

# CANOPY FORMATIONS COACHING (CFC) and HOW TO TEACH IT

## INTRODUCTION

The CFC system is designed to teach parachutists the necessary skills for basic canopy formation flying, to be confident in the air close to other parachutists and obtain CF Grade 1 (CF1) – BPA Operations Manual Section 2, (Designation and Classification of Parachutists), Paragraph 6 (The Grading System), Sub-Para 6.3 (Canopy Formations). This also provides parachutists with survival skills in the ever-increasing skies after opening.

## THE CFC SYSTEM IS DESIGNED FOR:

- a. The student taught on the Ram Air Progression System (RAPS) or Traditional system (and has been converted to a ram-air canopy) and has successfully completed the final Category 8 jump and has also obtained a FAI 'A' Certificate (Red).
- b. The Accelerated Free Fall (AFF) student who successfully completed an AFF course (8 Levels) and the 10 consolidation jumps to gain Category 8 and has obtained a FAI 'A' Certificate (Red).
- c. Any skydiver who wants to be introduced to canopy formations.

**Note:** *Once a jumper has gained Category 8, he/she must obtain a FAI 'A' Certificate (Red) - Intermediate Parachutist - See Operations Manual, Section 2, Paragraph 3. Ideally the parachutist should also have obtained Individual Canopy Grade 1 (IC1) before starting CF1 training. They must have a safety brief before their first CF1 training jump. (Safety Brief- BPA Form 186a can be used for this – Appendix A)*

## WHO CAN TEACH CF1

Unlike mass teaching the CFC system is more of a personal coaching session with an emphasis on having fun within learning and may be taught by good CF1 jumpers with proven CF coaching ability (with CCI permission) who are not necessarily BPA CF Coaches, although BPA CF Coaches are likely to be sought by those who wish to learn, (details of requirements are contained on BPA Form 134A, which can be obtained from the BPA Office or web site; [www.bpa.org.uk](http://www.bpa.org.uk)). With the CFC system the student should be able to receive the same information at any BPA Club where CF coaching takes place.

## CF COACHES OBJECTIVES

1. To provide information before, during and after the jump.
2. To teach the basic CF skills as laid down in this manual.
3. To communicate under canopy, so that any mistakes made can be corrected and the student can then carry on with the jump. Also to gain maximum experience from the coach.

## HOW TO TEACH IT

## **CF1 REQUIREMENTS**

To obtain Grade 1 in Canopy Formations (CF1) the parachutist must be introduced to CF & have received a full safety brief and demonstrated the ability to:

1. Approach a target canopy.
2. Control 3D movement, in relation to other canopies (up, down, forwards, backwards and side-slip)
3. Achieve 'docking' techniques.
4. Pilot a 4-stack/plane.
5. Dock 4th on a 4-stack/plane.
6. Spot for CF from at least 8,000 ft AGL.

## **TRAINING RECORD CARDS**

A record of all briefings, jumps and debriefs must be kept by the student and signed for by the coach.

A record of training can be written in the student's logbook, or by using the CF training record card, BPA form 207. (Appendix - B)

## **QUALIFICATION**

Upon successful completion of the programme the parachutist may be awarded CF Grade 1 (CF1). This should be awarded by the CCI in the form of a CF1 sticker in the parachutists FAI Certificate.

The new CF1 parachutist may jump with other parachutists of the same or greater experience, with CCI approval and may enter CF competitions.

## **COACHES TEACHING FORMAT**

## **BEFORE THE JUMP**

1. Check logbook - (look for indication of student's ability).
2. Talk through student's objectives - (for particular jump).
3. Talk through jump sequence - (use video or photo's if available).
4. Dirt dive the jump from exit to landing - (remember to talk through separation heights unless landing a formation).
5. Confirm in air communication - (practice on the ground).
6. Talk through emergency procedures before each jump - (ensure student is clear on procedures).

## **FLIGHT LINE AREA**

1. Before boarding aircraft explain about run in and exit point - (introduce student to spotting for CF from jump one if possible)
2. Check equipment and then do a final dirt dive.

