

3.5 The Coached Jumps

1) Coach Jump #1 - In Air Skill Analysis

Aim

- The candidate will demonstrate in air skill analysis

Outline

- Tell the candidate that they will be performing one free fall task and one canopy control task. There is no need for the candidate to teach these tasks.
- The candidate has no coaching role in the plane but does spot to evaluate their ability in this area
- The candidate is expected to have an observation plan.
- You or an evaluator will demonstrate major (easily observed) errors in the free fall and canopy tasks.
- The candidate will act in an observer role demonstrating skill analysis of the free fall and canopy control segments of the jump only.
- The candidate conducts a debrief which only deals with skill analysis. They simply state what happened and if possible why (using principles of movement and skill analysis)

Evaluation

The candidate is evaluated using the Coach Dive #1 Evaluation Tool, on:

- Spotting ability
- Exit
- Freefall flying ability and observation position
- Skill analysis of freefall and canopy control
- Debrief format
- Quality of feedback
- Canopy control - line of approach

Task Assignments

- Free Fall: Front Loop, Back Loop, Barrel Roll, Delta, Delta Backslide
- Canopy Control: Rear Riser Turns, Set-up Assessment, Front Riser Turns

**Coach Jump #1
Evaluation Form**

Name _____ Freefall / Canopy Task _____

Area	Mark 1	Comment
Inflight		
<input type="checkbox"/> Spotting		
Freefall		
<input type="checkbox"/> Correct Exit		
<input type="checkbox"/> Flying Ability		
<input type="checkbox"/> Flying Observation Position		
Canopy		
<input type="checkbox"/> Observation Position for Canopy Control		
Post Jump		
<input type="checkbox"/> Skill analysis of freefall		
<input type="checkbox"/> Skill analysis of canopy control		
<input type="checkbox"/> Debrief format was correct		
Total Score		
Overall Rating		E / G / S / NI

Evaluator's Name _____

Signature _____

2) Coach Jump #2 – Freefall PAF and Skill Analysis Debrief

Aim

The candidate will:

- PAF one skill area
- Provide In-flight Supervision
- Conduct Freefall and Canopy Control Skill Analysis
- Debrief the Jump
- Act as a Ground Coach for Canopy Control for another candidate

Outline

- The candidate teaches an assigned freefall skill. There is no need for goal setting of the jump or formal briefing
- The jump begins at the airplane with pin checks.
- The candidate spots.
- You or an evaluator perform major errors with one minor error and also performs a canopy skill (with errors).
- The candidate will debrief the in-flight, freefall and canopy control sections of the jump.
- Another candidate will be a ground coach.
- The ground coach will provide a separate freefall (binoculars) and canopy control debrief.

Evaluation

The candidate is evaluated using the C1 Jump #2 modified evaluation form, on:

- PAF (Teaching Task Evaluation Tool)
- In-flight Supervision
- Freefall skills
- Observation position for freefall and canopy control
- Skill Analysis of freefall and canopy control
- Debrief format and content
- Canopy control - line of approach

Acting as a Ground Coach you are evaluated on:

- Skill Analysis

Task Assignments

- Free Fall: Front Loop, Back Loop, Barrel Roll, Delta, Delta Backslide
- Canopy Control: Rear Riser Turns, Set-up Assessment, Front Riser Turns

**Coach Jump #2
Jump Evaluation Form**

Name _____ Freefall / Canopy Task _____

Area	Mark 1	Comment
PAF Task		
<input type="checkbox"/> See separate evaluation tool		
In-Flight		
<input type="checkbox"/> Pre-boarding pin checks observed or coached		
<input type="checkbox"/> Aircraft loading and seating supervised		
<input type="checkbox"/> Mental rehearsal observed or coached		
<input type="checkbox"/> Relaxation techniques observed or coached		
<input type="checkbox"/> Verbal review observed or coached		
<input type="checkbox"/> Handles / pin check requested or coached		
<input type="checkbox"/> Spotting ability		
Section Total		
Freefall		
<input type="checkbox"/> Correct Exit (Candidate dives out)		
<input type="checkbox"/> Flying Ability		
<input type="checkbox"/> Flying Observation Position		
Section Total		
Canopy		
<input type="checkbox"/> Observation Position for Canopy Control		
Section Total		
Post Jump		
<input type="checkbox"/> Debriefed in-flight, freefall, and canopy control		
<input type="checkbox"/> Debrief format was correct		
<input type="checkbox"/> Skill analysis of freefall		
<input type="checkbox"/> Skill analysis of canopy control		
<input type="checkbox"/> Areas for improvement practiced		
<input type="checkbox"/> Record of jump completed		
Section Total		
Overall Rating		PASS (minimum of Y) / REPEAT

