

INTERMEDIATE SKILLS PROGRAMME

TRAINING PROGRAMME - BASIC STUDENT EXERCISES

METHOD OF TEACHING FORMATION SKYDIVING TO BEGINNERS

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The first formation skydiving jump should be regarded as the first step in a new progression sequence, NOT as the last stage of the original student progression chart. Therefore, the student should have already progressed onto non-student gear and become thoroughly familiar with it in order to be taught basic Formation Skydiving techniques right from the beginning.

The Intermediate Skills Programme may be done before or after the hand-deployed pilot chute conversion.

JUMP 1

OBJECTIVE

- To fall in the correct body position i.e. straight down.
- To do no-contact relative work.
- To do a straight approach and a good dock.
- To be able to release and redock without backsliding.

EQUIPMENT

- Jump suits - size relative to each other, taking into consideration the following: weight, height, reach, type of rig; this should be explained to the student.
- Weight belts - if necessary, for light students.
- Training trolleys.
- PANAM FS Video.

PRESENTATION

- PANAM ISP Coach to hold the student, or vice versa; high grip on shoulder essential; student to exit in base or pin position, at Coach's preference.
- After exit, Coach to release student only after correcting body position by means of in-air signals.
- N.B.** Discuss in-air signals. If there is a problem whole jump to be spent on correcting body position.
- If all OK, release student for no-contact FS; if a problem, redock and start again; if no problem; backslide approx. 2m (not more); student to approach, straighten legs to initiate forward movement.
- Stress flying right up to the Coach nose to nose before docking; student to dock, not Coach; stress not reaching, and explain why; after docking, student to check altimeter - if OK, do again - student to release; stress looking at altimeter.
- Explain wave-off (VERY important) and to stop work at 4500ft. Turn, track, wave and deploy by 3000ft.
- Stress looking at altimeter after each dock.
- Stress at all times a relaxed attitude and concept of a good body position (box); fall straight down.
- Dirt dive the jump thoroughly; keep repeating that this costs nothing; stress relaxation; dirt dive from the aircraft to be used, from exit to break-off.
- Altitude awareness - discuss it's importance and relevance to this and all future jumps; stress that altitude is not to be sacrificed for anything.
- Make the task at hand seem simple.

REVISION

The lesson content should be revised by the Coach with the active participation of the student.

TEST AND CONSOLIDATION

This involves practical evaluation and the objectives must be achieved. Debrief the dive thoroughly afterwards including logbook entry.

**DEPLOY THE MAIN PARACHUTE
DEPLOY AT THE CORRECT ALTITUDE
PREFERABLY DEPLOY STABLE**

JUMP 2

OBJECTIVE

- To start learning how to pin from the aggressor's position.
- To practice no-contact FS.
- To approach and dock correctly i.e. head on.

EQUIPMENT

- Jump-suits - size relative to each other, taking into consideration the following: weight, height, reach, type of rig; this should be explained to the student.
- Weight belts - if necessary, for light students.
- Training trolleys.
- PANAM FS Video.

PRESENTATION

- Unlinked exit - Coach to be base; stress importance of close exit (hand on the Coach); N.B. exit must be close, head up, legs tucked up in good dive exit, keep eye contact.
- Help student by compensating for altitude and moving towards him if he is far away; let student do the dock.
- If exit was bad, and time is being wasted, Coach to pin student.
- Check body position as per Jump no 1.
- Either student or Coach releases; Coach backslides approx. 2m and turns 90 degrees to right or left and then backslides another 2m; student must redock correctly i.e. from the front, checking altimeter after each dock; stress straightening of legs before student releases Coach, and nose to nose docking; repeat as per Jump no 1.
- Explain wave-off (VERY important) and to stop work at 4500ft. Turn, track, wave and deploy by 3000ft.
- Stress looking at altimeter after each dock.
- Stress at all times a relaxed attitude and concept of a good body position (box); fall straight down.

REVISION

The lesson content should be revised by the Coach with the active participation of the student.

TEST AND CONSOLIDATION

This involves practical evaluation and the objectives must be achieved. Debrief the dive thoroughly afterwards including logbook entry.

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JUMP 3**OBJECTIVE**

- To turn maintaining eye contact, and not to drift away.

EQUIPMENT

- Jump-suits - size relative to each other, taking into consideration the following: weight, height, reach, type of rig; this should be explained to the student.
- Weight belts - if necessary, for light students.
- Training trolleys.
- PANAM FS Video.

PRESENTATION

- Coach exits as base, student pins in unlinked exit; if time is being wasted, Coach can pin.
- Either student or Coach releases; settle in no-contact FS position. Student does 90 degree turn to the left and 90 right followed by 90 degree turn to the right and 90 degree left to face the Coach again. Eye contact should be maintained. Dock, check altimeter; if time permits, student does a proper 360 degree turn i.e. very close, with eye contact; explain the centre point as being the navel; redock; if there is still time, do no-contact FS.
- Explain wave-off (VERY important) and to stop work at 4500ft. Turn, track, wave and deploy by 3000ft.
- Stress looking at altimeter after each dock.
- Stress at all times a relaxed attitude and concept of a good body position (box); fall straight down.