## **IN THE AIRCRAFT**

1. In good time before exit altitude ask the student to talk you through the jump, from run in to landing.
2. Suggest student thinks about dive periodically before exit altitude.
3. On 'run-in' Pin check.
4. Open door and check the student's spot, or you spot and explain what to do the next time - (spotting for CF requires a detailed brief).

## **EXIT AND JUMP**

1. Individual exit, in jump order with pre-arranged delay - (Usually 3-4 seconds).
2. Altitude awareness throughout whole dive. Keep checking for the landing area.
3. Keep on aircraft heading on exit and under canopy - (Which should be facing into wind).
4. Carry on with dive as planned.
5. Remember altitude awareness and minimum working heights.
6. If not landing a formation land near student and walk back together.

# **COACHES TEACHING FORMAT**

Continued.....

## **AFTER THE JUMP**

Debrief once everyone involved in the jump has packed.

### **1. Debrief**

First the student talks through the jump, then the coach talks through it. If there is video footage, use it.

(Talk through what happened on the jump from run-in to landing)

Even the coach can get it wrong. Own up if you have made a mistake, remember this is for the benefit of the student and they will appreciate it.

### **2. Corrective Training**

Establish the student's weak points and give corrective training.

Advise the student to work on these points on the next jump and try to arrange a jump that will work on the weak points.

### **3. Logbook**

Instruct the student to fill in their logbook with all points on the jump. Coach writes recommendations for next jump and then endorses the logbook.

The next CF coach can obtain valuable information from the student's logbook, so ensure you provide maximum information.

## **COACHES NOTES**

### **1. EQUIPMENT**

**Canopy compatibility** must be checked. Canopies should be a seven-cell type with a recommended wing loading of 11lb/sqft. At least one jump on the type of canopy to be used must be made prior to the commencement of the programme; (coaches must satisfy themselves that the novice is competent in

controlling his/her canopy). A packing lesson may need to be given to ensure an on heading opening. The use of a deployment bag is recommended in the early stages, which then may be removed by the coach when they are satisfied with the students deployment position on exit, a further packing lesson on free pack techniques will be required and accompanied with a brief relating to the potential hazards involved with jumping free packed equipment.

Coaches must ensure that containers are of suitable types and safe for canopy formation use, with particular attention paid to the following.

1. Pop-tops are not ideal but if used must be good fitting and flush with the container.
2. External reserve pins are protected by either a bump bar or protective flap.
3. Grommets on main container flaps are in good order and should not be loose or sitting high this may cause a line to snag on deployment, (in particular with free packed canopies) and also when receiving other canopies.
4. Reserve and cutaway handle shape, the coach must assess whether the shape of the handles may be of the type that could be easily pulled out by a line.
5. Centre base closing loops should be changed to bottom flap closing loop on free packed canopies, to minimise "line loop or grommet snag" around the centre base line strap, which then should be taped flush to the bottom of the container.
6. Brakes should be of the velcro type so that they can be stowed back to hands off station, to receive a canopy. (loose flying brakes could entangle with a docking canopy)

As well as a serviceable altimeter, a chest mount type is recommended. (a wrist mount may snag a line or canopy material) the parachutist should wear at least two readily available knives, one should be of a type that can puncture and cut zero-porosity material and 900lbs lines (The small plastic types are not recommended for use as the primary knife).

Suitable clothing should be worn. (Shorts and tee shirts are not recommended, even on hot days).

Helmets should not restrict hearing or vision.

Two-way radios may be worn, but not relied on, and the novice should be weaned off them by the end of the programme, if used. (The frequencies used must not conflict with any other used for parachuting and/or the airfield)

The problems with the use of Reserve Static Lines (RSLs) and Automatic Activation Devices (AADs) should be carefully considered. e.g. RSLs when cutting away from an entanglement and AADs when performing a down-plane. Fully confined helmets should not be worn, due to possible lack of communication.