Evaluator's Name _____

Signature _____

Coach Jump #2
PAF Task Evaluation Form

Area	Mark (1)
Preparation	
Lesson plan	
<input type="checkbox"/> Goals of the lesson were clearly identified	
<input type="checkbox"/> Goals of lesson could be evaluated	
<input type="checkbox"/> Goals were appropriate to skill level	
<input type="checkbox"/> Present level of the novice was identified in all six areas of the skills grid	
<input type="checkbox"/> The teaching environment was identified and appropriate	
<input type="checkbox"/> Teaching aids were identified and appropriate	
<input type="checkbox"/> Estimated time of lesson was on plan	
<input type="checkbox"/> The teaching strategy was appropriate and effective	
<input type="checkbox"/> Training area was prepared	
<input type="checkbox"/> Training aids were collected and checked	
Presentation	
<input type="checkbox"/> Introduction was effective	
<input type="checkbox"/> MTP's were clear	
<input type="checkbox"/> MTP's were presented in a logical order	
<input type="checkbox"/> The lesson plan was followed	
<input type="checkbox"/> Time indicated for session was followed	
<input type="checkbox"/> Goals taught matched those on plan	
<input type="checkbox"/> Board work identified / supported key points	
<input type="checkbox"/> Training Aids were used effectively	
<input type="checkbox"/> Novice could clearly see all demonstrations	
<input type="checkbox"/> "Must Knows" were emphasized	
<input type="checkbox"/> Session was "Short and Simple" – 1 to 3 MTP's	
<input type="checkbox"/> Coach used effective voice / gestures / eye contact	
<input type="checkbox"/> Coach was confident / sincere / in control	
<input type="checkbox"/> Technical knowledge appropriate	
<input type="checkbox"/> Safety issues were discussed / reinforced	
Application	
<input type="checkbox"/> Practice was Realistic	
<input type="checkbox"/> Practice was Effective	
<input type="checkbox"/> Practice was Sufficient	
<input type="checkbox"/> Practice was Monitored / controlled	
<input type="checkbox"/> There was a high degree of novice involvement	
<input type="checkbox"/> Skill analysis was applied	
<input type="checkbox"/> Feedback / Evaluation	
<input type="checkbox"/> Novice was asked effective periodic questions	
<input type="checkbox"/> Coach handled the novice's questions well	
Feedback	
<input type="checkbox"/> Specific / Immediate	
<input type="checkbox"/> Prescriptive	
<input type="checkbox"/> Used positive reinforcement	
<input type="checkbox"/> Involved the opinions of the novice	
<input type="checkbox"/> Learning was confirmed in stages	
<input type="checkbox"/> There was a final evaluation of the Skill	
<input type="checkbox"/> Appropriate summary questions were asked	
<input type="checkbox"/> Sufficient summary questions were asked	
Summary	
<input type="checkbox"/> Provided a summary of the lesson	

3) Coach Jump #3 – Complete Coached Jump

Aim

The candidate will perform the role of:

- A coach from "hello to goodbye"
- A ground coach.

Outline

- The candidate will be provided with a profile of a solo jumper.
- From the profile and questioning the candidate helps the jumper to plan an appropriate jump.
- Two new skills should be planned for the jump though all areas of the skills grid should be discussed
- The candidate must prepare two written lesson plans (PAF's) for these skills.
- You evaluate the overall dive plan, and test one of the PAF's (the second may be used as backup)
- The candidate spots.
- You or the evaluator perform major errors with one minor error
- Introduce unusual situations for the Candidate to deal with
- Also perform a canopy skill (with errors).
- The candidate will debrief the complete jump.
- Another candidate will be a ground coach and provide a separate freefall (binoculars) and canopy control debrief.

