

# FORMATION SKYDIVING

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## **1 GENERAL**

The category system is designed to teach student skydivers the basic skills in Formation Skydiving (FS) necessary to enable them to become competent skydivers.

Taught correctly by an experienced FS Coach, the student can make rapid progress in just a few jumps. Each skill in turn must be successfully completed before the student is recommended to progress and each FS level adds more information, therefore expanding the pool of knowledge.

### **THE CATEGORY SYSTEM IS DESIGNED FOR:**

- The student who has obtained Category I status through the successful completion of the Intermediate Skills Programme.

### **1.1 WHO CAN INSTRUCT ON THE CATEGORY SYSTEM**

The FS category system involves a tremendous amount of personalised coaching, with the emphasis on having fun while learning rapidly. Current and competent PANAM rated FS Coaches, who need not be PANAM instructors, can teach it. Provided that the teaching is standardised (taken directly from the manual) the student should be able to visit any drop zone in the country and receive the same coaching and information. The holder of a current coach rating must sign off Category II and Category III tests.

#### **Category system Coach's objectives**

- To provide information before, during and after each skydive.
- To teach the basic skydiving skills as laid down in the PANAM manual.
- To communicate in the air by using in air signals. To teach and remedy mistakes as they happen in order that the student may carry on learning throughout the dive.
- To give the student a good deal.

### **1.2 COACH'S TEACHING FORMAT**

#### **Before the jump**

- Check student's logbook - look for indication of student's ability.
- Talk through student's objectives - applicable to the skydive.
- Talk through the jump sequence - show the PANAM FS video of the skydive, if possible.
- Teach each new skill in turn - applicable to the skydive.
- Dirt-dive the jump sequence from exit to pull - talking the student through.
- Dirt-dive the jump sequence from exit to pull - the student talking you through.
- Confirm in air signals - practice with student on the trolley.
- Confirm emergency procedures - during the skydive and under canopy.

#### **In the aircraft**

- During the climb (at approximately 5000ft) ask the student to talk you through the skydive from exit to pull.
- Suggest that the student mentally dirt-dives periodically until run-in.
- On run-in check pins.
- Take student to the door and observe the spot.

#### **Exit and skydive**

- Linked exit or unlinked exit.
- Before the release give in air signals to correct body position.
- Nod to indicate that you are going to release the student.
- Release the student for 3 seconds of no-contact - to ensure that the student is not moving away.

- Signal for the student to commence the exercise - student must be trained to have discipline to wait for a signal between each exercise.
- Altitude check between each manoeuvre.
- Track, wave-off and pull - Coach to observe that student does wave-off.

**NOTE:** Observe the student under canopy, land and walk back together.

### **After the jump**

- Debrief - first the student's version and then the Coach's version. (Dirt-dive exactly what happened from exit to landing) **NOTE:** Acknowledge if you have made a mistake. The student will appreciate an honest debrief. Keep the debrief positive and employ the debrief technique "what you did well and what you can improve on".
- Corrective training - establish the student's weak points and give corrective training. Advise the student what to practice on the next jump.
- Logbook - student to fill in the logbook making comments on each part of the jump sequence. Coach must write in their recommendation for a repeat or pass on the dive. **NOTE:** Valuable information can be obtained by the next Coach if the logbook has been filled in correctly.

## **1.3 COACH'S NOTES**

### **Suits, shoes and weightbelts**

- Gauge very carefully the fall rate of your student and the size of jump-suit before the skydive. If necessary, give your student a weight belt to wear or wear one yourself if the student is obviously a heavy, fast faller. Students should not wear restrictive footwear like heavy boots which may be detrimental to their flying. It is recommended that students wear a FS bootie suit.

### **During the launch**

- Brief your student to present to the relative wind on the exit. Arching more will assist in salvaging a poor exit. The student must react immediately to salvage a poor exit.

**NOTE:** Exit practice on the ground, from the mock-up or plane, is very important to ensure a good start to the dive.

### **After exit**

- Before releasing the student use signals to communicate to the student to ensure that there is no tension in the two-way. Get the student to fall in the advanced body position (head up and arms slightly forward and below shoulder level with increased pressure on the legs) – straight down the tube.
- After the initial set of in-air signals nod to indicate that you are about to release.
- Fly no-contact for 3 seconds to ensure that the student is not moving away.
- Now you can signal to the student to start the next test.