## COACHES NOTES

Continued.....

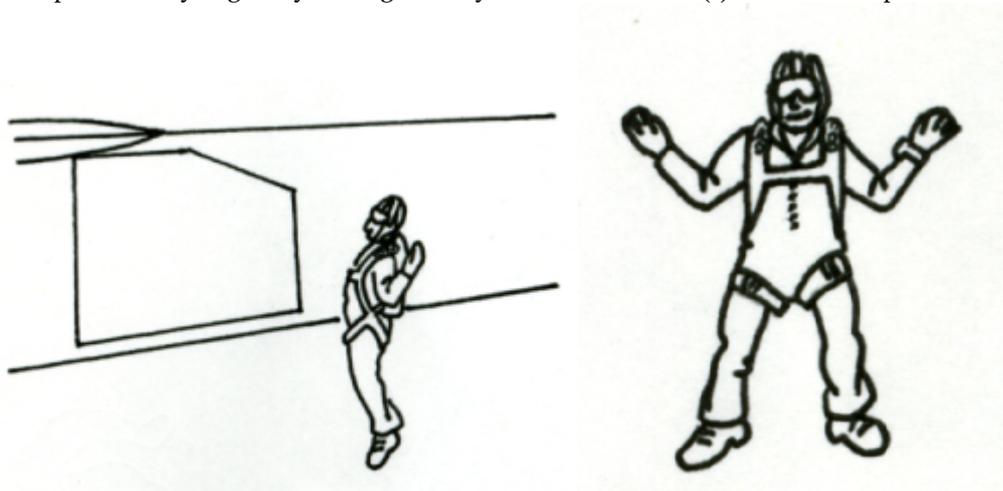
### 2. **SPOTTING**

All candidates on the programme will be taught the principals of spotting for CF and must be competent before being awarded CF Grade 1. On all jumps, the first priority is to land on the intended Parachute Landing Area, as it is a requirement for the student in completing CF1. Try to watch the first lift of the day, to see what the upper winds are doing, so you can assess your exit point. (Watch the Tandems & AFF opening at 5,000ft)

### 3. EXITS

It is important to practice the exit, because a student on his/her first CF jump may not have done the type of exit that is required for CF. (This is usually the case if someone started parachuting through the AFF system, and may not be familiar with a pivot exit)

Watch to see how the exit goes, see if the student is stable and on heading and if not, why not? If the student has an off heading opening he/she may not make corrections to get back onto the heading. It is important that you guard your height until you know the student(s) has/have set up.



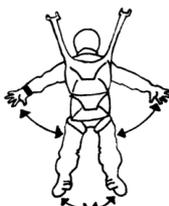
### 4. COMMUNICATION

Communication is limited until you are in the formation you intend to build, key words and signals should be clear and basic;

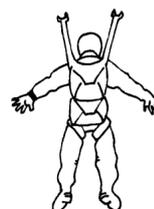
i.e. *ok* and *split* when using your voice and with visual signals use arms to indicate left and right, legs opened and closed or both arms to wave someone off, and wide legs open to indicate that you are ready to receive the next person. (Examples shown below)



**FIG 1 turning left  
(opposite to turn right)**



**FIG 2 waving off**



**FIG 3 ready to receive  
(if piloting both hands should  
be on half brakes)**

## COACHES NOTES

Continued.....

### 5. DISCIPLINE IN THE AIR

Ensure that your student has the discipline to wait for a signal from you before starting any exercise i.e. moving to dock on. The student should wait until you have set up and then given him/her the signal to carry on before attempting to dock. Make sure the student is aware that only one person should move at any one time, to avoid the cat and mouse affect of chasing each other around the sky. Explain the importance of keeping his/her body straight in the harness, and the effects it could have if this not done.

(This system applies to every exercise throughout the coaching programme)

**6. REMAIN IN POSITION**

The coach should set up in position and hold the position so the student can carry out the manoeuvre. If the student makes a mistake he/she then knows where he/she has gone wrong.

