

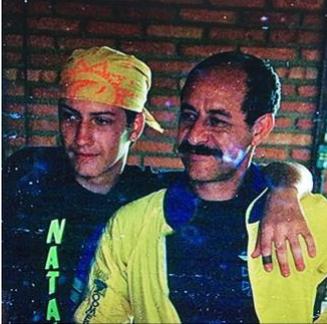
Live long Skydiving



Keep current for safety and joy!

Every skydiver learned to do personal checklist from ASL to AFF courses. Keep this practice up to date, no matter how experienced you are in the sport, and you can enjoy a long term life skydiving. My name is Jack and the pictures above are my personal inspiration. My father taught me how to skydive when I was 15 years old, and now he is 75 years old and yet skydiving, and I am at my 40's now and I keep regular doing my AFF checklist procedures even after +3000 jumps. Keeping my safety current allows me to live longer in the sport as my father does it also. Good decisions and well clear mindset are the basics to enjoy this beautiful sport.

How to keep current in seasonal DZ?



Check list concept

A Checklist is the full safety procedure we have to keep in mind when we go skydiving, from your gear check until you are back in the packing area. It means we must keep current also when we are not jumping, visualization of your personal "Check list" it will keep you current about good decision making when it comes the time to go jump again. Let's talk about AFF and Pro flyers check list, keep fresh in your mind, remember yourself about:

- Gear up full check.
- Airplane safety issues.
- Door exits to freefall, jump run.
- Freefall plan and safety aspects.
- Separation and deployment sets.
- Abnormalities and breakdowns, Emergency Procedure.
- Navigation and canopy piloting.
- Landings. Safety landings.
- Attention and gear down to packing zone.
- Packing your gear and keep it up to date.





Keep flying

With the advantage of wind tunnels we can keep bodyflight skills up to date. But remember wind tunnel practice is not skydiving and even if you have many hours inside a machine you are not skydiving so don't forget you have to develop skydiving skills as safety procedures, otherwise you are just making fool of yourself confidence and becoming a dangerous skydiver with good indoor bodyflight skills. Do not mix that mindset.



Have fun and be healthy

Always important to remember you started to skydive because you wanted to have fun. And as healthy you are on your personal limitations more fun you can have, so keep enjoying the process of learning and be always ready to put on some good reflex and decisions to your grow path. In the end what makes us live longer in the sport is our capability to adapt and develop knowledge within the process of skydiving.



Blue skies, soft landings and have fun out there when it comes the season time for jump!