

CSPA Skydiving Skills Grid
Alternate - 2009

Progression of each of the 6 areas are independent of each other, however all stages must be completed prior to receiving the CoP.

PREPARATION (PIM 2A- Section 2)	EQUIPMENT (PIM 2A - Section 3)	INFLIGHT (PIM 2A - Section 4)	FREEFALL (PIM 2A - Section 5)	CANOPY CONTROL (PIM 2A - Section 6)	TECHNICAL KNOWLEDGE (PIM 2A - Sections 2 - 6)
PRE-LEVEL.....First Jump Introduction.....SSI					
Physical rehearsal	Components and function Activation of reserve <Emergency Procedures Endorsement>	Seating and movement Assisted exit	Wide spread arch	Canopy identification Flight control check Observation of surface winds Guidance response Observation of surface winds Landing techniques Ground Control Assisted	Unusual situations: in-flight under canopy on ground
Student Progression to Solo.....Jump Master or PFFI					
Relaxation Mental Rehearsal Recall and Awareness Self-evaluation Self directed instruction	Altimeter setting and mounting Gearing-up procedures and adjustments Setting audible altimeter Setting AAD Full Gear Checks Packing: introduction	Pre-exit handles check Verbal Review Ground Orientation Spotting - Observed Spotting - assisted Pilot briefing Spotting unassisted	Box position Observation circle Altimeter use Activation Heading control Arm exercise Leg exercise 90/180 Turn left/right (Vertical axis rotational control) 360 Turn left/right (Vertical axis rotational control)	Spiral Turns (Full glide turns) above 2000' Ground Control - Partial Assistance Observation of drift Ground Control - Unassisted Stall practice & Recovery (above 2000') Rear riser turns Basic Landing pattern Flat turns Turbulence	Box position Unusual situations in freefall Theory models: spotting freefall control freefall math canopy flight (straight, turns, stalls) freefall control 360° turns
SOLO Check-out					
<i>Goal Setting</i>	<i>Component Identification</i>	<i>Ride the Slide</i>	<i>Solo Check-out Jump</i>	<i>Basic Landing pattern</i>	<i><Solo Emergency Procedures Review></i>
SOLO CERTIFIED					

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PREPARATION	EQUIPMENT	INFLIGHT	FREEFALL	CANOPY CONTROL	TECHNICAL KNOWLEDGE
Novice Progression -The Basics.....Coach 1					
Warm-up & Stretching	Packing: assisted	Exits (e.g. dive, rear float)	Backloop(360° lateral axis rotation)	Rear riser spirals (above 2000')	Theory models:
Concentration	Packing: unassisted (observed)	Exits (e.g. poised, front float)	Frontloop (360° lateral axis rotation)	Line of Flight Approach	freefall control-backloops
Anticipation	Packing: clearing entanglements	Intentional unstable exit		Set-up assessment	line of flight approach
Solo dirt dive (Sequence preparation)	Equipment Inspection while packing	WDI, Meterological Report	Barrel Rolls R/L (360° longitudinal rotation) Delta, Delta Dive	Front riser turns Flat turns Set-up assessment with line of flight	freefall control-frontloops freefall control-rolls <Night Endorsement> [optional training]
Novice Progression - Advanced.....Coach 2					
Fitness	<Packing Endorsement>	Dive to delta exit	Basic Solo Free Style,Artistic and Inverted FlightE.g. french roll, stag, T, daffy,sit, stand-up	Stall turns	<water endorsement>[optional]
Dive planning	Deployment control techniques	Floater track exit	Combined manoeuvre	Angle control on approach	Model for accuracy approach
Relaxation - advanced	Accessory equipment	Rate one turn	Style and manoeuvre series	Assessing/critiquing a canopy approach	Advanced FS body position (mantis)
Mental training techniques	Jumpsuit selection Use of weights	Downwind spotting Spotting for FS 1:1 tight exits Rehearsal with relaxation	1:1 Formation Skydiving Pin practice with proximity Break off procedures Level control Docking procedures	Riser manoeuvres Front Riser Spirals Rear Riser Flare/Stalls (above 2000 feet) Avoidance techniques	<Sport Canopy Review A> <Emergency Procedures Review A>
A - CoP completed					
PREPARATION	EQUIPMENT	INFLIGHT	FREEFALL	CANOPY CONTROL	TECHNICAL KNOWLEDGE
Intermediate Skydiver Progression.....Coach 2 / Coach 2DS					
Memorization	Variations to packing techniques	1:1 tight exits (variations)	Freefall grips	Rear Riser flared landing	Model for three turn types
Group Dirt diving	Routine maintenance	Exit order	Turn and dock	Assessing weather	Model for group freefall
Dive planning (review)		Small group exit, no grips	Sideslide and dock	Assessing terrain	Model for group exits
Stress control	Storage practices	Small group exit, with grips	Diagonal dock	FS approach/rules, group approach	FS rules and courtesies in freefall
Self-directed skill development		Small group exit, with grips	Superpositioning		Equipment servicing
Dirt diving - review	Equipment seminar	Small group exit, with grips	Relativity control		Maintaining the the fall rate
Goal setting techniques review: SMART, short, long term goals		First formation exits	Flying base	S-turn	Safety for Group FS
		Large aircraft loading and spotting	Partner sequential	Sashay	Equipment characteristics and selection
			Advanced solo skills E.g. Sit/Inverted 360 degrees		<Sport Canopy Review B> <Emergency Procedures Review B>
			Flat track Group FS Long swoop Floater tracking Recovery <Group Endorsement>	Parallel canopy flight Large group pattern approach	
B-CoP completed					