. “1000...2000...3000”

Check Canopy!

4 S`s

4 T`s

NB: Although there may be time for two sessions of forward movement, one is good enough, this depending of course on the altitude which must always be checked after every move!

During the forward movement, remember to observe and become aware of the horizon, or heading (direction), as it is referred to from now on.

LEVEL 3

HOVER CONTROL, SOLO STABLE FREEFALL

TARGETED LEARNING OBJECTIVES

- as in level 1 and 2 plus
- solo freefall, hover control
- maintaining heading thru correct symmetrical body position/relaxation

DIVE PLAN

- "OK" Right (Right jumpmaster)
- "OK" Left? (Left jumpmaster)
- "UP, DOWN, ARCH"
- 2 Deep Breathes, to relax and become aware.
- Circle of awareness (horizon, alti, OK left? Ccheck left?)
- 1 x DDT.
- Primary and secondary JM's release to solo freefall.
- Maximum Free-time (solo time).
- 7000 feet- "No More Work" and "Lock On".
- 6000 feet- Wave Off, Arch, Reach, Grip, Throw,
- "1000, 2000, 3000.....Check".
- 4 S`s
- 4 T`s

Note: This level is critical in the following ways

- (1) The student generally interprets the previous levels as being 'busy' with little, or what effectively feels like very little time to simply consolidate on relaxed body position and general awareness. By offering less attention, minimising communication signals and lowering the workload- we thus create a situation where the student can simply relax, focus and consolidate on the all important basics.
- (2) This solo level very effectively informs both the student and instructor of the potential to progress to the next stage of the course. Only when these very basics are established, can the student progress to level 4.

FREEFALL SAFETY SIGNALS:

- Closed fist PULL NOW!
- Head-slap CHECK ALTI NOW!

FREEFALL COMMUNICATION SIGNALS:

- Shake or flattened hand arch harder
- Thumb down hips down (thrust pelvis/lift knees)
- Two extended fingers extend legs
- Two retracted fingers retract legs
- Jumpmaster taps on Alti check altitude

FREEFALL PROBLEMS:

- Loss of both jumpmasters on exit
 - Loss of one jumpmaster
 - Unstable exit
 - Beeping in ear
- DEPLOY MAIN!
continue with freefall sequence
arch harder and monitor altitude
DEPLOY MAIN!

AFF LEVEL THREE HANDOUT

OK - Right?

OK - Left?

UP, DOWN, ARCH!

2 Deep Breathes.

C.O.A (horizon, alti, OK left? Ckeck left?)

1 x DDT.

FREE TIME! Maintain good relaxed body position, maintain awareness of the heading and maintain altitude awareness by reading altimeter every 3-5 seconds.

If you feel unsteady or precarious - simply arch a little, then breathe out and RELAX!

One jumpmaster may come in front of you. If so, use the JM as your heading.

CHECK ALTI AFTER EVERY 3-5 SECONDS

7000 feet - No More Work and Lock On

6000 feet - Wave off- Reach, Grip, Throw! "1000...2000...3000"

Check Canopy!

4 S`s

4 T`s

NB: If JM does not come in front of you, simply maintain cycles of horizon (heading) altitude, body position and relaxation until 7000feet.

LEVEL 4

INTRODUCTION TO STARTING AND STOPPING TURNS

TARGETED LEARNING OBJECTIVES

- As in prior levels plus
- Initiation and stopping of turns (voluntary and involuntary)
- 90 Degree turns onto JM.

DIVE PLAN

- "OK" Right (Right jumpmaster)
- "OK" Left? (Left jumpmaster)
- UP, DOWN, ARCH!
- 2 Deep Breathes, to relax and become aware.
- half circle of awareness
- establish and maintain stability with heading control
- maintain instructor heading by starting and stopping turns (90 deg onto JM)
- Alti checks after each manoeuvre, correction or every 3-5 sec.
- 7000 feet- "No More Work", "Lock On"
- 6000 feet- Wave Off, Arch, Reach, Grip, Throw.
- 1000, 2000, 3000.....Check
- 4 S's
- 4 T's

FREEFALL SAFETY SIGNALS:

- Closed fist PULL NOW!
- Head-slap CHECK ALTI NOW!

FREEFALL COMMUNICATION SIGNALS:

- Shake or flattened hand arch harder
- Thumb down hips down (thrust pelvis/lift knees)
- Two extended fingers extend legs
- Two retracted fingers retract legs
- Jumpmaster taps on Alti check altitude

FREEFALL PROBLEMS:

- Loss of both jumpmasters on exit DEPLOY MAIN!
- Loss of one jumpmaster continue with freefall sequence.
- Unstable exit arch harder and monitor altitude.
- Beeping in ear DEPLOY MAIN!

AFF LEVEL FOUR HANDOUT

OK - (Left or Right)

UP, DOWN, ARCH!