If the student does not achieve the aim on the first attempt then don't be tempted to make the corrections for him/her, or work towards the student. The actions the student should take if a manoeuvre does not work should be covered in the dirt dive. e.g. if the student over turns and misses the target, he/she may then end up lower than the coach. The student should face back on heading and wait for the coach to set up again and give the student the signal to carry on.

(Make sure the student understands that he/she has to stay in position whilst you are moving)

**7. NUMBER OF STUDENTS**

No more than two novices per coach in any formation. i.e. 4-stack/plane - two novices = two coaches.

**8. ALTITUDE AWARENESS**

Brief your student to '**check altitude**' on completion of each exercise, and remember to check the altitude yourself. Like most learning processes it can be quite intense for the student and coach, it can be easy to lose altitude awareness.

Ensure the student understands your approximate rate of descent, and understands how to calculate approximate working times. e.g. if you are doing a 'one on one' jump, then your approximate rate of descent will be 1,000ft per minute, but this may also depend on the type of exercise you are doing.

If your exit height is 7,000ft and your break off height is 2,000ft you will have approximately 5 minutes working time.

(Working times depend on size of canopy, weight of the parachutist and type of formations)

## COACHES NOTES

Continued.....

**9. MINIMUM/MAXIMUM EXIT ALTITUDE**

The minimum exit altitude for 'one on one' training should be 3,500 ft AGL. The maximum should be 7,000 ft AGL.

The minimum exit altitude for 'two on one' training should be 4,500 ft AGL. The maximum should be 8,000 ft AGL.

The minimum exit altitude for 'two on two' training should be 5,000 ft AGL. The maximum should be 10,000 ft AGL.

**Consideration should also be given on exit altitudes to:**

- a. The novice not being used too physical exertion at altitude.
- b. The strength and direction of the upper winds.
- c. The temperature at altitude.
- d. The novice's ability to function and learn at altitude.
- e. Local wind directions, which may cause unusual wave and/or turbulence. If you are unsure of them, watch the first high lift and make a note of them.

**10. MINIMUM BRAKE OFF ALTITUDES**

Less than four person formation - 1,500 ft AGL.

Four or more person formation - 2,000 ft AGL.

Transitioning from one formation to another - 2,500 ft AGL.

Minimum brake off heights should not be exceeded, unless landing a formation, or in an emergency. Care should be taken on landing formations. It is not recommended to try to land any formation larger than four, and only then when the conditions are favourable. (With smaller canopies two may be the largest formation to attempt to land).

***Notes:***

## **STUDENTS INTRODUCTION LESSON**

**GROUND TRAINING** (to be completed before CF intro jump)

Allow the student to read through any parts of the CF manual that you think may be of use.

Talk student through the whole process, this can be done in an order that you think is suitable. At this stage the ground training can be done in a group, if you have a number of students.

(Coaches have to do an individual dirt dive with their student)

**POINTS YOU NEED TO COVER**

- a) Introduce the student to the CF1 training card (if he/she is going to use it). Explain what the aim of the first jump will be and talk through the process for gaining CF1.
- b) In detail, talk about the first dive you will be doing, use video footage or use a power point presentation if possible.

- c) Talk about equipment compatibility and the differences between CF purpose built canopies and most other canopies.
- d) If you have time deploy and hang a canopy so you can show the student the deployment system and the reasons for it. Show the red centre 'A' lines, explain about none cascading lines and show the cross bar connectors if they are fitted, (if there are no cross bar connectors see if you can get some fitted). Talk about the use of riser bumps or modifications that help you to front riser, and talk about purpose made CF toggles if they are fitted. Packing for an on heading opening can be covered at this stage.
- e) You could mention the use of knives and the reasons for protective clothing, but this should all be covered in a detailed safety brief.
- f) For the first few CF jumps the student should leave the aircraft first. Explain why this is and talk about the importance of a good stable exit, the correct delay and keeping on the correct heading.
- g) Talk through how you will fly next to the student under canopy and once you are happy, the student will then be signalled to come across and dock onto you.
- h) Ensure the student understands that he/she will be docking onto the rear and not the front, of the coach.
- i) Explain how to move three-dimensional using the risers and steering toggles.
- j) Explain about how to approach a target canopy, docking techniques and how to plane.
- k) Talk through what the student needs to do if he/she has made a mistake on the jump.
- l) Make sure the student knows how to loose height effectively.
- m) Teach to the student's ability. (It is up to the coach to decide how much the student is to do on each jump)
- n) A detailed safety briefed should be completed covering all aspects of emergencies, and if the coach thinks it is necessary, use a suspended harness.

