

First AFF jump training after Static Line/IAD first jump course

Canopy control review, what if we forget to turn on radio?

Seating and how seatbelts work

If S/L FJC:

Direct-bag S/L versus pilot chute deployment-

- Pilot chute in the burble versus total malfunction
- Added possibility of "bag lock" malfunction

Freefall procedures

- Body position
- "Circle of Awareness"
- Hand signals, smile
- Other signals
 - tap ripcord when high or low
 - manually manipulate arms or legs to better position
- Dive flow, i.e., COA, 3 PRCP, COA, waveoff at 5500, arch, reach, pull/throw

Exits (use aircraft if possible)-

- Description
- Practice at aircraft/mockup
- Importance of cadence, loud count

Gear orientation-

- Put rig on and do practice touches while standing
- Practice touches on creeper

For throwout pilot chute:

- Practice throwing out, make sure to let go

Exit where Instructor(s) fail to hold on

- Is it safe to continue skydiving?
- Altimeter checks, disorientation, "5 second rule"

Gear-up early

- Gear check if not already done
- Practice entire skydive
- Review hand signals