2 Deep Breathes.

Half C.O.A (Heading, Alti Ok?)

Maintain heading and altitude control

Use JM as your heading.

Turn to JM by slowly starting and stopping turns. 90 Degree turns.

CHECK ALTI AFTER EVERY TURN!!

7000 feet - No More Work and Lock On

6000 feet - Wave off, Reach, Grip, Throw! "1000...2000...3000"

Check Canopy!

4 S`s

4 T`s

**NB! Below 7000 feet – DO NOT FOLLOW JM, AS JM MAY RETURN TO YOUR SIDE!
If JM does not come in front of you, simply practice control of heading, altitude and body position until 6000feet.**

LEVEL 5

360° TURNS

TARGETED LEARNING OBJECTIVES

- as in previous levels plus:
- consolidation of starting and stopping turns

DIVE PLAN

- "OK" Right (Right jumpmaster) (*Optional Linked Exit*)
- UP, DOWN, ARCH!
- 2 Deep Breaths, to relax and become aware.
- half circle of awareness
- establish instructor heading (JM in front)
- 360° turns on instructors prompt, alti check after each turn
- 6000 feet- No More Work.
- 5500 feet- Wave Off, Arch, Reach, Grip, Throw,
- 1000, 2000, 3000.....Check.
- 4 S`s
- 4 T`s

FREEFALL SAFETY SIGNALS:

- Closed fist PULL NOW!
- Head-slap CHECK ALTI NOW!

FREEFALL COMMUNICATION SIGNALS:

- Shake or flattened hand arch harder
- Thumb down hips down (thrust pelvis/lift knees)
- Two extended fingers extend legs
- Two retracted fingers retract legs
- Jumpmaster taps on Alti check altitude

FREEFALL PROBLEMS:

- Loss of both jumpmasters on exit DEPLOY MAIN!
- Loss of one jumpmaster continue with freefall sequence
- Unstable exit arch harder and monitor altitude
- Beeping in ear DEPLOY MAIN!

AFF LEVEL FIVE HANDOUT

OK - (Left or Right)

UP, DOWN, ARCH!

2 Deep Breathes.

Maintain Position and Relax into Arch.

C.O.A

Establish Heading and Check Altitude

Locate JM - who will cue for 360° turn left or right.

Start turn, maintain turn and stop on JM heading

Check Altitude!

Follow subsequent signals from JM as long as altitude permits

6000feet - No More Work, maintain heading and altitude.

5500 feet - Wave Off - Reach, Grip, Throw. "1000...2000...3000".

Check Canopy!

4 S`s

4 T`s

NB: If no JM in front of you, simply maintain normal free time.
Whilst attempting turns, maintain correct lower body position. If a desired turn in one direction results in a turn to the wrong (opposite) direction!

ABORT THE TURN IMMEDIATELY- DO NOT PERSIST WITH THE TURN! Simply return to your normal arch position and check you altimeter before re-attempting the turn.

LEVEL 6

CONSOLIDATION OF TURNS

TARGETED LEARNING OBJECTIVES

- as in previous levels plus:
- unassisted climb-out and exit.
- consolidating the starting and stopping of turns (360°turns)
- forward movements to dock instructor.

DIVE PLAN

- "OK" Right (Right jumpmaster) (*Optional Linked Exit*)
- UP, DOWN, ARCH!
- 2 Deep Breathes, to relax and become aware.
- establish and maintain stability and control of heading
- 360 degree turns on instructors prompt
- forward movements to dock instructor on inst prompt
- 6000 feet - "No More Work"- Maintain heading
- 5500 feet - Wave Off, Reach, Grip, Throw.
- 1000, 2000, 3000.....Check.
- 4 S`s
- 4 T`s

FREEFALL SAFETY SIGNALS:

- Closed fist PULL NOW!
- Head-slap CHECK ALTI NOW!

FREEFALL COMMUNICATION SIGNALS:

- Shake or flattened hand arch harder
- Thumb down hips down (thrust pelvis/lift knees)
- Two extended fingers extend legs
- Two retracted fingers retract legs
- Jumpmaster taps on Alti check altitude

FREEFALL PROBLEMS:

- Loss of both jumpmasters on exit DEPLOY MAIN!
- Loss of one jumpmaster continue with freefall sequence
- Unstable exit arch harder and monitor altitude
- Beeping in ear DEPLOY MAIN!

AFF LEVEL SIX HANDOUT

OK? (Left or Right)

UP, DOWN, ARCH!

2 Deep Breathes.

Maintain Position and Relax into Arch

Establish Heading, Check Altitude and locate JM.

JM will cue for either turn left 360° or right 360° or
JM may call for Forward Movement to approach JM
Prior to reaching JM, Halt forward movement by returning to relaxed Arch.

Check Altitude!

