

# CSPA

## Coach 3 Wingsuit Portfolio and Candidate File

for

\_\_\_\_\_ CSPA # \_\_\_\_\_  
(print candidate name)

START DATE (dd – mm – yy): \_\_\_\_\_



**Note: Must submit a ratings fee of \$45.00 along with  
this portfolio for the processing of the C3 WS Rating**

VISA / MASTERCARD : \_\_\_\_\_

EXP : \_\_\_\_/\_\_\_\_

**Send a copy of your completed portfolio to:**

CANADIAN SPORT PARACHUTING ASSOCIATION

204-1468 Laurier Street, Rockland, Ontario, K4K 1C7

office@cspa.ca

Fax (613) 916-6008

## Overview

This portfolio is meant to be downloaded by yourself and used to guide you through the C3 Wingsuit process with the assistance of a current C3 Wingsuit. You can download the manual and the portfolio from the CSPA Website ([www.cspa.ca](http://www.cspa.ca)). Your portfolio is used to record work on the tasks at your own pace over a maximum period of one (1) year. When you are done, submit your portfolio to CSPA ([office@cspa.ca](mailto:office@cspa.ca)). Once you have received your updated affiliation card with the Coach 3 – Wingsuit Rating, you become a Coach 3 Wingsuit.

## Prerequisites\*

- Succeed at one recognized wingsuit manufacturer first flight instructor course
- SSE verification that the candidate is a subject matter expert in wingsuit flight with a safety orientated attitude
- DZO or DZSO verification that the candidate is a subject matter expert in wingsuit flight with a safety orientated attitude.
- Coach 2 certified
- Minimum 100 wingsuit flights
- Verification by DZSO of safety-orientated attitude

## Training Process & Portfolio Task List

Candidates obtain the portfolio from the CSPA website and then work on completing the portfolio tasks under the guidance of a current C3 Wingsuit. Upon completion, send the portfolio to the office for certification. A one (1) year period is allowed to complete all tasks.

## Portfolio Task List (with the guidance of a current C3 WS and SSE)

1. Write the C3 Common Exam
2. Write the C3 WS Exam
3. Complete one of the following
  - a. Submission of Technical Assessment Jump #1 and Jump #2 as per C3 – WS PortfolioOR
  - b. Participate in two judged events or competitions (e.g. Nationals, Provincials, acrobatics or performance competitions).
4. Submit completed portfolio

## Privileges

- Coach advanced wingsuit programs
- Conduct first-flight / initiation jumps
- Mentor aspiring Coach 3s
- Be recognized within CSPA (and on website) as a subject matter expert

## Certification

To certify your rating, you must complete the following items:

1. The practical component for the C3 WS requires that you complete ALL tasks as laid out in this portfolio while under the direct supervision of a C3 WS within a 12-month period. Keep a record of your activities on the form in this portfolio and when complete, have it signed by the appropriate rating holder.
2. Your C2 rating must be certified and current (i.e. the rating must show on your affiliation card).
3. You can start the C3 WS portfolio while you are completing a prerequisite rating. However, all prerequisites must be certified at the time your C3 WS Portfolio is submitted.

Once you have completed the above requirements, please do the following:

1. Maintain a copy of the Portfolio for your own personal records
2. Email a scanned copy of the portfolio to [office@cspa.ca](mailto:office@cspa.ca). The scanned copy must be legible and “full” sized (not reduced).

Once this is submitted and approved, a new affiliation card will be sent to you at which time will be a Coach 3 Wingsuit with the CSPA. You will have to renew your CSPA Affiliation and maintain your rating as per currency requirements outlined by the CWC.