**Note:** *The Safety Brief - BPA Form 186a and CF1 Training Card - BPA Form 204 are Appendices A and B, at the back of the manual.*

The student **must** complete the INTRODUCTION LESSON (page 9) and the full Safety Brief (Appendix A) before this brief.

## **QUALIFYING JUMPS FOR CANOPY FORMATION GRADE 1 (CF1)**

### **C F C - L E V E L 1 – Intro side by side**

#### **1. Method of Instruction**

- a) Demonstrate whole thing.
- b) Teach individual skills.
- c) Dirt dive (talking student through it and he/she talks you through it).
- d) Introduce the in air signals.
- e) Dirt dive until fluent.
- f) Use instructional video where possible.

## 2. Talk through Objectives

- a) On heading awareness and correct delay on exit (to ensure good set up).
- b) **Altitude awareness** (throughout whole jump).
- c) Set up and discipline under canopy (effects of moving in harness).
- d) Working heights (**check altitude**).
- e) Side slipping (using toggles and risers).
- f) Spotting (introduction).
- g) Safety (talk through emergencies before every jump).

## 3. Jump Sequence

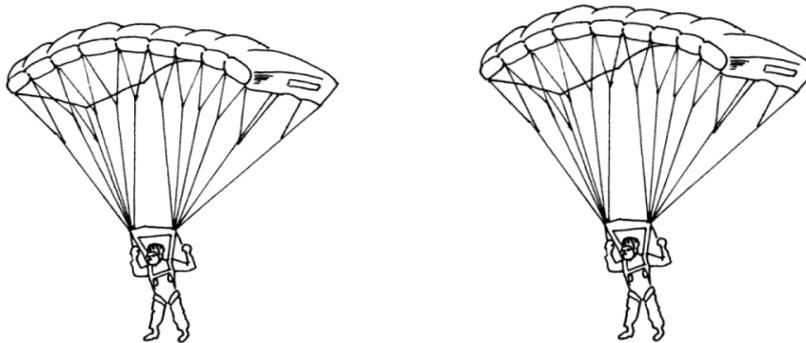
- a) Brief aircraft pilot on altitude & the run in that you want.
- b) Student spots & Coach checks spot; ok exit.
- c) After deployment student sets up into wind, coach flies next to them.
- d) Canopy compatibility check.
- e) Coach shows student the effect of front risers, then the student copies.
- f) Coach shows student the effect of rear risers, then the student copies.
- g) Coach shows student the effect of toggles, then the student copies
- h) Coach signals for student to carry on, then student makes approach.

### CFC - LEVEL 1, cont'd

- i) Student docks onto the coach and then planes.
- j) The formation then can be split and the coach can then dock onto the student.
- k) This can be practised several times if altitude allows
- l) No more docking on below 2,000ft / Split formation above 1,500ft.

## 4. Debrief

- a) Student's version from run-in to landing.
- b) Coach's version from run-in to landing.
- c) Use video. (if available)
- d) Tips on how to correct any problems.
- e) Student fills in logbook, coach adds points for corrective training and recommendations.
- f) Coach signs logbook and prints name.



