CSPA SKILLS PROGRESSION GRID							
Pr	ogression of each of the 6 area	s are independent of each oth	er, however all stages must be c	completed prior to receiving your C	oP.		
PREPARATION Section 1	EQUIPMENT Section 2	IN-FLIGHT Section 3	FREEFALL Section 4	CANOPY CONTROL Section 5	TECHNICAL KNOWLEDGE Section 6		
		PRE-LEVELFirst	Jump Introduction	SSI			
Physical rehearsal	Components and function Activation of reserve <emergency endorsement="" procedures=""></emergency>	Seating and movement Assisted exit	Wide spread arch	Canopy identification Flight control check Guidance response	Unusual situations: in-flight under canopy		
				Observation of surface winds Landing techniques Ground Control Assisted	on ground		
		Student Progression to S	SoloJump Master or PF	FI			
Relaxation	Altimeter setting and mounting	Pre-exit handles check	Box position	Full glide turns above 2000'	Box position		
Mental Rehearsal	Gearing-up procedures and adjustments	Verbal Review	Observation circle	Ground Control - Partial Assistance	Unusual situations in freefall		
Recall and Awareness Self-evaluation Self-directed instruction	Setting audible altimeter Setting AAD Full Gear Checks	Ground Orientation Spotting - Observed Spotting assisted	Altimeter use Activation Heading control	Observation of drift Ground Control – Unassisted	Theory models: spotting freefall control		
	Packing: introduction	Pilot briefing Spotting unassisted	Arm exercise Leg exercise 90/180 Turn left/right (Vertical axis rotational	Rear riser turns Basic Landing pattern	freefall math canopy flight (straight, turns, stalls) freefall control		
			control) 360 Turn left/right (Vertical axis rotational control)	Flat Turn Turbulence	360° turns		
	ı	SOLO Check-ou	,	1 di odieneo	<u> </u>		
Goal Setting	Component Identification	Ride the Slide	Solo Check-out Jump	Basic Landing pattern	<solo emergency<br="">Procedures Review></solo>		
		SOLO	CERTIFIED				

25

PREPARATION	EQUIPMENT	IN-FLIGHT	FREEFALL	CANOPY CONTROL	TECHNICAL KNOWLEDGE					
	Novice Progression -The BasicsCoach 1									
Warm-up & Stretching	Packing: assisted	Exits (e.g. dive, rear float)	Back loop(360° lateral axis rotation)	Rear riser turns (above 2000')	Theory models:					
Concentration	Packing: unassisted (observed)	Exits (e.g. poised, front float)	Front loop (360° lateral axis rotation)	Line of Flight Approach	freefall control- back loops					
Anticipation	Packing: clearing entanglements	Intentional unstable exit	Barrel Rolls R/L (360° longitudinal rotation)	Set-up assessment	line of flight approach					
Solo dirt dive (Sequence preparation)	Equipment Inspection while packing	WDI, Meteorological Report	Delta, Delta Dive	Front riser turns	freefall control- front loops					
preparation)				Flat turns	freefall control- rolls					
				Set-up assessment with	<night< td=""></night<>					
				line of flight	Endorsement>					
		Novice Progression - Ad	vanced		[optional training]					
Fitness	<packing endorsement=""></packing>	Dive to delta exit	Basic Solo Free Style,	Stall practice & Recovery	<water< td=""></water<>					
Timess	a defining Endorsements	Dive to defin em	Artistic and Inverted	(above 2000')	endorsement>					
			Flight E.g. French roll,	(,						
			stag, T, daffy, sit, stand-	Stall turns						
			up							
Dive planning	Deployment control techniques	Floater track exit	Combined manoeuvres	Angle control on approach	<not cop="" for="" required=""></not>					
Relaxation - advanced	Accessory equipment	Rate one turn	Style and manoeuvre series	Assessing/critiquing a canopy approach	Model for accuracy approach					
Mental training techniques	Jumpsuit selection	Downwind spotting	1:1 Formation Skydiving	Riser manoeuvres	Advanced FS body position (mantis)					
	Use of weights	Spotting for FS	Pin practice with	Front Riser turns	<sport canopy<="" td=""></sport>					
		1:1 tight exits	proximity Break off procedures	Rear Riser Flare/Stalls (above 2000 feet)	Review A> <emerg. a="" procedures="" review=""></emerg.>					
		Rehearsal with relaxation	Level control	Avoidance techniques						
		A Con	Docking procedures							
A - CoP completed										

PREPARATION	EQUIPMENT	IN-FLIGHT	FREEFALL	CANOPY CONTROL	TECHNICAL KNOWLEDGE			
Intermediate Skydiver ProgressionCoach 2 / Coach 3 / Competition Development Coach								
Memorization	Variations to packing techniques	1:1 tight exits	Freefall grips	Riser flared landing	Model for three turn types			
Group Dirt diving	(LIST variations)	(variations)	Turn and dock	Assessing weather	Model for group freefall			
Dive planning (review)	Routine maintenance	(LIST variations)	Side slide and dock	Assessing terrain	Model for group exits			
Stress control	Storage practices	Exit order	Diagonal dock	FS approach/rules, group approach	FS rules and courtesies in freefall			
Self-directed skill development	Equipment seminar	Small group exit, no grips	Super positioning	S-turn	Equipment servicing			
Dirt diving - review		Small group exit, with grips	Relativity control	Sashay	Maintaining the fall rate			
Goal setting techniques review: SMART, short, long term goals		First formation exits	Flying base	Parallel canopy flight	Safety for Group FS			
		Large aircraft loading and spotting	Partner sequential	Large group pattern approach	Equipment characteristics and selection			
			Advanced solo skills E.g. Sit/Inverted 360 deg Flat track Group FS		<pre><sport b="" canopy="" review=""> <emerg.procedures b="" review=""></emerg.procedures></sport></pre>			
			Long swoop Floater tracking Recovery					
			<pre><group endorsement=""></group></pre>					
		B-CoP o	completed					