IAF Level 2 – Category A (2 instructors)

Targeted Learning Objects

- Reasonable arch and stability within ten seconds prior to planned deployment altitude
- Reasonable altitude awareness
- Initiate deployment procedures within 1,000 ft of the assigned altitude

Dive Flow

- Exit in a relax arch (check in, check out, prop, up, down, arch)
- Count for 5 seconds
- Circle-of-Awareness
  - Heading
  - Altitude
  - Check with your instructors – Reserve then Main
- 3 Practice touches (arch, grab, "pull")
- Circle-of-Awareness
- Monitor altitude and body position for the remainder of the freefall (arch, chin up, legs, relax)
- 6,000 feet Lock on
- 5,500 feet Wave off and initiate deployment procedures

Key Points

- Exit may feel different
- Practice touches should be done slowly and deliberately
- Pause to feel handle each time
- Check altitude every 5 seconds
- Arch (hips forward)
- Legs should be extended slightly
- Remember to breathe end relax

Canopy Dive Flow

- Release brakes and fix routine opening problems
- Check 4's – Square, Stable, Slider, and Steerable
- Look left, turn left
- Look right, turn right
- Practice flare
- Check altitude, find DZ and traffic
- Fly to holding area, locate pattern "checkpoints," and landing target
- Practice flare at least 3 times
- Remain in holding area until 1,000 feet
- Follow pre-assigned pattern over landing area
- Listen for radio instructor for guidance of turns and flare
- Be ready for PLF

IAF Level 3 – Category B (2 instructors)

Targeted Learning Objects

- Reasonable arch and stability within ten seconds prior to planned deployment altitude
- Reasonable altitude awareness
- Team turns and forward movement
- Initiate deployment procedures within 1,000 feet of the assigned altitude

Dive Flow

- Exit (check in, check out, prop, up, down, arch)
- Count for 5 seconds
- Circle-of-Awareness
  - Heading
  - Altitude
  - Check in – Reserve then Main
- 3 Practice touches (arch, grab, "pull")
- Circle-of-Awareness
- Check in with JM for 90^0 right turn
- Circle-of-Awareness
- Check in with JM for 90^0 left turn
- If altitude permits, forward movement
- Monitor altitude and body position for the remainder of the freefall (arch, chip up, legs, and relax)
- 6,000 feet Lock on
- 5,500 feet Wave off and initiate deployment procedures

Key Points

- Exit may feel different
- Practice touches should be done slowly and deliberately
- Pause to feel handle each time
- Check altitude every 5 seconds
- Arch (hips forward)
- Legs should be extended slightly
- Don't forget to relax and breathe
- Turn should be initiated by slowly dipping arm in the direction of the intended turn
- Maintain a straight spine and avoid rotating throughout entire turn

Canopy Dive Flow

- Release brakes and fix routine opening problems
- Check 4's – Square, Stable, Slider, and Steerable
- Look left, turn left
- Look right, turn right
- Practice flare
- Check altitude, find DZ and traffic
- Fly to holding area, locate pattern "checkpoints," and landing target
- Practice flare at least 3 times
- Remain in holding area until 1,000 feet
- Follow pre-assigned pattern over landing area
- Listen for radio instructor for guidance of turns and flare
- Be ready for PLF

IAF Level 4 – Category C

Targeted Learning Objects

- Reasonable arch and stability within ten seconds prior to planned deployment altitude
- Hover control, heading maintenance (able to stop turn)
- Initiate unassisted deployment procedures within 1,000 feet of the assigned altitude

Dive Flow

- Exit (check in, prop, up, down, arch)
- Count for 5 seconds
- Circle-of-Awareness
  - Heading
  - Altitude
  - Check in with JM
- 1 Practice touch (hold 2-3 seconds)
- Circle-of-Awareness
- Hover
- Maintain heading within 45^0
- If turn proceeds past 90^0, stop turn and pick new heading
- Check heading and altitude every 5 seconds
- 6,000 feet Lock on
- 5,500 feet Wave off and initiate deployment procedures