**FIG 1: Coach and student side by side**

*Notes:*

## **QUALIFYING JUMPS FOR CANOPY FORMATION GRADE 1 (CF1)**

### **C F C - L E V E L 2 – Intro to Spotting for CF**

**Note:** *This Level is not an individual jump and should be carried out as part of every jump where possible.*

#### **1. Method of Instruction**

- a) Demonstrate whole thing (using an aerial photo).
- b) Teach individual skills.
- c) Explain differences between up wind and down wind spots.

#### **2. Talk through Objectives**

- a) On heading awareness and correct exit point (to ensure good set up).
- b) **Altitude awareness** relative to the exit height and wind speed.
- c) Working heights and type of CF (recreational, teaching, competitions, demos or training).
- d) Horizontal as well as vertical visual (avoiding exiting before clouds and flying into them).
- e) Talk about consequences of exiting without visual of the ground, the distances you can travel under canopy, and the dangers of collision in cloud.

### 3. **Jump Sequence**

- a) Run-in student opens door, spots and gives the pilot corrections.
- b) Coach checks spot; ok exit.

### 4. **Debrief**

- a) Student's version from run-in to landing.
- b) Coach's version from run-in to landing.
- c) Tips on how to correct any problems.
- d) Student fill in logbook, once coach is happy he/she can then endorse logbook, to say the student has been briefed and cleared for spotting for CF.
- e) Coach signs logbook and prints name.

**Notes:**

## QUALIFYING JUMPS FOR CANOPY FORMATION GRADE 1 (CF1)

### C F C - L E V E L 3 – P i l o t i n g

**Note:** *This Level does not have to be an individual jump; it may be carried out in conjunction with another Level.*

#### 1. **Method of Instruction**

- a) Teach individual skills.
- b) Dirt dive (talking student through it and student talks coach through it).
- c) Use instructional video where possible.

#### 2. **Talk through Objectives**

- a) On heading awareness and correct delay on exit (to ensure good set up).
- b) **Altitude awareness** (throughout the whole jump).
- c) Set up and discipline under canopy (the pilot is the set up point for every one else).
- d) The importance of keeping the formation on heading.
- e) Working heights (**check altitude**).
- f) Explain the effects that the pilot's movements will have on the rest of the formation.

- g) Safety (talk through emergencies before every jump).

### **3. Jump Sequence**

- a) Coach checks spot; ok exit.
- b) After deployment student sets up into wind. Coach docks onto the student and planes, if there are more people joining the formation, they can then approach.
- c) The formation can then be split up and then rebuilt, unless the coach has something else planned.
- d) This can be practised several times depending on altitude.
- e) No more docking on below 2,000ft / Split formation above 1,500ft unless landing as a formation.

### **4. Debrief**

- a) Student's version from run-in to landing.
- b) Coach's version from run-in to landing.

### **CFC - LEVEL 3, cont'd**

- c) Use video (if available)
- d) Tips on how to correct any problems.
- e) Student fills in logbook, coach adds points for corrective training and recommendations.
- f) Coach signs logbook and prints name.

### ***Notes:***

## QUALIFYING JUMPS FOR CANOPY FORMATION GRADE 1 (CF1)

### C F C - L E V E L 4 – Receiving Canopies

*Note: This Level does not have to be an individual jump; it may be carried out in conjunction with another Level.*

#### **1. Method of Instruction**

- a) Demonstrate the whole thing.
- b) Teach individual skills.
- c) Dirt dive (talking the student through it and the student talks the coach through it).
- d) Practice the in air signals.
- e) Use instructional video where possible.

#### **2. Talk through Objectives**

- a) On heading awareness and correct delay on exit.
- b) **Altitude awareness** / Working heights (**check altitude**).
- c) Explain differences between receiving when you are the pilot, and when receiving in other positions e.g. coming off your brakes when you are stack pilot / arms and legs out when receiving from other positions.
- d) Talk about how and where to hold the canopy when receiving, and receiving with your legs.
- e) Safety (talk through emergencies before every jump).