Coaching and Instructing is a rapidly developing area of our sport. Strive to keep yourself updated with new ideas in safety and techniques. Feel free to contact the CWC with any questions, comments or ideas that you may have at [cwc@cspa.ca](mailto:cwc@cspa.ca)



## Candidate File Coach 3 Wingsuit

### **General** (please print clearly)

Name \_\_\_\_\_

CSPA Number \_\_\_\_\_ Expiry Date \_\_\_\_\_ Highest CoP \_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_

CSPA Membership Group/DZ \_\_\_\_\_

NCCP CC#: \_\_\_\_\_

Member of Canadian forces:  No  Yes

Language Preference  English  French

Total Jumps: \_\_\_\_\_ Total Wingsuit jumps: \_\_\_\_\_ Total Jumps in past 12 months: \_\_\_\_\_

### **Current Ratings**

	Temp.	Certified
Coach 1	<input type="checkbox"/>	<input type="checkbox"/>
Coach 2	<input type="checkbox"/>	<input type="checkbox"/>
Coach 3	<input type="checkbox"/>	<input type="checkbox"/>
Instructor JM or JM(R)	<input type="checkbox"/>	<input type="checkbox"/>
SSI	<input type="checkbox"/>	<input type="checkbox"/>
SSE	<input type="checkbox"/>	<input type="checkbox"/>
GCI	<input type="checkbox"/>	<input type="checkbox"/>
PFFI	<input type="checkbox"/>	<input type="checkbox"/>

Which Disciplines: \_\_\_\_\_

### **Other Sporting / Related Experience**

(ex: other sports, military, coaching, competition, etc)

(please print clearly)

## Technical Assessment Jump #1 – Personal Flight Skills

Technical Assessment Jump #1 will consist of the Candidate planning and performing a flight with outside camera. The purpose of this jump is for the Candidate to prove the mastery of a wide range of wingsuit flight skills.

There are two evaluation methods for this jump:

### **Evaluation Method A – Current C3 Wingsuit as Evaluator**

A current C3 WS may act as the evaluator for this jump. The current C3 WS is to oversee and evaluate all requirements as described on the following page.

### **Evaluation Method B – Video Submission to CWC**

The Candidates may submit to the CWC (via email to [office@cspa.ca](mailto:office@cspa.ca)) outside video of Technical Assessment Jump #1 for evaluation. The video must start no later than the time at which the Candidate begins spotting and climb-out and show the entirety of the wingsuit flight up to the pull. The Candidate must be always in-frame, and the cameraflyer must present suitable viewing angles and proximity such that all skills may be properly evaluated. The CWC reserves the right to reject any submissions that do not, in the opinion of the CWC, provide suitable presentation of the skills.

If video is to be submitted to the CWC for evaluation, the sections of *Flight Planning*, *Spotting and Exit*, *Canopy Flight*, and *Debrief* are to be marked by a local SSE.