Key Points

- 5 Second rule – If JM is not there and you are Altitude aware, in control (not spinning, belly to earth position) and relaxed, continue the skydive if not - PULL
- Pull priorities
- Dampen turns and heading drift using “altitude, arch, legs, relax”
- Review roll out of bed technique

Canopy Dive Flow

- Release brakes and fix routine opening problems
- Check 4’s – Square, Stable, Slider, and Steerable
- Look left, turn left
- Look right, turn right
- Practice flare
- Check altitude, find DZ and traffic
- Identify suspect areas of turbulence
- Fly to holding area, locate pattern "checkpoints," and landing target
- Remain in holding area until 1,000 feet
- Follow pre-assigned pattern unassisted

IAF Level 5 – Category D

Targeted Learning Objects

- Unassisted poised exit per past exit performance
- Released 90^0 turns
- Flat track while maintaining heading and altitude awareness

Dive Flow

- Exit (optional solo exit)
- Circle-of-Awareness
  - Heading
  - Altitude
  - Check in with JM
- 1 Practice touch if needed
- Heading, altitude
- Check in with JM for 90^0 right turn
- Heading, altitude
- Check in with JM for 90^0 left turn
- Heading, altitude
- If above 7,000 feet, flat track with an arch for 3-5 seconds
- Remain altitude aware
- 6,000 feet Lock on
- 5,500 feet Wave off and initiate deployment procedures

Key Points

- 5 Second rule – If JM is not there and you are Altitude aware, in control (not spinning, belly to earth position) and relaxed, continue the skydive if not PULL
- Pull priorities
- Find a point ahead on the horizon as a primary heading reference before turn
- Maintain leg pressure and arch for a smooth turn

Canopy Dive Flow

- Before releasing brakes, change heading towards the DZ with rear risers
- Release brakes
- Check 4's – Square, Stable, Slider, and Steerable
- Look left, turn 90^0 left with rear riser
- Look right, turn 90^0 right with rear riser
- Look left, turn 180^0 left with rear riser
- Look right, turn 180^0 right with rear riser
- Check altitude before and after each maneuver and no more turns at 2,500ft
- Reach holding area and start pattern unassisted

IAF Level 6 – Category D

Targeted Learning Objects

- Unassisted poised exit per past exit performance
- Released 360^0 turns
- Flat track with some separation

Dive Flow

- Exit
- Heading, altitude
- Check in with JM for 360^0 right turn
- Heading, altitude
- Check in with JM for 360^0 left turn
- Heading, altitude
- Check in with JM for T-track for 3-5 seconds
- Initiate 90^0 turns if altitude permits
- 5,500 feet Lock on
- 5,000 feet Wave off and initiate deployment procedures

Key Points

- Remember to relax and keep altitude aware
- JM will move in front of student
- Find a point ahead on the horizon as a primary heading reference before turn
- Maintain leg pressure and arch for a smooth turn
- Initiate, coast and stop turn
- Slowly enter T-track by straighten legs and then bring arms into T-position. Return to neutral body position

Canopy Dive Flow

- Before releasing brakes, change heading towards the DZ with rear risers
- Release brakes
- Check 4's – Square, Stable, Slider, and Steerable
- Look left, turn 90^0 left with rear riser
- Look right, turn 90^0 right with rear riser
- Look left, turn 180^0 left with rear riser
- Look right, turn 180^0 right with rear riser
- Check altitude before and after each maneuver and no more turns at 2,500ft
- Reach holding area and start pattern unassisted

IAF Level 7 – Category E

Targeted Learning Objects

- Poised exit with no contact
- Barrel roll
- Turns and Track

Dive Flow

- Spot DZ
- Solo exit
- Heading, altitude
- Barrel roll if above 8,000 feet
- Heading, altitude
- Barrel roll (optional flip) if above 8,000 feet
- Heading, altitude
- Track for 3 seconds
- 5,000 Lock on
- 4,500 wave-off and pull by 4,000 feet

Key Points

- Remember to keep altitude aware and don't rush
- Barrel roll smooth and regain control
- Rolls, loops and other free flying maneuvers result in faster and erratic fall rates: check altitude often

