

# FREEFLY JUMPS

- Practice each task before the jump.
- Get familiar with safety issues in freeflying and take them in to account while planning.
- Mark chosen jump (1–3) to logbook.
- For evaluation, check Skydivers Guide.

## **Jump 1: *Back-sit-back transitions***

Use exit that is familiar to you. Turn to your back and make sure you are stable before moving forward.

Goal of the jump is to maintain good and stable body position on your back, transition up to sitting position and back down. If you are able to get up to sitting position or if you lose control of it, get back down to your back and repeat the exercise.

Other things to take in to account:

- Altitude awareness in different body positions.
- Freefall time reduces since the speed is higher.
- Work across the jumprun.

## **Jump 2: *Exit to sitting position***

Goal of the jump is to maintain sitting position straight from the exit. Exit can be performed either belly or back towards the ground, so the relative wind comes from a right angle. From this point on, practice sitting position like in first jump. When you lose sitting position, get down on your back and lift yourself back up. If position feels controlled, you can stay in sitting position for a longer time.

## **Jump 3: *Controlling sitting position***

Goal is to stay in sitting position and prevent drifting. Check chapter 41.2.3.

Other things to take in to account:

- Work across the jumprun.
- It is usual that in the beginning your body drifts backwards because you are leaning slightly forward and you might not notice it.
- Focus from the beginning that you keep your chin up, shoulders back, chest open and press upper body backwards. This way the position stays in place, or if pressed enough backwards your position will move even forwards.