#### **3. Jump Sequence**

- a) Coach checks spot; ok exit.
- b) After deployment student joins the formation.
- c) The student gets ready to receive, by putting their arms and legs out.
- d) The student then planes the person below and puts his/her feet in the cross bar connectors.
- e) This can be practised several times if altitude allows.
- f) No more docking on below 2,000ft / Split formation above 1,500ft unless landing the formation.

**C F C - L E V E L 4, cont'd**

**4. Debrief**

- a) Student's version from run-in to landing.
- b) Coach's version from run-in to landing.
- c) Use video (if available).
- d) Tips on how to correct any problems.
- d e) Student fills in logbook, coach adds points for corrective training and recommendations.
- f) Coach signs logbook and prints name.

***Notes:***

## QUALIFYING JUMPS FOR CANOPY FORMATION GRADE 1 (CF1)

### C F C - L E V E L S 5 & 6 – Landing & Break Off Manoeuvres

#### **1. Method of Instruction**

- a) Demonstrate whole thing.
- b) Teach individual skills.
- c) Dirt dive (talking the student through it and the student talks you through it).
- d) Practice the in air signals.
- e) Dirt dive until fluent.
- f) Use instructional video where possible.

#### **2. Talk through Objectives**

- a) Break off manoeuvres, e.g. releasing grips or doing down-planes.
- b) How to break off from a formation (consider break off heights depending on size of formation)
- c) How to land a formation (talk through landing with different types of CF canopies)
- d) Explain about weather conditions and landing formations.
- e) Altitude awareness (throughout whole jump).
- f) Working heights (**check altitude**).
- g) Safety (talk through emergencies before every jump).

#### **3. Jump Sequence**

- a) Coach checks spot; ok exit.
- b) Carry on with planned jump.

- c) If transitioning then at a pre-arranged height coach signals for transition to take place, (transition above 2,500ft) e.g. down-planes.
- d) If breaking off from a formation release grips by 1,500ft.
- e) If landing the formation then make sure weather conditions are correct.

**C F C - L E V E L S 5 & 6, cont'd**

**4. Debrief**

- a) Student's version from run-in to landing.
- b) Coach's version from run-in to landing.
- c) Use video (if available).
- d) Tips on how to correct any problems.
- e) Student fills in logbook, coach adds points for corrective training and recommendations.
- f) Coach signs logbook and prints name.

***Notes:***

## QUALIFYING JUMPS FOR CANOPY FORMATION GRADE 1 (CF1)

### C F C - L E V E L 7 – P i n n i n g

*Note: This Level does not have to be an individual jump; it may be carried out in conjunction with another Level.*

#### **1. Method of Instruction**

- a) Demonstrate whole thing.
- b) Teach individual skills.
- c) Dirt dive (talking them through it and they talk you through it).
- d) Practice the in air signals.
- e) Dirt dive until fluent.
- f) Use instructional video where possible.

#### **2. Talk through Objectives**

- a) On heading awareness and correct delay on exit (to ensure good set up).
- b) **Altitude awareness** (throughout whole dive).
- c) How to dock on other canopies (teach different methods of docking on).
- d) Safety (talk through emergencies before every jump).

#### **3. Jump Sequence**

- a) Coach checks spot; ok exit.
- b) Student identifies target canopy, then once the person is ready to receive, and the student makes his/here approach.
- c) Student docks onto the formation.
- d) The formation can then be split. This can be practised several times if altitude allows.

- e) No more docking on below 2,000ft / Split formation above 1,500ft.

**CFC - LEVEL 7, cont'd**

**4. Debrief**

- a) Student's version from run-in to landing.
- b) Coach's version from run-in to landing.
- c) Use video (if available).
- d) Tips on how to correct any problems.
- e) Student fills in logbook, coach adds points for corrective training and recommendations.
- f) Coach signs logbook and prints name.