6000 feet No More Work, maintain heading and altitude.

5500 feet Wave off Reach, Grip, Throw! "1000...2000...3000"

Check Canopy!

4 S`s

4 T`s

NB: Remember to maintain a strong arch position during the exit! If you lose stability, simply arch harder to regain stability, once stability has been regained-relax, check altitude and establish a heading.

LEVEL 7

BACKLOOPS AND TRACKING

TARGETED LEARNING OBJECTIVES

- as in previous levels plus
- sub-terminal control
- recovering from an unstable body position
- introduction to tracking

DIVE PLAN

- "OK" Right (Right jumpmaster) (Unlinked)
- Dive Exit, ARCH!
- 2 Deep Breaths, to relax and become aware.
- establish stability with control of heading
- locate JM within sub-terminal velocity
- back-loops on instructor command (1 or 2)
- 5 sec track on instructor command
- 6000 feet- No More Work
- 5500 feet- Wave Off, Reach, Grip, Throw,
- 1000, 2000, 3000.....Check.
- 4 S`s
- 4 T`s

FREEFALL SAFETY SIGNALS:

- Closed fist PULL NOW!
- Head-slap CHECK ALTI NOW!

FREEFALL COMMUNICATION SIGNALS:

- Shake or flattened hand arch harder
- Thumb down hips down (thrust pelvis/lift knees)
- Two extended fingers extend legs
- Two retracted fingers retract legs
- Jumpmaster taps on Alti check altitude

FREEFALL PROBLEMS:

- Loss of both jumpmasters on exit DEPLOY MAIN!
- Loss of one jumpmaster continue with freefall sequence
- Unstable exit arch harder and monitor altitude
- Beeping in ear DEPLOY MAIN!

AFF LEVEL SEVEN HANDOUT

POSITION FOR DIVE EXIT

OK?

Dive exit into Arch.

2 Deep Breathes.

Maintain Position and Relax into Arch

Establish Heading, Check Altimeter and locate JM

JM cues for Back-loop
Complete Back-loop with a Strong Arch!

Establish Stability first, then Heading Control
Check Altitude!

JM may cue for another back loop or:
JM cues for 5 second Track....

Return to Neutral Relaxed position and check alti

6000 feet No More Work, maintain heading and altitude

5500 feet Wave off Reach, Grip, Throw! "1000...2000...3000"

Check Canopy!

4 S`s

4 T`s

NB: When finishing the back-loop, remember to:

- (1) ALWAYS KEEP YOUR HEAD BACK
- (2) CONCENTRATE ON CORRECT LEG/LOWER BODY POSITION
- (3) CHECK ALTITUDE CLOSELY because back-loops and tracking result in higher freefall speeds!
- (4) When entering and exiting the track - do so SLOWLY!

LEVEL 8

INDEPENDENCE SKYDIVE

TARGETED LEARNING OBJECTIVES

- as in previous levels plus
- demonstration of self reliance
- compilation of all key moves
- test of true altitude awareness

DIVE PLAN

- "OK" Right (Right jumpmaster) (Unlinked)
- Dive Exit, ARCH!
- 2 Deep Breathes, to relax and become aware
- establish stability with heading control
- 1 x back-loop, recover to preset heading
- 1 x 5 sec track on predetermined heading
- 360 degree turns for remainder of freefall
- 6000 feet- No More Work
- 55000 feet- Wave off, Arch, Reach, Grip, Throw.
- 1000, 2000, 3000.....Check.
- 4 S`s, 4 T`s.

LEVEL EIGHT HANDOUT

POSITION FOR DIVE EXIT

OK?

OUT IN ARCH!

Maintain Position and Relax into Arch

Establish Heading, Check Altimeter

On your own cue- do a back-loop, recover and return to Heading

Check altimeter

On your own cue- start and hold a 5 second track on the Heading, then return to a neutral position

Check altimeter

On our own time, choose a heading, do 360 degree turns until 6000 feet

6000 feet- No More Work

5500 feet- Wave Off, REACH, GRIP, THROW! "1000...2000...3000".

Check Canopy!

4 S`s / 4 T`s

LEVEL 9

CLEAR AND PULL

TARGETED LEARNING OBJECTIVES

- exit and subsequent stable pull within 5 seconds
- sub-terminal control of stability
-

DIVE PLAN

- instructor supervised exit at 5000 feet AGL
- stable pull sequence within 5 seconds

Explain:

- Aircraft flight - modified as per changed altitude.
- Climb out and position for a solo poised exit or dive exit.
- Student to execute a poised exit or dive exit.
- Maintains stable positions, delay for 3-5 seconds then deploys.
- Following deployment, student should observe parachute opening sequence.

KEYPOINTS: Poised exit - or dive exit

Delay must not exceed 5 seconds

Maintain stable position

Experience sub-terminal opening

Do not trade altitude for stability

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