Canopy Dive Flow

- Before releasing brakes, change heading towards the DZ with rear risers
- Release brakes
- Check 4's – Square, Stable, Slider, and Steerable
- Look left, turn 90^0 left with rear riser
- Look right, turn 360^0 right with rear riser
- Look left, turn 360^0 left with rear riser
- Check altitude before and after each maneuver and no more turns at 2,500feet
- Reach holding area and start pattern unassisted
- Fly assigned pattern with minimal assistance

IAF Level 8 – Category E

Targeted Learning Objects	Dive Flow
• First solo skydive	• Spot DZ • Exit • Heading, altitude • Follow prepared jump plan • 5.000 - Lock on • 4,500 - Wave off and initiate deployment procedures by 4,000

Canopy Dive Flow

- Release brakes and check 4's – Square, Stable, Slider, and Steerable
- Find DZ and maintain heading towards holding area
- Check altitude, position and traffic, flare to chest at a medium speed and hold, recover to full flight for 10 seconds
- Check altitude, position and traffic, flare to chest at a faster speed and hold, recover to full flight for 10 seconds
- Check altitude, position and traffic, flare to chest at a slower speed and hold, recover to full flight for 10 seconds
- Check altitude, position and traffic, flare to hips at a medium speed and hold, recover to full flight for 10 seconds
- Check altitude, position and traffic, flare to hips at a faster speed and hold, recover to full flight for 10 seconds
- Check altitude, position and traffic, flare to hips at a slower speed and hold, recover to full flight for 10 seconds
- Check altitude, position and traffic, flare to shoulders at a medium speed and hold, recover to full flight for 10 seconds
- Check altitude, position and traffic, flare to shoulders at a faster speed and hold, recover to full flight for 10 seconds
- Check altitude, position and traffic, flare to hips at a slower speed and hold, recover to full flight for 10 seconds
- Evaluate the most effective flare according to the strongest sustainable lift
- No more maneuvers at 2,000 feet
- Reach holding area and start pattern unassisted
- Initiate the best flare at head height above the ground

IAF Level 9 - Category F
Coach Jump 1 (Tracking)

Targeted Learning Objects	Dive Flow
• Track • Awareness of heading with reference to jump run • Altimeter awareness	• Spot DZ. • Front floater exit (no grips) • Turn 90 degrees from jump run • Heading, altitude check after every maneuver • Track for five seconds, check with instructor • Track for 10 seconds, check with instructor • Turn 180 degrees, track 10 seconds, check with instructor • Track for 5 seconds, check with instructor • Repeat until 6,000 feet. • 4,500 wave-off and pull by 4,000 feet.

Canopy Dive Flow

- 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).

IAF Level 10 - Category G

Coach Jump 2 (Forward movement to dock)

Targeted Learning Objects	Dive Flow
• Forward/backward movements • Awareness of heading with reference to jump run • Altimeter awareness	• Diving exit (no grips) • Initiate count after coach OK • Face the direction of flight until stable • Coach moves into position and docks • Heading, altitude • Coach backs up five feet and adjusts levels as necessary. • Student moves forward and takes grip • Altitude check every five seconds or after each maneuver, whichever comes first • Coach backs up ten feet; student moves forward and takes grips. • Altitude check every five seconds or after each maneuver, whichever comes first • Repeat until 6,000 feet • 6,000 feet turn 180° track for 3 seconds • Coach remains in place and evaluates track. • 4,000 wave-off and pull by 3,500 feet

Canopy Dive Flow

- Check altitude, position, and traffic.
- Make a sharp, balanced 90-degree turn.
- Reverse the toggle position aggressively and make a balanced 180-degree turn.
- Check altitude, 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.