### **In-air signals**

- Make sure that the student understands the correct response to all in-air signals. Maximum learning is achieved during the freefall so practice the student these signals on the ground so that the desired response is achieved.

### **Notes:**

Very often a problem that you can't pick up will be picked up by another Coach - work together with the other FS Coaches.

Always give your student as much information as is possible. In your FS coaching refer to these notes and ensure that you give the student a good deal. They are here to learn and you are here to teach

## 2 EQUIPMENT

Recommended Guidelines:

- Goggles or full face helmet

Vision must never be restricted by poor goggles, lack of good visibility can be hazardous.

- Gloves

Use of gloves will offer better protection against the cold and other hazards, but

- should never be bulky enough to cause poor gripping, and
- should be snug enough, or snapped on, to avoid having a glove come loose.

- Coveralls

A good FS bootie jump suit will aid control, but should never restrict normal movement.

- Instruments

Requirements and possible combinations are outlined in the PANAM MOPs. They should be mounted in a manner that eliminates drag (possible vacuum). Wrist instruments should be mounted so they do not interfere with grips.

- Helmets

Should fit and fasten properly. Consult your CI for guidelines in this regard.

## 3 PROCEDURES AND RULES OF THE SKY

### 3.1 DEFINITIONS

The following terms are used to describe the different formation skydiving positions:

#### **Base Man**

Man in the air that all others work toward.

#### **Pin man**

The aggressor who will make the initial contact with the base man.

#### **Aggressor**

A skydiver who is at a different altitude than the base and works towards base.

#### **Base**

Short form for base man, or can be used in reference to the initial base formation. Example: A 4-man Star is considered as the base for a larger star.

#### **Preparation**

All formation skydives must be thoroughly planned in every detail. Minimum preparation recommended is:

- Selection of base, pin, 3 and 4 etc., aggressors.
- Exit technique, planned manoeuvres. Thorough planning of manoeuvre sequence including the aggressor descent pattern, if required.
- Break off, activation and canopy descent procedures.

#### **Jumping**

Throughout a skydive, planned procedures should be followed as closely as possible. A sudden change of plans just prior to exit or in mid-air can create confusion and turn the jump into a hazardous situation.

**Exit**

Proper planning of both order and method of exiting can be the determining factor of successful formation skydiving. Generally the faster the exit is achieved (less separation), the easier it is to accomplish the planned manoeuvre sequence.

**Communication**

Hand signals and visual motions are a valuable aid to successful relative work. Coach should discuss in-air signals to be used to jump.

**Break Off**

Separation at 4000 feet, to allow spacing for opening, usually includes the following steps:

- Wave-off - visual wave with both hands or shaking the other parachutist if in contact with him.
- Turn - 180° turn out of the formation.
- Track - move away for 3 - 5 seconds to attain adequate horizontal separation.
- Check - perform a thorough visual check of the sky around, below and above you for the presence of other parachutists.

**NOTE:** On two man or group jumps, an attempt should be made to visually locate each parachutist prior to pulling. In mass jumps this becomes impossible. In either case, the parachutist should give a second wave, while checking, as a further indication to other parachutists that he intends to pull.

**Activation**

Break off at 4000 allows 5 seconds of fall to 3000 feet. This is adequate time for a proficient parachutist to separate, check and pull. Novice formation skydivers should break off at 4500ft with 4000ft as an absolute minimum break off altitude.

As soon as possible during deployment keep a sharp visual check for other canopies in the vicinity. Release the toggles as soon as possible after deployment so that you are prepared to turn if necessary. Front riser turns are even quicker.

**Spaced Openings**

If a pull sequence is planned, parachutists can pull in a predetermined order, starting at sufficient altitude to allow the low (bottom) man to be under a fully inflated canopy by 2200 feet.

**NOTE:** A combination of separation and spaced openings should be used for mass formation skydiving jumps.

**Canopy Charge**

All modified canopies surge forward with inflation. NEVER deploy your parachute level with and facing another parachutist if you are within 150 feet horizontally.

**Emergency Activation**

If failure to break off at 4000 feet has placed a parachutist low (below 2000 feet) the emergency break off and activation procedure should be:

- Break and quickly turn 180°
- Check
- Pull
- Grasp toggles IMMEDIATELY and prepare to avoid a possible canopy collision

**Canopy Descent**

Throughout the descent, maintain a sharp visual look out for other canopies. The following right-of-way rules should be applied:

- Low man has preference
- Allowing smaller/faster canopies to land before the bigger/slower canopies is good airmanship

**Canopy Collision**

Failure to attain adequate separation before pulling or lack of visual observation during descent can result in a canopy collision.