Evaluation

The candidate is evaluated using the Conduct a Safe and Enjoyable Skydive - Coached Jump #3 Evaluation Form, on:

- all aspects of the Coached Jump
- Their ability to deal with unusual situations
- Canopy control - line of approach

As the Ground Coach you are evaluated on:

- Skill Analysis

Task Assignments

- Free Fall: Front Loop, Back Loop, Barrel Roll, Delta, Delta Backslide
- Canopy Control: Rear Riser Turns, Set-up Assessment, Front Riser Turns

**Coach Jump #3
Evaluation Form**

Name _____ Freefall / Canopy Task _____

Area	Mark (1)
Briefing / Teaching	
Preparation	
<input type="checkbox"/> A lesson plan was prepared for the jump that followed the teaching task criteria	
<input type="checkbox"/> Training area was prepared	
<input type="checkbox"/> Training aids were collected and checked	
Presentation	
<input type="checkbox"/> Board work identified / supported key points	
<input type="checkbox"/> Training Aids were used effectively	
<input type="checkbox"/> Novice could clearly see all demonstrations	
<input type="checkbox"/> "Must Knows" were emphasized	
<input type="checkbox"/> Session was "Short and Simple" – 1 to 3 MTP's	
<input type="checkbox"/> Coach used effective voice / gestures / eye contact	
<input type="checkbox"/> Coach was confident / sincere / in control	
<input type="checkbox"/> Technical knowledge was appropriate	
<input type="checkbox"/> Safety issues were discussed / reinforced	
Application	
<input type="checkbox"/> The novice's practice was Realistic / Effective / Sufficient / Monitored / Controlled	
<input type="checkbox"/> There was a high degree of novice involvement	
Feedback / Evaluation	
<input type="checkbox"/> Novice was asked effective periodic questions	
<input type="checkbox"/> The coach handled the novice's questions well	
<input type="checkbox"/> Feedback was PSI / Prescriptive / Involved the opinion of the novice	
<input type="checkbox"/> Learning was confirmed in stages	
<input type="checkbox"/> There was a final evaluation of the skill	
Goal Setting	
<input type="checkbox"/> Appropriate goals were set for the jump	
<input type="checkbox"/> All areas of skills grid were discussed in briefing	
<input type="checkbox"/> Exit practice was conducted	
<input type="checkbox"/> Skill analysis was applied	
<input type="checkbox"/> There was a final rehearsal of the whole jump	
Section Total	
Pre-Flight / In-Flight / Safety	
<input type="checkbox"/> Coach was appropriately dressed	
<input type="checkbox"/> Pre-boarding pin checks observed or coached	
<input type="checkbox"/> Aircraft loading and seating supervised	
<input type="checkbox"/> Mental rehearsal observed or coached	
<input type="checkbox"/> Relaxation techniques observed or coached	
<input type="checkbox"/> Verbal review observed or coached	
<input type="checkbox"/> Handles / pin check requested or coached	
<input type="checkbox"/> Spotting ability	
Section Total	

Freefall	
<input type="checkbox"/> Correct exit (Candidate dives out) / proximity	
<input type="checkbox"/> Flying Ability	
<input type="checkbox"/> Observed freefall skills from optimum viewing position	
<input type="checkbox"/> Correct reaction to unusual situations	
<input type="checkbox"/> Altitude awareness	
<input type="checkbox"/> Correct break-off	
Section Total	
Canopy / Equipment / Technical Knowledge	
<input type="checkbox"/> Observed canopy skills from optimum viewing position	
<input type="checkbox"/> Equipment skill completed	
<input type="checkbox"/> Technical Knowledge skill completed	
Section Total	
Post Jump	
<input type="checkbox"/> Debriefed all areas of jump	
<input type="checkbox"/> Debrief format was followed	
<input type="checkbox"/> Debrief involved novice's point of view	
Skill analysis of freefall	
<input type="checkbox"/> Detected errors using the skill development progression checklist	
<input type="checkbox"/> Corrected errors using the skill development progression checklist	
Skill analysis of canopy control	
<input type="checkbox"/> Detected errors using the skill development progression checklist	
<input type="checkbox"/> Corrected errors using the skill development progression checklist	
<input type="checkbox"/> Areas for improvement practiced	
<input type="checkbox"/> Detailed analysis of jump was recorded / amended in novice's log book	
<input type="checkbox"/> Future goals were identified in context of skills grid in novice's log book	
Section Total	
Overall Rating	

Evaluator's Name _____

Signature _____