IAF Level 11 - Category G
Coach Jump 3 (Up and Down)

Targeted Learning Objects	Dive Flow
• Combining skills learned from previous coach jumps • Level, slot, dock • Approach formations in a safe manner • Gain adequate separation at break off	• Spot DZ • Rear floater exit • Approach instructor using level, slot, dock method • Heading, altitude • Repeat until 5,500 feet • 5,500 feet wave off, turn 180° track for 3 seconds • 4,000 feet wave off and pull by 3,500 feet

IAF Level 12 - Category G
Coach Jump 3 (Swoop and dock)

Targeted Learning Objects	Dive Flow
• Fall rate adjustment • Altitude awareness • Delta track	• Spot DZ • Optional exit (weaker one) • Heading, altitude check after every maneuver • Instructor goes up – student follows • Instructor goes down – student follows • Student goes up - Instructor follows • Student goes down - Instructor follows • Repeat until 6,500 feet • 6,000 feet wave off, turn 180° track for 3 seconds • 4,000 wave off and pull by 3,500 feet

Canopy Dive Flow

- Check altitude, position, and traffic.
- Make a sharp, balanced 90-degree turn.
- Reverse the toggle position aggressively and make a balanced 180-degree turn.
- Check altitude, 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.

IAF Level 13 - Category F

Hop and Pops

Targeted Learning Objects	Dive Flow
• Solo hop and pop from 5,500 feet and 3,500 feet	• Spot DZ • Stable poised exit with 5 second delay

Canopy Drill 1 – Half Braked Turns

Drill:

- After steering check is completed.
- Put both toggles at the bottom of rib cage
- Raise one toggle slightly to initiate a heading change in the opposite direction. Return to the ribcage position and try on the other side
- With both toggles at rib cage, lower one toggle – how did the turn differ from the turn with the toggle being raise? Repeat on the other side

Try to change heading as quickly as possible without banking by using the braked turn. Which method had the least amount of a bank? How could you use braked turns to recover from a turn too close to the ground?

Canopy Drill 2 – Rate of Decent

Drill:

- Look ahead to the point on the ground that appears not to rise or sink in your field of vision. Everything before that point appears to fall. Everything beyond it appears to rise.
- The point that is staying still should be the landing point on the canopy's current glide slope.
- Pull the toggles down slightly to see if the stationary point moves further away.
- The glide slope should flatten which means the canopy will cover more distance.

Use the float position and the braked turns in the previous drill to make your way to the holding area.

When flying downwind in maximum glide the winds decrease at lower altitudes, your glide slope will become shorter. The actual landing area will be closer than you initially anticipated.

When flying into the wind, at lower wind speeds the float position will increase glide but in stronger winds it will decrease glide and should allow canopy to fly at full flight for maximum glide.

IAF A-Check Dive

Targeted Learning Objects	Dive Flow
• Proficiently demonstrate all skills that have been taught • Must perform all maneuvers • Must track away at least 100 ft from JM at break off	• Spot DZ • Choose comfortable exit • Swoop and dock JM • Heading, altitude • Front/Back flip • Heading, altitude • Right 360^0, Left 360^0 • Heading, altitude • Dock with JM • Repeat until 6,500 feet • 6,000 feet wave-off, turn 180° track for 3-5 seconds • 4,000 wave-off and pull by 3,000 feet

The examining USPA Instructor conducts a 40-question written USPA A-license exam and an oral quiz of at least 20 questions taken from the USPA Integrated Student Program syllabus, with emphasis on the following:

- cloud clearance and visibility requirements
- equipment operation and maintenance (wing loading and its effects, closing loop, velcro and tuck flaps, packing and authorization to pack)
- canopy flight (traffic patterns and collision avoidance braked turns and obstacle avoidance low turn avoidance and recovery downwind landing procedures obstacle landing emergency and recovery)
- aircraft procedures (during jump run and exit to observe balance limits, distance between groups to maintain separation, aircraft emergency procedures)
- group breakoff recommendations
- parachute emergency procedures (deployment malfunctions, cutaway decide-and-act altitude)
- two-canopies-deployed scenarios

The examining USPA Instructor conducts a skydive with the applicant to verify practical knowledge in the following areas:

- pre-jump equipment checks for self and others
- planning an effective group break-off
- freefall maneuvers (right 360, left 360, and a backloop docking from 20 feet)
- breakoff altitude recognition and tracking for a minimum of 100 feet
- signal before deployment and overall awareness during and after deployment
- planning and flying a logical landing pattern that promotes a smooth traffic flow and avoids other jumpers
- packing and preparing equipment for the next jump