

# TRAINING PROGRAM – AFF

	JUMP	ALTITUDE	FREEFALL		COMMENT	15.2.2025
<b>FJC: level I dive flow, theory exam, Medical statement, Practical exercises → ELEMENTARY TRAINING STUDENT</b>						
<i>t6a: AFF jumps</i>						
1	Level 1	3000–4000		RADIO	t10.1. Exit, CoA, 3xPractice pull, Stable body position, Altitude awareness, Deployment 1600 m (±300 m). Radio at least on 3 first jumps. EP exercise valid for 2 months. Canopy handling evaluation during every jump.	ELEMENTARY TRAINING
2	Level 2	3000–4000			t10.2. PP until OK, Movement forward, 2x90° turn, Deployment at 1600 m (±300 m).	
3	Level 3	3000–4000			PP until OK, stable body position with heading control, own deployment. deployment at 1600 m (±150 m).	
4	Level 4	3000–4000		3x3-check (t2.6). One instructor. exit spot check, gear check from now on, 90° turns (±20°). Deployment 1500 m (±150 m).		
5	Level 5	3000–4000		Exit spot check, 360° turns (±45°), canopy handling. deployment 1500 (±150 m).		
6	Level 6	3000–4000		t9.2.4 AND t10.5 ja t10.6. Exit spot check, floating exit alone, barrel roll, back flip. deployment 1400 m (±150 m).		
7	Level 7	3000–4000		t9.3 and t10.4. Exit spot check, diving exit, front- and back flips, 2x360° turns. deployment 1400 m (±150 m).		
8	Level 8	1800–2500	15	<b>t10.8 and emergency exit changes → TRAINING!</b> First low altitude, floating exit, stable body position, altitude awareness, Stable body position and deployment. Instructor is not in freefall, deployment 1400 m.		
<p><b>Levels 1–3 jumped with two instructors. Levels 4–8 with one instructor. If level 3 is jumped as recurrency or after unsuccessful jump, it can be jumped with one instructor if safety is not compromised. RECURRENCE AFTER 30 days levels 2–3: approved previous level. Levels 4–7: previous level or level instructed by an instructor. Level 8 must be jumped within 14 days from level 7, or then recurrency for level 7. If break more than 3 months, recurrency is level 3.</b></p>						
<p style="text-align: center;"><i>t8a: AFF Basic training program, t9: Exit, t10.3: Back fly, t10.7: Tracking and FS-tracking, t11: Weather, t12: Exit spot, t13: Safe canopy flight and accurate landing, t15a: AFF jumps; Re-cap for dangerous situations and EP.</i></p> <p style="text-align: center;"><b>Student canopy packing, t7 (throughout the program). Basic training written exam → BASIC TRAINING</b></p>						
9	Stability altimeter, count, Spot	1600–1800	8	5 EXIT SPOT DETERMINATIONS WHERE LANDING WITH PRE-PLANNED PATTERN TO LANDING AREA + 3 canopy handling exercises (t13)	Getting used to lower altitude. Things learned in AFF: Floating exit, stable body position, altitude awareness and stable freefall. Deployment at 1300m.	BASIC TRAINING
10	Stability altimeter, count, Spot	1300–1500	5		Transition belly-back (4 s), return and stable body position. Stop working at 1800 m.	
11	Stability altimeter, count, Spot	1300–1500	5		Long, straight, efficient, Heading and body control. Stop working at 1600 m.	
12	Back fly, Spot	2400–4000	25–60		Break-off signal, 180°, track 4 s, stop, airspace check and deployment signal; repeat. Stop working at 1600 m.	
13	Track, Spot	3000–4000	25–60			
14	FS-track, Spot	3000–4000	40–60			
<b>Approved RECURRENCE AFTER 30 DAYS: 15" or other additional tasks required by instructor</b>						
<p style="text-align: center;"><i>t14: Gear check, t16: Advanced training, t17: Canopy handling jumps, t18: FS, t19: Freely, t20: Own gear, t28: Advanced training jumps; t9–t13: Re-cap; Dangerous situations and EP.</i></p> <p style="text-align: center;"><b>Gear check examination and written advanced training exam → Advanced training</b></p>						
15	Canopy handling	2000–4000	5	OWN GEAR WITH CI OR ACI PERMISSION. t21 and canopy handling jumps CAN BE WITHOUT INSTRUCTOR IN THE PLANE + 3 CANOPY HANDLING EXERCISES (t17)	Canopy handling jumps are jumped according to the guide, jump number is put to the logbook. During canopy handling jumps there are no other exercises in freefall, if student uses own gear, these must be jumped in a row. If exit altitude higher than 2000m, deployment according to the program.	ADVANCED TRAINING
16	Canopy handling	2000–4000	5		<b>First group skydive.</b> Learn body position. Altitude awareness, break-off (first 1800 m / when experience allows 1600 m) and track. t18.	
17	Canopy handling	2000–4000	5		<b>Group skydives</b> choose from <b>FS-jump program</b> (freely with requirements by the guide). like 1. group skydive (jump 18), but weight little bit on the performance, safety is priority.	
18	Group jump, spot	3000–4000	40–60		All 2-FS-jumps. Put number of a jump from the program to logbook.	
19	Group jump, spot	3000–4000	40–60		<b>Freely jumps</b> advancing according to the guide.	
20	Group jump, spot	3000–4000	40–60		<b>FS:</b> Good body position, stay in place, hand signals, movement horizontally, up and down, turns, movement sideways, grips, fly slot, Break-off, track, deployment and safety. Focus in safety. <b>Break-off at first 1800 m, then at least 1600 m. Advance according to the FS-program</b> depending on skill level and previous jumps. Mark to logbook tasks done.	
21	Group jump, spot	3000–4000	40–60		<b>Safety is priority when evaluating (Altitude awareness, break-off, track)</b> , but partially also evaluate performance during freefall.	
22	Group jump, spot	3000–4000	40–60		Controlling entire skydive in practice; t24 before jump.	
23	Free, spot	3000–4000	40–60		Keeping conditions in mind.	
24	Free, spot	3000–4000	40–60		With instructor assigned by CI, ACI or SO. Not passed if instructor has to intervene.	
25	Check dive	According to the situation				
<b>Approved RECURRENCE AFTER 30 DAYS: 15" or other additional tasks required by instructor</b>						
<p style="text-align: center;"><i>t21: Gear checking and maintenance, t22: Packing checks for student canopy, t23: Rules, laws and regulations, t24: Organizing skydiving activities, t25: Special activities, t26: Physiology, t27: Risk factors, actions during accidents and first aid; t9–t14 and t17–t20: re-cap; dangerous situations and EPs (re-cap)</i></p> <p style="text-align: center;"><b>Packing and checking exam for student main canopy, written theory exam and jump count within 12 months → A-license requirements fulfilled (CI/ACI/instructor) → Logbook is training certificate</b></p> <p style="text-align: center;"><b>→ LICENCED SKYDIVER → A-LICENCE APPLICATION TO FINNISH AERONAUTICAL ASSOCIATION</b></p>						