



Accelerated Freefall Program

Cushing Airport

4 West Airport Road

Cushing, OK 74023





Congratulations on trying something different, challenging, and extremely rewarding! I have been skydiving in Oklahoma since 1998 and I started right here! Great work choosing the best student training program, facility, equipment, and staff in Oklahoma. We are so glad that you chose us! In this manual you will find all of the dive flows that are required to complete your student training on your way to becoming a licensed skydiver! Once you complete your 7 basic levels of training you will be working toward your USPA "A" License and we will be there every step of the way. If you have any questions give us a call at (918) 225-2222.

Thanks,

Andy Beck

Owner



Accelerated Freefall



Freefall Hand Signals



Deploy the Parachute (Pull)



Arch



Extend Legs Six Inches and Hold



Circle of Awareness (Altitude Check)



Perform the Practice Deployment Sequence OK



Knees Together Slightly --or-- Toe Taps



Check Arm Position



Legs In (Retract Legs Slightly)



Relax (Breathe)



Accelerated Freefall



Level 1 (Category A)

- Exit in a relaxed arch.
- Instructors release arm grips.
- Circle of Awareness.
- Three practice deployments.
- Circle of Awareness.
- Altitude, arch, legs, relax.
- Lock on Altimeter at 6,000 feet.
- Begin wave off at 5,500 feet.
- Pull by 4,500 feet.

Canopy Procedures

- Release brakes and fix routine opening problems.
- Look left, turn left
- Look right, turn right. Flare.
- Check altitude position, and traffic.
- Find landing area and pattern entry point.
- Divide flight path by thousands of feet.
- Steer over correct portion of flight path until 1,000 feet.
- Follow pre-assigned pattern over landing area.
- Flare to land and PLF (solo students)



Accelerated Freefall



Level 2 Category B

- Exit in a relaxed arch
- Instructors release arm grips.
- Circle of Awareness.
- Practice deployment(s) x 2 until smooth and without assistance.
- Altitude, arch, legs, relax.
- Team turns 90 Right & Left
- Altitude, arch, legs, relax.
- Forward Motion - Extend legs for three seconds and hold.
- Altitude, arch, legs, relax.
- Repeat as altitude permits.
- Lock on Altimeter at 6,000 feet.
- Begin wave off at 5,500 feet.
- Pull by 4,500 feet.

Canopy

- Release brakes and correct routine problems.
- Look left, turn left.
- Look right, turn right.
- Flare.
- Check altitude, position, and traffic.
- Find landing area and pattern entry point.
- Divide flight path by thousands of feet.
- Instructor explains minor canopy problems and remedies
- Look at runway and determine compass heading.
- Steer over correct portion of flight path until 1,000 feet.
- Look for obstacles around landing area.
- Follow pre-assigned pattern over landing area or alternate.
- Flare to land and PLF if necessary.



Accelerated Freefall



Level 3 Category C

- Exit in a relaxed arch.
- Circle of Awareness.
- Practice deployment(s) until comfortable.
- Circle of Awareness.
- Instructor(s) release grips as situation allows.
- Altitude, arch, legs, relax.
- Lock on Altimeter at 6,000 feet.
- Instructor(s) make sure of student control by 6,000 feet or regrip through deployment.
- Wave-off at 5,500 feet and deploy by 4,000 feet.

Canopy

- Release brakes and address any routine opening problems.
- Look left, turn left.
- Look right, turn right.
- Flare.
- Check altitude, position, and traffic.
- Find the landing area and pattern entry point.
- Divide the flight path by thousands of feet.
- Identify suspect areas of turbulence.
- Verify landing pattern and adjust as necessary.
- Steer over correct portion of flight path until 1,000 feet.
- Follow planned pattern over landing area or alternate.
- Flare to land and PLF.



Accelerated Freefall



Level 4 Category D

- Observe spotting from the door.
- Exit in a relaxed arch (grip optional).
- Circle of Awareness.
- Practice pull(s) (optional).
- Altitude, arch, legs, relax.
- Find a reference point on the horizon and determine the position of the instructor.
- Ask permission to turn (head nod).
- Receive reply from instructor (head nod).
- Start a turn and stop at 90 degrees.
- Altitude, arch, legs, relax.
- Perform (with instructor's permission each time) Forward Motion for 3 seconds initiate no turns or forward motion below 6,000 feet.
- Altitude, arch, legs, relax.
- Lock on Altimeter at 6,000 feet.
- Wave-off at 5,000 feet.
- Pull by 4,000 feet.

Canopy

- Correct minor canopy problems (line twist, slider, end cells) using rear risers with brakes set.
- Look right, turn right 90 degrees using right rear risers.
- Check altitude, position, and traffic.
- Repeat to the left.
- Check altitude, position, and traffic.
- Release brakes, conduct control check and move to the holding area.
- Look right, turn right 90 degrees using right rear risers.
- Check altitude, position, and traffic.
- Repeat to the left.
- Look right, turn right 180 degrees using rear risers.
- Check altitude, position, and traffic.
- Repeat to the left.
- Check altitude, position, and traffic.
- Practice rear riser flares.
- Return to normal controls for landing by 2,000 feet



Accelerated Freefall



Level 5 Category E

- Assist with spot.
- Door exit.
- Altitude, arch, legs, relax.
- Turn 360 degrees to the right
- Altitude, arch, legs, relax.
- Turn 360 degrees to the left
- Altitude, arch, legs, relax.
- Complete forward motion toward instructor to present for dock
- Repeat turns and forward motion until 6,000 feet.
- Altitude, arch, legs, relax between each maneuver.
- Wave-off at 4,500 feet.
- Pull by 4,000 feet.