- Collision on Opening

Immediately:

- Attempt to clear any entanglements that restrict movement.
- Attempt to verbally inform the other parachutist of your planned procedures.
- Release the damaged main canopy (if pilot chute equipped).
- Allow momentary separation (altitude permitting).
- Activate the reserve when clear.

Parachutists using manual reserve procedures should exercise extreme caution that the reserve doesn't become entangled with the other canopies. Release the damaged canopy after reserve inflation.

- Collision during descent

Immediately:

- Attempt to clear any entanglements restricting movement.
- Verbally inform the other parachutist of your intentions.
- Activate the reserve if necessary.

**NOTE:** A serious canopy entanglement at 500 feet or lower will usually not allow adequate time for reserve procedures, and could be fatal to both parachutists.

### **Canopy Wash**

Immediately above and behind all modified canopies there is an area of displaced air that can suddenly increase the rate of descent of another parachutist encountering it. Exercise caution in passing other canopies at close range.

### **Body burble**

All free falling parachutists create turbulent air directly above them. Moving into a position directly above another parachutist (within 6 feet vertically) can result in a sudden vertical drop onto the back of the bottom parachutist that can injure both parachutists involved.

### **Closing Speeds**

High closing speeds can be extremely dangerous to all parachutists involved.

## 4 CATEGORY II JUMP PROGRAMME

### INTRODUCTION

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 correct FS techniques right from the beginning. The student will have completed the ISP programme so has an understanding of basic FS skills.

### JUMP 1

#### OBJECTIVE

- To practice the advanced body position.
- To fly in a head up position, arms slightly down and forward.
- To practice knee turns.
- To maintain proximity and keep eye contact with the coach.

#### 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. FS bootie suit recommended as it provides more efficient surface area for knee turns.
- Weight belts - if necessary, for light students.
- Training trolleys.
- PANAM FS Video.

#### PRESENTATION

- Linked exit to give maximum working time on body position. 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 and demonstration. (**N.B.** - Discuss in-air signals: straighten legs, bend legs, arch harder, arms forward, eye contact, altitude reminder.)
- If all OK, release student for no-contact FS; if a problem, redock and start again; No contact flying focussing on advanced body position. Student to lift head up to get better visuals. Arms slightly forward and down.
- Once happy with body position student to do 90° turns using knee turn technique. To turn right student pushes left knee down and does a leg layover to the right (drops foot to the right). Repeat 90° turn back to star then in other direction.
- Explain wave-off (VERY important) and to stop work at 4000ft. Turn, track, wave and deploy just under 3000ft to be under a fully inflated canopy by 2200ft.
- Dirt dive the jump thoroughly; stress relaxation; dirt dive from the aircraft/mock-up 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 MAIN CANOPY**  
**DEPLOY AT THE CORRECT ALTITUDE**  
**PREFERABLY DEPLOY STABLE**

## **JUMP 2**

### **OBJECTIVE**

- To start practising Cat III test skills.
- To do unlinked exit.
- To approach and dock correctly i.e. head-on. Dock using palming technique rather than solid grips.
- To do 180° turns from star to cat position keeping eye contact with the Coach.

### **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, good presentation to the relative wind, 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 1.
- Either student or Coach releases; student does 180° turn to cat position. Keeping eye contact with the Coach all the time. The student is not encouraged to do a head switch. Student then turns back to star and repeats in the other direction.
- Explain wave-off (VERY important) and to stop work at 4000ft. Turn, track, wave and deploy just under 3000ft to be under a fully inflated canopy by 2200ft.
- Stress looking at altimeter after each dock.
- Stress at all times a relaxed attitude and concept of a good body position (advanced); 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.