## Technical Assessment Jump #1 – Personal Flight Skills

Wingsuit Make / Model: \_\_\_\_\_

C3 WS Evaluator's Name \_\_\_\_\_

C3 WS Evaluator's CSPA #: \_\_\_\_\_

Area	Mark	Comment
<b>Flight Planning</b>		
<input type="checkbox"/> Assessed altitude winds & ground winds	/ 1	
<input type="checkbox"/> Indicated appropriate pattern turn points	/ 1	
<input type="checkbox"/> Indicated appropriate altitudes for turn points	/ 1	
<input type="checkbox"/> Indicated other moving groups and planned for appropriate separation	/ 1	
<input type="checkbox"/> Indicated appropriate altitudes for break-off and pull	/ 1	
<b>Spotting and Exit</b>		
<input type="checkbox"/> Correct exit order	/ 1	
<input type="checkbox"/> Correct jump run	/ 1	
<input type="checkbox"/> Correct exit point	/ 1	
<input type="checkbox"/> Correct exit separation	/ 1	
<input type="checkbox"/> Stable Exit	/ 1	
<b>Wingsuit Flight</b>		
<input type="checkbox"/> Maintain smooth controlled flight, including heading and pitch	/ 1	
<input type="checkbox"/> Followed planned pattern	/ 1	
<i>Maneuvers (all maneuvers to be completed on heading with pitch control)</i>		
<i>The following 6 maneuvers are mandatory</i>		
<input type="checkbox"/> Transition to and from back flight	/ 1	
<input type="checkbox"/> Stable Hand-to-Hand dock (5 seconds – any orientation)	/ 1	* perform with the cameraflyer
<input type="checkbox"/> Back flight (min 15 sec with 90-degree turn)	/ 1	
<input type="checkbox"/> Vertical stack slot within 2m (min 15 sec)	/ 1	* perform with the cameraflyer
<input type="checkbox"/> Dive and recover to pull (at planned altitude and location)	/ 1	
<input type="checkbox"/> Pull at correct altitude (+/-500 feet)	/ 1	
<i>Choose 2 of the following 4 maneuvers</i>		
<input type="checkbox"/> Back fly exit	/ 1	
<input type="checkbox"/> Perform a front loop	/ 1	
<input type="checkbox"/> Perform a turn table	/ 1	
<input type="checkbox"/> Barrel roll left and right	/ 1	
<b>Canopy Flight</b>		
<input type="checkbox"/> Appropriate handling of wingsuit and unusual situations	/ 1	
<input type="checkbox"/> Flew safe predictable pattern	/ 1	
<input type="checkbox"/> Safe, stand-up landing at LZ	/ 1	* Mandatory
<b>Debrief</b>		
<input type="checkbox"/> Correct recall of events	/ 1	
<b>Summary of Personal Flight Skills E G S NI:</b>		
<b>Overall Rating</b>	<b>/ 24</b>	<b>Pass Mark is 19 or 80%</b>

C3 WS Signature: \_\_\_\_\_

Candidate's Signature \_\_\_\_\_ Date: \_\_\_\_\_

## Technical Assessment Jump #2 – Coaching Flight Skills

Technical Assessment Jump #2 will consist of the Candidate executing a wingsuit flight in the role of the coach. The candidate will be evaluated on their ability to maintain safe proximity to the novice while performing in-air skill analysis.

Technical Assessment Jump #2 is recommended to be performed with a current C3 WS acting as the novice.

The jump will follow the Dive Flow described in *Level Five: Barrel Roll, Instability Recovery*, as described in the C3 WS Reference Guide. On the first and third barrel rolls, the “novice” will become unstable and enter a brief dive and eventual recovery. The task is for the Candidate to maintain reasonable and safe proximity.

There are two evaluation methods for this jump:

### **Evaluation Method A – Current C3 Wingsuit as Evaluator**

A current C3 WS may act as the evaluator for this jump. The current C3 WS is to oversee and evaluate all requirements as described on the following page. Evaluation of the *Wingsuit Flight* portion of the jump should be completed through both the C3 WS (acting novice) recall of the jump, as well as a review of the Candidates video of the acting novice.

### **Evaluation Method B – Video Submission to CWC**

The Candidates may submit to the CWC (via email to [office@cspa.ca](mailto:office@cspa.ca)) the Candidates video of the acting novice for evaluation. The video must start no later than the time at which the Candidate begins spotting and climb-out and show the entirety of the wingsuit flight up to the pull. The CWC will evaluate the Candidates ability to maintain safe proximity to the acting novice. The Candidate must always keep the novice in-frame. The CWC reserves the right to reject any submissions that do not, in the opinion of the CWC, provide suitable presentation of the skills.

If video is to be submitted to the CWC for evaluation, the sections of *Flight Planning, Spotting and Exit, Canopy Flight, and Debrief and Skill Analysis* are to be marked by a local SSE.

