

TRAINING PROGRAM – SL

	JUMP	ALTITUDE	FREEFALL	COMMENT (HD PILOT CHUTE IN BASIC TRAINING AT THE LATEST, LIKE HERE)	21.1.2024
FJC: jump I dive flow, theory exam, Medical statement, Practical exercises → ELEMENTARY TRAINING STUDENT					
1	SL-jump	1000	---	RADIO Exit, X-position, arch, count eye contact with the plane or instructor. Maintaining stable body position. Radio on 3 first jumps. EP exercise valid for 2 months. Canopy handling evaluation during every jump	ELEMENTARY TRAINING
2	SL-jump	1000	---		
3	SL-jump	1000	---		
t6b.2	Practice pull			PP theory + practices on the ground and in harness. Correct rhythm, ARCH-REACH-PULL.	
4	SL-PP-jump	1000	---	Stable body position, ARCH-REACH-PULL and back to basic body position.	
5	SL-PP-jump	1000	---	Maintaining arch and symmetrical arm movement.	
6	SL-PP-jump	1000	---	Last PP and SD during same or next calendar day.	
t3.5 t3.6 t6b.3	Freefall, deployment, self deployment 3"			Deploying self, basics of freefall, pilot chute in turbulence and packing for SD main canopy. EMERGENCY EXIT CHANGES → TRAINING! On top of lecture practical exercises on the ground and re-cap for EPs.	
7	Stable, count	1100	3	Similar than PP. Stable body position, ARCH-REACH-PULL. Tolerance 2–5".	
8	Stable, count	1200	5	3x3-check. (t2.6), t6b.4. Stable position, count 101–102–ARCH-REACH-PULL. Tolerance 4–7".	
9	Altimeter (count)	1600	10	t3.5, t6b.5, t10.1, 3x3-check and t10.8 Dangerous situations in freefall and TRAINING. Deployment according to altimeter at 1300 m, count just in case. Stable, relaxed, basic body position and heading.	
Approved RECURRENCE AFTER 30 DAYS: SL AND PP → SL; 3", 5" AND 10" → PP or other tasks given by instructor					
t3.6: Deployment, part HD, signature to logbook, t8b: SL-elementary training program, t9: exit, t10: Freefall basics (excluding front flip t10.4), t11: Weather, t12: Exit spot, t13: Safe canopy flight and accurate landing, t15b: SL-jumps; re-cap of dangerous situations and EP.					
Student canopy packing, t7 (throughout the program). Basic training written exam → BASIC TRAINING					
10	Altimeter, spot. (HD-use practice)	1800	15	Deployment according to altimeter. Deployment signal, relax, body position and heading. Exit spot determination with instructor.	BASIC TRAINING
11	Floating exit, spot	1800	15	Maintain stable body position after exit, spotting alone.	
12	Diving exit, spot	1800	15	Dive with heading control. Stable, relax. spotting alone.	
13	360° turn, spot	2400–4000	25–60	Controlled turn. Stop. Tolerance ±90°. Spotting alone. Stop working at 1600 m.	
14	Back fly, spot	2400–4000	25–60	Transition belly-back (4 s), recover and stable. Stop working 1800 m.	
15	Barrel roll and back flip, spot	3000–4000	40–60	Controlled barrel roll with heading control. Stabilize after. Tolerance ±90°. Controlled flip, Heading control. Stabilize after. Tolerance ±90°. Stop working 1800 m.	
16	Track, spot	3000–4000	40–60	Long, straight, efficient, Heading and body control. Stop working at 1600 m.	
17	FS-track, spot	3000–4000	40–60	Break-off signal, 180°, track 4 s, stop, airspace check and deployment signal; repeat. Stop working at 1600 m.	
Approved RECURRENCE AFTER 30 DAYS: 15" or other additional tasks required by instructor					
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.					
Gear check examination and written advanced training exam → Advanced training					
18	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) 5 EXIT SPOT DETERMINATIONS, LANDING WITHIN 50M FROM PRE-DEFINED SPOT + 3 CANOPY HANDLING EXERCISES (t17) 5 EXIT SPOT DETERMINATIONS, LANDING WITHIN 50M FROM PRE-DEFINED SPOT + 3 CANOPY HANDLING EXERCISES (t17) 5 EXIT SPOT DETERMINATIONS, LANDING WITHIN 50M FROM PRE-DEFINED SPOT + 3 CANOPY HANDLING EXERCISES (t17)	ADVANCED TRAINING
19	Canopy handling	2000–4000	5		
20	Canopy handling	2000–4000	5		
21	Group jump, spot	3000–4000	40–60		
22	Group jump, spot	3000–4000	40–60		
23	Group jump, spot	3000–4000	40–60		
24	Group jump, spot	3000–4000	40–60		
25	Group jump, spot	3000–4000	40–60		
26	Free, spot	3000–4000	40–60		
27	Free, spot	3000–4000	40–60		
28	Free, spot	3000–4000	40–60		
29	Free, spot	3000–4000	40–60		
30	Free, spot	3000–4000	40–60		
31	Check dive	According to the situation		Controlling entire skydive in practice; t24 before jump. Keeping conditions in mind. With instructor assigned by CI, ACI or SO. Not passed if instructor has to intervene.	
Approved RECURRENCE AFTER 30 DAYS: 15" or other additional tasks required by instructor					
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)					
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					
→ LICENCED SKYDIVER → A-LICENCE APPLICATION TO FINNISH AERONAUTICAL ASSOCIATION					