***Notes:***

## QUALIFYING JUMPS FOR CANOPY FORMATION GRADE 1 (CF1)

### C F C - L E V E L S 8 & 9 – Closing 3<sup>rd</sup> / 4<sup>th</sup>

*Note: Levels 8 & 9 do not have to be done on the same jump, but may be done together, or in conjunction with Levels 2 – 7.*

#### **1. Method of Instruction**

- a) Demonstrate whole thing.
- b) Teach individual skills.
- c) Dirt dive (talking them through it and they talk you through it).
- d) Dirt dive until fluent.
- e) Use instructional video where possible.

#### **2. Talk through Objectives**

- a) On heading awareness and correct delay on exit (to ensure good set up).
- b) **Altitude awareness** (throughout whole jump).
- c) Docking on 3<sup>rd</sup> in the formation.
- d) Docking on 4<sup>th</sup> in the formation.
- e) Talk through staying in front of the formation and guarding your height.
- f) Explain what happens if you go to low or fall back behind the formation.
- g) Safety (talk through emergencies before every jump).

#### **3. Jump Sequence**

- a) Coach checks spot; ok exit.
- b) After deployment student moves to set up point, keeping the target formation in view.
- c) Student then makes approach into the 3<sup>rd</sup> or 4<sup>th</sup> position on the formation.
- d) The formation can then be split and the student or students can change their positions in the formation, if altitude allows.
- e) This can be practised several times depending on your altitude.

- f) No more docking on below 2,000ft / Split formation above 1,500ft.

**CFC - LEVELS 8 & 9, cont'd**

**4. Debrief**

- a) Student's version from run-in to landing.
- b) Coach's version from run-in to landing.
- c) Use video (if available).
- d) Tips on how to correct any problems.
- e) Student fills in logbook, coach adds points for corrective training and recommendations.
- f) Coach signs logbook and prints name.

***Notes:***

## QUALIFYING JUMPS FOR CANOPY FORMATION GRADE 1 (CF1)

### C F C - L E V E L 10 – Qualifying Jump

*Note: Level 10 may also include the student piloting the formation and transitions, as long as minimum requirements are fulfilled.*

#### **1. Student Talks through Objectives**

- a) Student organises a four person CF formation, which they are part of.
- b) Student briefs the jump and covers complete dirt dive.
- c) Working heights.
- d) Safety (talk through emergencies before every jump).

#### **2. Jump Sequence**

- a) Student briefs the aircraft pilot.
- b) Student jumpmasters and spots the lift.
- c) Build the planed formation.
- d) The formation can be held or split depending on brief.
- e) This can be practised several times if altitude allows.
- f) The whole lift needs to land on the PLA.
- g) No more docking on below 2,000ft / Split formation above 1,500ft.

#### **3. Debrief**

- a) Student's version from run-in to landing.
- b) Coach's tips on how to correct any problems.
- c) Use video (if available).

#### **4. Issue of CF 1**

- a) Student fills in logbook, if successful coach makes recommendations for CF1 to be granted by club CCI.
- b) CCI and coach signs the logbook and prints name.
- c) Student then has logbook and record training card, (if using) signed by CCI and issued with CF1 sticker – **Congratulations !!**
- d) Coach should keep a record of students trained and send in annual returns to the BPA.

*Notes:*

## WHAT HAPPENS AFTER CF1

*Note: Points for CF1 qualified jumpers.*

### WHO MAY YOU JUMP WITH?

You have now learnt the basic skills to and have the basic knowledge to perform Canopy Formation parachuting at a basic level.

You may now jump with anyone else who has CF1 or above, or the equivalent of CF1 from foreign parachuting organisations, if jumping with CF jumpers from other countries (with CCI permission).

### DIRT DIVING

Dirt dive the same way as you have been doing, never push the safety barriers and respect your working heights.

### SPOTTING

When spotting from higher altitudes, remember to adjust the exit point & try to always land on the PLA.

### CF DISCIPLINES

Each of the following disciplines requires different skills and safety considerations. If you want to carry on and progress to these you will need sufficient coaching. For more information speak to a current CF team or your CCI.

**2 & 4 way sequential**

**4 way rotations**

**8 way speed**

**Large formations**

**Display CF**

*Notes:*