Canopy

- Check altitude, position, and traffic. - Flare to chest at a medium speed and hold.
- Recover to full flight for ten seconds. - Check altitude, position, and traffic.
- Flare to chest at a quicker speed and hold. - Recover to full flight for ten seconds.
- Check altitude, position, and traffic. - Flare to chest at a slower speed and hold.
- Recover to full flight for ten seconds. - Check altitude, position, and traffic.
- Flare to hips at a medium speed and hold. - Recover to full flight for ten seconds.
- Check altitude, position, and traffic. - Flare to hips at a quicker speed and hold.
- Recover to full flight for ten seconds. - Check altitude, position, and traffic.
- Flare to hips at a slower speed and hold. - Recover to full flight for ten seconds.
- Check altitude, position, and traffic. - Flare to shoulders at a medium speed and hold.
- Recover to full flight for ten seconds. - Check altitude, position, and traffic.
- Flare to shoulders at a quicker speed and hold.
- Recover to full flight for ten seconds.
- Check altitude, position, and traffic.
- Flare to shoulders at a slower speed and hold.
- Recover to full flight for ten seconds.
- Evaluate the most effective flare according to the strongest sustainable lift ("sweet spot").
- Initiate the best flare at head height above the ground.
- Continue to flare to maintain a flat glide until landing.
- Evaluate the flare height according to the landing results.



Accelerated Freefall



Level 6 Category F

- Spot with minimal assistance.
- Choice of exit position.
- Altitude, arch, legs, relax.
- Complete disorientating Manuver Front flip
- Altitude, arch, legs, relax.
- Turn 180 degrees and Track for five seconds, turn 180 degrees, return.
- Altitude check.
- Repeat until 6,000 feet.
- Wave off and pull by 4,000 feet.

Canopy

- Discovery of stall point.
- Discovery of flattest glide; lowest descent.
- Practice flaring from deep brakes.
- Identify all the power lines in the area during descent.
- Fly the pattern in brakes.
- Landing flare from brakes (with suitable canopy).



Accelerated Freefall



Level 7 Category G

- Instructor observes spot.
- Front floater exit position (outside strut) until successful.
- Initiate count after Instructor OK.
- Perform 360 turn right.
- Altitude, arch, legs, relax.
- Perform 360 turn left.
- Altitude, arch, legs, relax.
- Instructor backs up five feet and adjusts levels as necessary.
- Student Moves forward and take grips.
- Altitude check every five seconds or after each maneuver, whichever comes first.
- Coach backs up ten feet; move forward and take grips.
- Altitude check every five seconds or after each maneuver, whichever comes first.
- Repeat until breakoff.
- Initiate break-off at 5,500 feet and turn 180 degrees to track.
- Instructor remains in place and evaluates track.
- Wave off and pull by 3,500 feet.

Canopy

- Clear for traffic.
- Make a sharp, balanced 90-degree turn.
- Reverse the toggle position aggressively and make a balanced 180-degree turn.
- Check position and traffic.
- Repeat to no lower than 2,500 feet, in case of line twist.
- Coach measures the student's landing distance from a planned target.



Accelerated Freefall



LEVEL 8 Hop N Pop

Clear and Pull from 5,500 feet

- Spot with minimal assistance.
- Coach or Instructor can observe.
- Poised exit.
- Initiate deployment within five seconds.



Coach Jump One



LEVELS COACH JUMP

- Coach or Instructor can observe.
- Exit depending on student's needs
- Coach and student can leave solo or docked
- Once the group has stabilized the instructor will slow down their fall rate
- The student will slow down to match the instructors fall rate
- Once they are on level the instructor will speed up their fall rate
- The student will speed up their fall rate to match the instructors fall rate.
- Repeat as time allows



Coach Jump Two



SWOOP AND DOCK COACH JUMP

- Coach or Instructor can observe.
- Exit depending on student's needs
- Coach and student can leave solo or docked
- Once the group has stabilized the instructor will back away from the student
- The student will use forward motion to move over to the instructor
- Once they dock with the instructor the instructor will back away from the student again
- The student will use forward motion to move over to the instructor
- Repeat as time allows



SELF SUPERVISED FREEFALL



In order to be cleared to student self-supervision by a USPA Instructor, you must have obtained the following skills and knowledge:

- 1. Demonstrated the ability to regain stability and control in freefall within five seconds after initiating a disorienting maneuver.
- 2. Demonstrated sufficient canopy control skills to land safely in all expected conditions.
- 3. Demonstrated the knowledge required to select and inspect gear before use.
- 4. Shown knowledge of spotting required to make reasonable judgment about suggested exit points.
- 5. Shown knowledge of both normal and emergency aircraft procedures for all aircraft types in common use for skydiving.



USPA A-License Check Dive Flow

INSTRUCTOR: Refer to SIM Section 3-2 for complete instructions on conducting the USPA A-license examination and check dive. This jump must be evaluated by a USPA Instructor or Instructor Examiner:

- Spot.
- Choose a comfortable exit.
- Perform a 360-degree turn to the right and left, and backloop.
- The evaluator moves 20 feet from the candidate and level.
- Dock on the evaluator.
- Initiate breakoff and track a minimum of 100 feet.
- Wave off and pull by 3,000 feet.
- Follow your pre-selected landing pattern.