

SEVEN HILLS SKYDIVERS

March 2007

STUDENT PROGRESSION.

CATEGORY A

- I. ORIENTATION JUMPS:** Minimum of two. (2) Minimum altitude 3500ft. AGL
- Must maintain stability and hold heading using the following count: ARCH THOUSAND-- TWO THOUSAND--THREE THOUSAND--FOUR THOUSAND--FIVE THOUSAND-- CHECK LEFT-- CHECK RIGHT.
 - Understand and perform canopy maneuvers listed in the ISP
 - Will receive oral exam. Inform student about the Skydivers Information Manual.

CATEGORY B

- II. PPCP:** Minimum of three (3) good ones in succession. Minimum altitude 3500ft. AGL
- Will receive PPCP TRAINING at the time CLEARED using the following count: ARCH THOUSAND--TWO THOUSAND--REACH THOUSAND--PULL THOUSAND--ARCH THOUSAND-- CHECK LEFT--CHECK RIGHT.
 - YOUR NUMBER ONE PRIORITY ON A PPCP IS STABILITY AND HOLDING A HEADING.
 - Number two priority is doing a good practice pilot chute pull.
 - Do not rush the PPCP GO through entire count. you can not beat opening shock.
 - Understand and perform canopy maneuvers listed in the ISP.
 - Will start learning how to pack the main canopy.
 - Will receive oral exam.

CATEGORY C

- III. FIRST FREEFALL:** Minimum of one. (1) Minimum altitude 4000ft. AGL
- LAST PPCP & FIRST FREEFALL must be done on the SAME DAY.
 - First free-fall briefing will include the following.**
 - PULLING** is the number one PRIORITY.
 - Pulling at the proper altitude is the number two priority.
 - Pulling stable while holding a heading is the number three priority.
 - HARD PULL or can not find THE **PILOT CHUTE HANDLE**, try one more time and then go to EMERGENCY PROCEDURES.
 - Pilot chute in TOW, go to EMERGENCY PROCEDURES.
 - Must maintain stability and hold heading through entire skydive.
 - Should pack the RIG used on the FIRST FREEFALL.
 - Must **fold** and **pack** the pilot chute.
 - Understand and perform canopy maneuvers listed in the ISP.
 - Must join USPA.

- IV. TEN SECOND DELAYS:** Coaches can perform as jumpmasters. Minimum of two. (2)

Minimum altitude 5000ft AGL

- Priorities will remain the same while maintaining altitude awareness.
 - PULL 2. PULL AT THE PROPER ALTITUDE 3. PULL STABLE**
- Should be able to pack with minimum assistance.
- Should no longer need radio assistance for canopy control.
- Should be able to gear up with minimum assistance.
- Must hold heading.
- After FIVE SECONDS adjust to BOX MAN position., relax but continue to ARCH.
- Read the ALTIMETER.
- Must do a complete 10 second delay.
- Demonstrate altitude awareness by pulling at the proper altitude.
- Understand and perform canopy maneuvers listed in the ISP.

- K. If planning to continue in the sport should obtain a Skydivers Information Manual. (SIM)
- L. Will receive **oral** exam

CATEGORY D

V. FIFTEEN SECOND DELAYS: Minimum of two. (2) Minimum altitude 5500ft. AGL

- A. Priorities remain the same while maintaining altitude awareness.
1. PULL 2. PULL AT THE PROPER ALTITUDE 3. PULL STABLE
- B. Should start **learning how to spot.**
- C. Will **READ ALTIMETER** and maintain a controlled heading.
- D. Must maintain **STABILITY** and **ALTITUDE AWARENESS** during entire skydive.
- E. Start **WAVING** off at pull time.
- F. **PULL** at the proper **ALTITUDE.**
- G. Understand and perform the canopy maneuvers listed in the ISP.
- H. Land within 50 meters of the target center. **(Verified in log book by a licensed jumper)**

VI. THIRTY SECOND DELAYS: Minimum of two. (2) Minimum altitude 8000ft. AGL

- A. Priorities remain the same while maintaining altitude awareness.
1. PULL 2. PULL AT THE PROPER ALTITUDE 3. PULL STABLE
- B. Will continue to **learn how to spot.**
- C. Start practicing step exits. Must be done without **LOSS OF STABILITY.**
- D. Will do 90 degree turns within a plus or minus 20 degree tolerance and 180 and 360 degree turns with in a plus or minus 45 degree tolerance.
- E. Will start learning the track & delta.
- F. Will check for **CLEAR AIR AND WAVE OFF** before pulling.
- G. Must **PULL** at the proper **ALTITUDE.**
- H. Will read altimeter **BEFORE** and **AFTER** every maneuver.
- I. Understand and perform the canopy maneuvers listed in the ISP.
- J. Land within 25 meters of the target center. **(Verified in log book by a licensed jumper)**
- K. Will receive **oral** exam.

CATEGORY E.

VII. FORTY FIVE SECOND DELAYS: Minimum of three. (3) Minimum altitude 10,500ft. AGL

- A. Priorities remain the same while maintaining altitude awareness.
1. PULL 2. PULL AT THE PROPER ALTITUDE 3. PULL STABLE
- B. Should be able to **spot** with a **MINIMUM** amount of **assistance.**
- C. Must be able to do **DIVING EXIT** with out the loss of **STABILITY.**
- D. Must be able to do **BACK LOOPS, FRONT LOOPS & BARREL ROLES** within 60 degrees of original heading. Will continue to practice the **DELTA & TRACKING TECHNIQUES**
- E. Must do a **SHORT SERIES**, left turn, right turn, back loop, right turn, left turn.
- F. Must be the **AGGRESSOR** on a **RW** jump with a jumpmaster or instructor and be able to **DOCK**, do turns and **RE-DOCK while adjusting to the jumpmasters fall rate.**
- G. Will continue to check for **CLEAR AIR** and **WAVE OFF** before pulling.
- H. **Will PULL** at the proper **ALTITUDE.**
- I. Understand and perform canopy maneuvers listed in the ISP.
- J. Land within 20 meters of the target center. **(Verified in log book by a licensed jumper.)**
- K. Will receive **oral** exam.

VIII. TO GRADUATE FROM STUDENT STATUS YOU MUST:

- A. Completed all of the preceding requirements and completed Categories F, G and H in the ISP training guide including the oral exams for each category.
- B. Have the **USPA (A) license proficiency** Application Card completely filled out and signed by a USPA rated instructor.

CONGRATULATIONS! YOU ARE NOW A LICENSED SKYDIVER!