

CSPA Skydiving Skills Grid 2009

PREPARATION	EQUIPMENT	INFLIGHT	FREEFALL	CANOPY CONTROL	TECHNICAL KNOWLEDGE
PRE-LEVEL.....Jump Introduction.....SSI, Jump Master or PFFI					
Physical rehearsal	Equipment components and function Activation of reserve <Reserve Proc. End.>	Seating and movement Assisted exit	Wide spread arch	Canopy identification Flight control check Guidance response Observation of surface winds Landing techniques Ground Control Assisted	Unusual situations: inflight under canopy on ground
Stage I.....Freefall Introduction.....Jump Master or PFFI					
Relaxation	Altimeter setting and mounting	Pre-exit handles check Verbal Review	Box position Observation circle Altimeter use Activation	Spiral Turns*(Full glide turns) above 2000' Ground Control - Partial Assistance	Box position Unusual situations: in freefall
Stage II.....Turns: Start & Stop.....Jump Master or PFFI					
Mental Rehearsal	Gearing-up procedures and adjustments	Ground Orientation Spotting - Observed	Heading control Arm exercise Leg exercise	Observation of drift Ground Control - Unassisted	Theory models: spotting freefall control
Stage III.....Turns: 90° and 180°.....Jump Master or PFFI					
Recall and Awareness Self-evaluation	Setting audible altimeter Setting AAD Full Gear Checks	Heading control Spotting assisted	90/180 turn right/left (Vertical axis Rotational control)	Stall practice & Recovery (above 2000')	Theory models: freefall math canopy flight (straight, turns, stalls)
Stage IV.....Turns: Figure 8.....Jump Master or PFFI					
Self directed instruction	Packing: introduction	Pilot briefing Spotting unassisted	360 Turn Right/Left (360° vertical axis rotation)	Rear riser turns Basic Landing pattern	Theory models: freefall control 360° turns
Stage V - SOLO Check-out					
<i>Goal Setting</i>	<i>Component Ident.</i>	<i>Ride the Slide</i>	<i>Solo Check-out Jump</i>	<i>Basic Landing pattern</i>	<i><Solo Emer. Proc. Review></i>
SOLO CERTIFIED					
Stage VI.....Backloops.....Coach 1					
Warm-up Stretching	Packing: assisted	Exits (e.g. dive, rear float)	Backloop (360° lateral axis rotation)	Rear riser spirals (above 2000') Line of Flight Approach	Theory models: freefall control backloops line of flight approach
Stage VII.....Frontloops.....Coach 1					
Concentration	Packing: unassisted (observed)	Exits (e.g. poised, front float)	Frontloop (360° lateral axis rotation)	Set-up assessment	Theory models: freefall control frontloops
Stage VIII.....Rolls.....Coach 1					
Anticipation	Packing: clearing entanglements	Intentional unstable exit	Barrel Rolls R/L (360° longitudinal rotation)	Front riser turns Flat turns	Theory models: freefall control rolls
Stage IX.....Delta/Backslide.....Coach 1					
Solo dirt dive (Sequence preparation)	Equipment Inspection while packing	WDI, Meterological Rep.	Delta, Delta Dive	Set-up assessment with line of flight	<Night Endorsement> <not required for CoP>

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Stage X.....Stag and Pike Loops.....Coach 2					
Fitness	<Packing Endorsement> Deployment control techniques	Dive to delta exit Floater track exit	Basic Solo Free Style,Artistic and Inverted Flight E.g. french roll, stag, T, daffy, sit, stand-up	Stall turns Angle control on approach	<water endorsement> <not required for CoP>
Stage XI.....Combined Maneuvers.....Coach 2					
Dive planning	Accessory equipment	Rate one turn Downwind spotting	Combined maneuvers Style and maneuver series	Assessing/critiquing a canopy approach	Model for accuracy approach
Stage XII.....1:1 FS - Pin Practice.....Coach 2					
Relaxation	Jumpsuit selection	Spotting for FS 1:1 tight exits	1:1 Formation Skydiving Pin practice with proximity Break off procedures	Riser maneuvers Front Riser Spirals Rear Riser Flare/Stalls (above 2000 feet)	Advanced FS body position (mantis)
Stage XIII.....2-way FS Endorsement.....Coach 2					
Mental training techniques	Use of weights	1:1 tight exits Rehearsal with relaxation	Level control Docking procedures	Avoidance techniques	<Sport Canopy Review A> <Emerg. Proc. Rev. A>
A - CoP completed					
Stage XIV.....2-way Drill Dives: Turn and Dock.....Coach 2					
Memorization	Variations to packing techniques	1:1 tight exits (variations)	Freefall grips Turn and dock	Riser flared landing	Model for three turn types
Stage XV.....2-way Drill Dives: Sideslide and Dock.....Coach 2					
Group Dirt diving	Variations to packing techniques	1:1 tight exits (variations)	Sideslide and dock	Assessing weather	Model for group freefall
Stage XVI.....2-way Drill Dives: Diagonal and Dock.....Coach 2					
Dive planning (review)	Variations to packing techniques	1:1 tight exits (variations)	Diagonal dock Superpositioning	Assessing terrain	Model for group exits
Stage XVII.....Partner Sequential.....Coach 2					
Stress control	Variations to packing techniques	1:1 tight exits (variations)	Relativity control Flying base Partner sequential	FS approach/rules, group approach	FS rules and courtesies in freefall
Stage XVIII.....Advanced Solo Moves.....Coach 2					
Self-directed skill development	Routine maintenance	Exit order	Advanced solo skills E.g. Sit/Inverted 360 deg	S-turn Sashay	Equipment servicing
Stage XIX.....Small Group FS.....Coach 2					
Dirt diving - review	Storage practices	Small group exit, no grips Small group exit, with grips First formation exits	Flat track Group FS	Parallel canopy flight	Maintaining the fall rate Safety for Group FS
Stage XX.....Closing Long Distances.....Coach 2					
Goal setting techniques review: SMART, short, long term goals	Equipment seminar	Large aircraft loading and spotting	Long swoop Floater tracking Recovery <Group Endorsement>	Large group pattern approach	Equipment characteristics and selection <Sport Canopy Review B> <Emerg. Proc. Rev. B>
B-CoP completed					