REVISION

The lesson content should be revised by the Coach with the active participation of the student.

TEST AND CONSOLIDATION

This involves practical evaluation and the objectives must be achieved. Debrief brief the dive thoroughly afterwards including logbook entry.

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JUMP 4

OBJECTIVE

- To teach student to compensate for changes in fall rate i.e. hips down to go faster, de-arch to go slower.
- To dock from the pin position.

EQUIPMENT

- Jump-suits - size relative to each other, taking into consideration the following: weight, height, reach, type of rig; this should be explained to the student.
- Weight belts - if necessary, for light students.
- Training trolleys.
- PANAM FS Video.

PRESENTATION

- Coach goes out base, student pins after unlinked exit.
- Student pins, then release and both do no-contact FS; Coach demonstrates fast fall by arching harder and dropping a maximum of 2m; student to attempt same. Student checks altimeter. Coach demonstrates slow fall by de-arching and moving up a maximum of 1½ m; student attempts same. Check altimeter.
- Repeat exercise if altitude permits.
- Explain wave-off (VERY important) and to stop work at 4500ft. Turn, track, wave and deploy by 3000ft.
- Stress looking at altimeter after each dock.
- Stress at all times a relaxed attitude and concept of a good body position (box); fall straight down.

REVISION

The lesson content should be revised by the Coach with the active participation of the student.

TEST AND CONSOLIDATION

This jump involves practical demonstration of the skills described above. Debrief the dive thoroughly afterwards including logbook entry. If student fails to perform fast and slow falls adequately, he may practice these skills on a solo jump.

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JUMP 5

OBJECTIVE

- To perform a 360 degree turn and re-dock the Coach whilst maintaining proximity and levels.
- To test and confirm existing abilities and skills.

EQUIPMENT

- Jump-suits - size relative to each other, taking into consideration the following: weight, height, reach, type of rig; this should be explained to the student.
- Weight belts - if necessary, for light students.
- Training trolleys.
- PANAM FS Video.

PRESENTATION

- Coach goes out as base, student pins after unlinked exit; student pins Coach and not vice versa; student releases, does a 360 degree turn and redocks. Student to check altimeter. Wave-off is at 4 500 ft. Student does 180 degree turn, tracks, waves off and pulls.
- Explain wave-off (VERY important) and to stop work at 4500ft. Turn, track, wave and deploy by 3000ft.
- Stress looking at altimeter after each dock.
- Stress at all times a relaxed attitude and concept of a good body position (box); fall straight down.

REVISION

The lesson content should be revised by the Coach with the active participation of the student.

TEST AND CONSOLIDATION

This involves practical evaluation and the objectives must be achieved. Debrief the dive thoroughly afterwards including logbook entry.

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JUMP 6**OBJECTIVE**

- To become familiar with a different PANAM ISP Coach, their mannerisms and skills.

EQUIPMENT

- Jump-suits - size relative to each other, taking into consideration the following: weight, height, reach, type of rig; this should be explained to the student.
- Weight belts - if necessary, for light students.
- Training trolleys.
- PANAM FS Video.

PRESENTATION

- Repeat of jump no. 3 but with a different Coach.
- Explain wave-off (VERY important) and to stop work at 4500ft. Turn, track, wave and deploy by 3000ft.
- Stress looking at altimeter after each dock.
- Stress at all times a relaxed attitude and concept of a good body position (box); fall straight down.

REVISION

The lesson content should be revised by the Coach with the active participation of the student.

TEST AND CONSOLIDATION

This involves practical evaluation and the objectives must be achieved. Debrief the dive thoroughly afterwards including logbook entry.

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JUMP 7**OBJECTIVE**

- Final test and confirmation of skills to become a Category I skydiver.
- Test to be completed with the same Coach as in Jump No. 6. It must be a different Coach to the one in Jump no. 5.

EQUIPMENT

- Jump-suits - size relative to each other, taking into consideration the following: weight, height, reach, type of rig; this should be explained to the student.
- Weight belts - if necessary, for light students.
- Training trolleys
- PANAM FS Video

PRESENTATION

- Repeat Jump No. 5, but with the same Coach as in Jump No 6.
- Explain wave-off (VERY important) and to stop work at 4500ft. Turn, track, wave and deploy by 3000ft.
- Stress looking at altimeter after each dock.
- Stress at all times a relaxed attitude and concept of a good body position (box); fall straight down.

REVISION

The lesson content should be revised by the Coach with the active participation of the student.

TEST AND CONSOLIDATION

This involves practical evaluation and the objectives must be achieved. Debrief the dive thoroughly afterwards including logbook entry.

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