

CSPA Mentorship Program Guide: Active Start, Flying Fundamentals

Objective:

Mentoring individuals who are new to the sport and helping them navigate the progression of skydiving.

Program Structure

1. Participant Eligibility

a. Mentees (any of the following):

- i. individuals who are currently working on their CSPA Solo Certification,
- ii. individuals who are interested in or currently working on their CSPA A CoP, and/or
- iii. individuals seeking further knowledge pertaining to basic skydiving skill development.

b. Mentors:

- i. Current CSPA Coach and/or Instructor certification
- ii. Having a current Jump Master (JM) or a Progressive FreeFall Instructor (PFFI) certification, is encouraged

2. Program Duration

- a. Recommended program duration: three (3) months.
- b. Option to shorten or extend based on a mutual agreement between mentor and mentee.

3. Matching Process

- a. Pairing based on experience and qualification privileges of the mentor and mentee,
- b. Mentee knowledge and/or skill development goals,
- c. Possible consideration of geographical location,
- d. Consideration of compatibility, and/or
- e. Specified mentee requests will be considered.

Program Components

1. Initial Meeting

- Introduction and goal-setting session.
- Discuss mentee's current skill level and aspirations.
- Outline expectations and responsibilities of both mentor and mentee.

2. Skill Development Sessions (where applicable)

- Bi-weekly meetings (in person or virtual) or as mutually scheduled.
- Progress review, knowledge development, and addressing any challenges.
- Discussions focusing on specific skills and techniques.
- Review of practical task(s) and set progression goals.
- Scheduled jump sessions focusing on specific skills and techniques.
- Video debriefs and performance analysis.
- Safety drills and emergency procedure reviews.

3. Progress Tracking

- Use a logbook or digital tracking tool to monitor mentee's progress.
- Set milestones and celebrate achievements.

4. Networking and Community Building

- Participation in seminars and workshops.
- Encouraging participation in future development camps and courses.
- Collaborate with others new jumpers to expand and share knowledge and experiences.

Roles and Responsibilities

Mentor Responsibilities

- Provide guidance, support, and feedback.
- Share knowledge and industry standard practices.
- Ensure safety and adherence to CSPA practices and standards, including compliance with all CSPA PIMs, such as Standards of Integrity
- Motivate and inspire the mentee.

Mentee Responsibilities

- Actively participate and engage in the program.
- Be open to feedback and demonstrate willingness to learn.
- Maintain a log of progress.
- Communicate openly.
- Respect mentor's time and commitment.
- Ensure safety and adherence to CSPA practices and standards, including compliance with all CSPA PIMs, such as Standards of Integrity.

Evaluation and Feedback

Program Completion

- Final assessment of skills and achievements.
- Celebration of progress and completion.
- Provide feedback for program evaluation.