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



## **JUMP 3**

### **OBJECTIVE**

- To work on side sliding and eye contact.
- To do unlinked exit and dock safely.
- To side slide in front of Coach from opposed stairstep to opposed stairstep

### **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 exits as base, student pins in unlinked exit; if time is being wasted, Coach can pin.
- Check body position as per Jump 1.
- Either student or Coach releases; settle in no-contact FS position. Coach and student turn to make opposed stairstep i.e. student hold Coach's right hand with his right hand - formation to be parallel - student then releases grip and side slides to make opposed stairstep with the other hand. Student side slides by dropping elbow and knee on the same side of their body (e.g. to move right use elbow and knee on right side). Student to focus on keeping parallel with the Coach. Coach to sit completely still and not turn towards student. Student repeats task for whole jump.
- Explain wave-off (VERY important) and to stop work at 4000ft. Turn, track, wave and deploy just under 3000ft to be under a fully inflated canopy by 2200ft.
- Stress looking at altimeter after each move.
- Stress at all times a relaxed attitude and concept of a good body position (advanced); 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.

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

## **JUMP 4**

### **OBJECTIVE**

- To do unlinked exit and dock on Coach safely.
- To practice fast and slow fall movements specific to small FS jumps (i.e. 2 and 4 way). Hips down to go faster, de-arch (lifting hips) to go slower.
- The focus is on accurate small movements creating anticipation during a jump

### **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.
- Check body position as per Jump 1.
- Student to do 90° turn to sidebody position. Student to match Coach's fall rate. Coach to dearch slightly by lifting hips and bending spine and student follows immediately. Coach to fall faster by pushing hips outs and student follows immediately. Coach to dock between each movement once the student is on the same level.
- Repeat exercise if altitude permits.
- Explain wave-off (VERY important) and to stop work at 4000ft. Turn, track, wave and deploy just under 3000ft to be under a fully inflated canopy by 2200ft.
- Stress looking at altimeter after each dock.
- Stress at all times a relaxed attitude and concept of a good body position (advanced); 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.

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

## **JUMP 5**

### **OBJECTIVE**

To practice super positional movement.

### **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. Student to dock Coach.
- Student to turn to right hand opposed stairstep formation. Coach to stay still and not turn for whole dive.
- Student to do a 360° turn right to finish in a left hand opposed stairstep. The student will have to do a superpositional (sideslide and 360° turn) move to cover the distance between the opposed stairsteps.
- Student to focus on eye contact and proximity during the skydive.
- Explain wave-off (VERY important) and to stop work at 4000ft. Turn, track, wave and deploy just under 3000ft to be under a fully inflated canopy by 2200ft.
- Stress looking at altimeter after each movement.
- Stress at all times a relaxed attitude and concept of a good body position (advanced); 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.

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

## JUMP 6

### OBJECTIVE

To obtain Category II Formation Skydiving - Cat II test part 1.  
To perform 180° and 360° turns with eye contact.

### 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 180° turn to Cat formation. With no head switch, the student then does a 360° turn back to Cat formation keeping close proximity to Coach. No head switch. Student then does a 180° turn back to star formation.
- Explain wave-off (VERY important) and to stop work at 4000ft. Turn, track, wave and deploy just under 3000ft to be under a fully inflated canopy by 2200ft.
- Stress looking at altimeter after each movement.
- Stress at all times a relaxed attitude and concept of a good body position (advanced); 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.

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

## JUMP 7

### OBJECTIVE

Final task for becoming a Category II Formation Skydiver.

To obtain Category II Formation Skydiving - Cat II test part 2.

To perform a 360° turn and dock onto Coach's legs and side, maintaining proximity and controlling levels.

### 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 girls.
- 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.
- Student does a 360° turn at the same time the Coach does a 180° turn to Cat formation. Student to dock on Coach's legs.
- Coach does 90° turn to sidebody. Student docks on Coach in sidebody formation.
- Coach does 90° turn back to star formation. Student to dock on Coach.
- Student must maintain proximity to Coach and control levels.
- Eye contact is essential.
- Explain wave-off (VERY important) and to stop work at 4000ft. Turn, track, wave and deploy just under 3000ft to be under a fully inflated canopy by 2200ft.
- Stress looking at altimeter after each dock.
- Stress at all times a relaxed attitude and concept of a good body position (advanced); 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.

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

## 5 CATEGORY TESTS

The successful completion of each category test shall be logged in the student's logbook, and signed by his DZ Chief Instructor.

### CAT I

The student shall have successfully the Intermediate Skills Programme (ISP) as contained in Section 5 of the PANAM MOPs.