## Technical Assessment Jump #2 – Coaching Flight Skills

Wingsuit Make / Model: \_\_\_\_\_

C3 WS Evaluator's Name \_\_\_\_\_ C3 WS Evaluator's CSPA #: \_\_\_\_\_

Area	Mark	Comment
<b>Flight Planning</b>		
<input type="checkbox"/> Assessed altitude winds & ground winds	/ 1	
<input type="checkbox"/> Indicated appropriate pattern turn points	/ 1	
<input type="checkbox"/> Indicated appropriate altitudes for turn points	/ 1	
<input type="checkbox"/> Indicated other moving groups and planned for appropriate separation	/ 1	
<input type="checkbox"/> Indicated appropriate altitudes for break-off and pull	/ 1	
<input type="checkbox"/> Complete gear check of the novice	/ 1	* Mandatory
<b>Spotting and Exit</b>		
<input type="checkbox"/> Correct exit order	/ 1	
<input type="checkbox"/> Correct jump run	/ 1	
<input type="checkbox"/> Correct exit point	/ 1	
<input type="checkbox"/> Correct exit separation	/ 1	
<input type="checkbox"/> Stable Exit	/ 1	
<b>Wingsuit Flight</b>		
<input type="checkbox"/> Maintain smooth controlled flight, including heading and pitch control	/ 1	
<input type="checkbox"/> Maintain appropriate proximity to novice	/ 1	* Mandatory
<input type="checkbox"/> Compensate for novice's movements	/ 1	* Mandatory
<input type="checkbox"/> Appropriate break off altitude and heading	/ 1	
<input type="checkbox"/> Pull at correct altitude (+/- 500 feet)	/ 1	* Mandatory
<b>Canopy Flight</b>		
<input type="checkbox"/> Appropriate handling of wingsuit and unusual situations	/ 1	
<input type="checkbox"/> Flew safe predictable pattern	/ 1	
<input type="checkbox"/> Safe, stand-up landing at LZ	/ 1	* Mandatory
<b>Debrief and Skill Analysis</b>		
<input type="checkbox"/> Debrief all areas of jump (skills grid)	/ 1	
<input type="checkbox"/> Debrief format was followed	/ 1	
<input type="checkbox"/> Errors identified and corrected	/ 1	
<input type="checkbox"/> Correction was prescriptive – indicated how to improve	/ 1	
<input type="checkbox"/> Practiced areas for improvement	/ 1	
<input type="checkbox"/> Goals were set	/ 1	
<input type="checkbox"/> Logbook was completed	/ 1	
<b>Summary of Coaching Flight Skills E G S NI:</b>		
<b>Overall Rating</b>	<b>/ 2 6</b>	<b>Pass Mark is 21 or 80%</b>

C3 WS Signature: \_\_\_\_\_

Candidate's Signature \_\_\_\_\_ Date: \_\_\_\_\_

### Coach 3 Wingsuit Practical Training Record

Date (dd/mm/yy)	Task	Comments / Results	Verification SSE/C3 WS/DSO (Signature / Print Name / CSPA #)
	Verification of C2 rating		SSE
	Logbook proof of 100 Wingsuit Jumps		SSE/ C3-WS
	Coach 3 Common Exam (Open Book)		SSE
	Coach 3 Wingsuit Exam		SSE / C3-WS
	Technical Assessment Jump #1		C3 WS or submission to CWC
	Technical Assessment Jump #2		C3 WS or submission to CWC
	Evidence of participated in two judged events or competitions		SSE
	Dropzone Owner or Dropzone Safety Officer verification that the candidate is a subject matter expert in wingsuit flight with a safety orientated attitude.		DZO / DZSO
	SSE verification that the candidate is a subject matter expert in Wingsuiting with a safety orientated attitude.		SSE
	Evidence of manufacturer's first flight instructor course		SSE



1. Coach 3 Wingsuit comments on candidate's overall performance.

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2. Candidate's comments on the program.

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I acknowledge the above training and evaluation of my abilities by the signing instructor below and certify that the information in this portfolio is a true and accurate representation of my experience as a rating holder.

\_\_\_\_\_  
Candidate's Signature

\_\_\_\_\_  
Date (day/mon/year)

\_\_\_\_\_  
Candidate's Name (Print)

\_\_\_\_\_  
CSPA #

\_\_\_\_\_  
Email

**Verification by Certified SSE:** I certify that the above-named candidate has trained as a Coach 3 Wingsuit and has completed the practical requirements as recorded in this portfolio within a one-year period.

\_\_\_\_\_  
Verification Signature

\_\_\_\_\_  
Date (day/mon/year)

\_\_\_\_\_  
Verification Name (Print)

\_\_\_\_\_  
CSPA #

\_\_\_\_\_  
Email