IAF Level 3 – Category B

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 ft (300m) of the assigned altitude

Dive Flow

- Exit
- Circle-of-Awareness
  - Heading
  - Altitude
  - Check in – Reserve then Main
- 2 Practice touches
- Circle-of-Awareness
- Check in with JM for 90^{o} right turn
- Circle-of-Awareness
- Check in with JM for 90^{o} 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 ft (1,800m) Lock on
- 5,500 ft (1,600m) 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 ft
- 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 ft (300m) of the assigned altitude

Dive Flow

- Exit
- Circle-of-Awareness
  - Heading
  - Altitude
  - Check in with JM
- 1 Practice touch
- SC (Short circle-of-Awareness, heading and altitude)
- Hover
- Maintain heading within 45°
- If turn proceeds past 90°, stop turn and pick new heading
- SC every 5 seconds
- 6,000 ft (1,800m) Lock on
- 5,500 ft (1,600m) 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
- Flare
- Check altitude, find DZ and traffic
- Identify suspect areas of turbulence
- Reach holding area and start pattern unassisted

IAF Level 5 – Category D

Targeted Learning Objects

- Unassisted poised exit per past exit performance
- Released 90° 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
- SC
- Check in with JM for 90° right turn
- SC
- Check in with JM for 90° left turn
- SC
- If above 7,000 ft (2,100m), flat track with an arch for 3-5 seconds
- Remain altitude aware
- 6,000 ft (1,800m) Lock on
- 5,500 ft (1,600m) 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° left with rear riser
- Look right, turn 90° right with rear riser
- Look left, turn 180° left with rear riser
- Look right, turn 180° right with rear riser
- Check altitude before and after each maneuver and no more turns at 2,500 ft (800m)
- Reach holding area and start pattern unassisted

IAF Level 6 – Category D

Targeted Learning Objects

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

Dive Flow

- Exit
- SC
- Check in with JM for 90° right turn
- SC
- Check in with JM for 360° left turn
- SC
- Check in with JM for 360° right turn
- SC
- Check in with JM for 180° turn and T-track for 3-5 seconds
- Repeat turns if altitude permits
- 6,000 ft (1,800m) Lock on
- 5,000 ft (1,500m) 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 positon

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° left with rear riser
- Look right, turn 360° right with rear riser
- Look left, turn 360° left with rear riser
- Check altitude before and after each maneuver and no more turns at 2,500 ft (800m)
- Reach holding area and start pattern unassisted
- Fly assigned pattern with minimal assistance

IAF Level 7 – Category E

Targeted Learning Objects

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

Dive Flow

- Spot DZ
- Exit
- SC
- Barrel roll if above 8,000 ft (2,400m)
- SC
- Barrel roll (optional flip) if above 8,000 ft (2,400m)
- SC
- 6,000 ft (1,900m) wave-off, turn 180° track for 3 seconds
- Wave-off and pull by 4,000 ft (1,200m)

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

- 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
- No more maneuvers at 2,000 ft (600m)
- Reach holding area and start pattern unassisted
- Fly assigned pattern with minimal assistance

IAF Level 8 – Solo

Targeted Learning Objects	Dive Flow
• First solo skydive	• Spot DZ • Exit • SC • Wave off and initiate deployment procedures by 3,000 ft (900m)

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?

IAF Level 9 – Coach Jump – Backward/Forward movement

Targeted Learning Objects	Dive Flow
• Track • Awareness of heading with reference to jump run • Altimeter awareness	• Float exit (no grips) • SC • Instructor will move backwards, student closes gap and docks • SC • Student will move backwards, Instructor closes gap and docks • Repeat until 6,500 ft (2,000m) • 6,000 ft (1,900m) wave-off, turn 180° track for 3 seconds • Wave-off and pull by 4,000 ft (1,200m)

IAF Level 10 – Coach Jump - Tracking

Targeted Learning Objects	Dive Flow
• Leg awareness • Backward/forward movement with docks • Track with arch	• Spot DZ • Diving exit (no grips) • Turn 90° from jump run. • SC • Track for five seconds • Check with instructor, track 10 seconds • Check with instructor, turn 180°, track 10 seconds • Check with instructor, track 5 seconds. • Check altitude after every maneuver • 6,000 ft (1,800m) Lock on • 5,000 ft (1,500m) Wave off and initiate deployment procedures

IAF Level 11 – Coach Jump – Fall Rates

Targeted Learning Objects	Dive Flow
• Fall rate adjustment • Altitude awareness • Delta track	• Spot DZ • Optional exit (weaker one) • SC • Instructor goes up – student follows • SC • Instructor goes down – student follows • SC • Student goes up - Instructor follows • SC • Student goes down - Instructor follows • Repeat until 6,500 ft (2,000m) • 6,000 ft (1,900m) wave-off, turn 180° track for 3 seconds • Wave-off and pull by 4,000 ft (1,200m)

IAF Level 12 – Coach Jump – Swoop and Dock

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 • Diving exit • Approach instructor using level, slot, dock method • SC • Repeat until 6,500 ft (2,000m) • 6,000 ft (1,900m) wave-off, turn 180° track for 3 seconds • Wave-off and pull by 4,000 ft (1,200m)

IAF 13 - Hop and Pops

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

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 (30m) from JM at break off	• Spot DZ • Dive exit • Swoop and dock JM • SC • Front/Back flip • SC • Right 360^{o} dock with JM • SC • Left 360^{o} dock with JM • Repeat until 6,500 ft (2,00m) • 6,000 ft (1,900m) wave-off, turn 180° track for 3-5 seconds • Wave-off and pull by 4,000 ft (1,200m)