### CAT II

The student shall have successfully completed the following tasks on two different skydives: (see jumps 6 & 7 of point 4 above)

#### Cat II Test - part 1

- Exit unlinked with a Coach.
- Pin the Coach.
- Do 180° turn to Cat formation.
- Do 360° turn back to Cat formation.
- Do 180° turn to star formation.
- Pin the Coach again.
- Wave off at correct altitude.
- Turn and track away from Coach.
- Stop, wave and deploy.

#### Cat II Test - part 2

- Exit unlinked with a Coach.
- Pin the Coach.
- Do 360° turn to Cat formation (Coach does 180° turn). Student to do all docks, to maintain proximity and to control levels.
- Dock in Sidebody formation on Coach (Coach does 90° turn)
- Dock in Star formation on Coach (Coach does 90° turn)
- Wave-off at correct altitude.
- Turn and track away from Coach.
- Stop, wave and deploy.

### CAT III

The student shall have successfully completed the following task:

- Exit fourth after a 3-way star.
- Pin the 3-way in a pre-designated slot.
- Complete break.
- Perform a 180° turn in place to form a Murphy star while the other 3 jumpers hold a three way link.
- Complete break.
- The 3-way forms an arrow-head and the student closes the formation on the legs of the wings, forming a 4-way diamond. An alternative is to build an opposed diamond with the head of the diamond facing the student.
- The student must give the shake at the correct altitude, indicating altitude awareness.
- The student must turn, track, stop, wave and deploy at the correct altitude to pass the test.

## 6 LICENCE REQUIREMENTS

### A Licence

As per section 2 (PANAM MOPs)

## B Licence

As per section 2 (PANAM MOPs)

**Note:** Category III test must be done in accordance with paragraph 5 of this section.

## C Licence

Must have met all C Licence requirements as per section 2 (PANAM MOPs) and:

- Have successfully docked fifth or higher on at least four separate occasions in formations of five or larger.
- Have successfully closed 8th on at least one occasion in an eight person formation or larger.

## D Licence

Must have met all D Licence requirements as per section 2 (PANAM MOPs) and:

- Have safely docked fifth or higher on at least 10 formation skydives.
- Have participated in at least three eight way or larger formations where at least two sequential point were successfully completed.
- Have successfully participated in at least one sixteen way or larger formation.
- One night Formation Skydive.

## 7 COACHES

The coach rating is designed to give a formal qualification to those who teach Formation Skydiving jumpers up to Cat III level. All applicants for coach ratings must be recommended by a CI and endorsed by the Formation Skydiving sub committee of the PANAM (see Form 19).

An applicant for a Formation Skydiving Coach Rating must:

- Have a minimum of 300 jumps.
- Hold a PANAM C or D licence.
- Have successfully completed and passed a PANAM approved Jumpmaster, Static Line Instructor, or AFF Instructor Course
- Have done a minimum of 50 FS jumps in the previous 12 months.
- Have attended a FS sanctioned coaching seminar in the previous 12 months.
- Have observed all Category II FS briefings (7 levels).
- Have given 3 Category III FS briefings under the supervision of a current FS coach.
- Have completed the following 4 evaluation jumps:
  - Jump 1: Turns and proximity: Unlinked exit. Dock. 90 turn to Sidebody, in facing 180 turn to Sidebody, in facing 270 turn to Cat, in facing 360 turn to Cat, 540 in facing turn to Star.
  - Jump 2: Sidesliding: Unlinked exit (opposite of Jump 1). Dock. Base person to do 90 turn. Candidate to side slide from hand of base person to leg of base person to hand of base person (covering maximum distance possible). Repeat. Side slide must be parallel to base body using correct technique.
  - Jump 3: Superpositional moves: Unlinked exit (opposite of Jump 2). Dock. Sideslide to right hand Open Accordion. 360 right turn and superpositional move to left hand Open Accordion. 360 left turn and superpositional move to right hand Open Accordion. Repeat.
  - Jump 4: Level 7 jump of FS Category II programme: Both slots in one jump. Unlinked exit (opposite of Jump 3). Dock. 360 turn to pick up Cat on other person, remain in one place to pick up Sidebody, remain in one place to pick up Star. 180 turn to Cat (cogging with 360 turn from other person). 90 turn to Sidebody. 90 turn to Star. Repeat.

To remain current as a Formation Skydiving Coach the rating holder must:

- Have completed 10 FS Category II or Category III coaching jumps in the previous 12 months.
- Have done 50 FS jumps in the previous 12 months.
- Attendance of a FS sanctioned coaching seminar in the previous 12 months is highly recommended.