



# AFF LEVELS 1 – 7 & LICENSE GUIDE

Atlanta Skydiving Center  
500 Airport Rd.  
Cedartown Ga. 30125  
(770) 614-DIVE (3483)  
(770) 684-6909 fax  
webmaster@skydivecenter.com  
<http://www.skydivecenter.com>

# USPA 'A' License Checklist - Atlanta Skydiving Center

## License Requirements

The whole objective to getting your license in the USPA is to finally be 'self-supervised' in skydiving, much like a scuba diver or a pilot is licensed and can safely perform the tasks required for their sport.

Once, licensed, you are no longer a student, and generally will not have to 'prove' your abilities to Instructors and/or DZ operators in order to jump. As long as you are not licensed, many dropzones will require you to jump with their staff in order to first prove your ability and skill level.

Your USPA "A" license, serves as proof of your ability to safely perform all basic skydiver functions. This table below is there to help you as a checklist once you finish AFF to ensure that you meet the requirements of the "A" license by jump number twenty.

Item	Date Completed	Signed off by:	Comments/Ideas
<b>AFF Graduate</b>			You must finish this first.
<b>Buy a USPA SIM Manual</b>			Available at the Manifest or on our website
<b>3 freefalls of 40 seconds or longer</b>			This is accomplished by level 3 of our AFF program
<b>5 minutes of freefall time</b>			You should have this completed before you graduate AFF level 7
<b>5 landings within 20' (44') of target center</b>			Have someone watch and critique your accuracy landings for this, note jump numbers on the license application
<b>Hold heading and 360 degree left and right turns</b>			Also called 'Figure-8' demonstrates heading and turn control.
<b>Safely Jumpmaster yourself, including, altitude, gear, spotting, etc.</b>			Includes complete self-preparation, gear check, spotting basics (theory), exit, landing safely. This is true 'self-supervision'
<b>Main Parachute Packing</b>			Lessons available at the packing mat. Make sure you have been signed off. Packing classes are held every other Saturday evening at ASC.
<b>Unintentional water landing training</b>			Covered off in the First Jump Course
<b>Relative Work Endorsement</b>			Can you perform a good 2 Way exit, fly to your partner, vary rate of descent in freefall, track away at the end, wave & pull safely?
<b>Participate in at least three 2-Way RW jumps (part of above)</b>			Recommended with an experienced jumper or Instructor. A great opportunity to continue learning with some Coach Jumps
<b>Complete the exam!</b>			Please study first, it can be tricky, 75% required to pass, but you may write it anytime that you are ready.

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## Introduction & Objectives

To introduce the student to controlled and stable freefall, altitude awareness, canopy deployment, steering and landing.

***Note: This section is not a First Jump Course! A proper First Jump ground school should have been taught prior to using this section. This is intended to be used as a review for students.***

### The Dive Flow

- Hotel Check
- Prop, up, down, ARCH
- Circle of Awareness
- 3 PT's – Arch, Reach, Throw, Return
- Circle of Awareness
- Hover Time with Short Circle's of Awareness
- Lock on 6000' (1900m)
- 5000' (1500m) Wave-Off, Arch, Reach, Throw, 1, 2, 3, 4, 5, Check Canopy.
- Minimum Pull Altitude is 4000'
- Locate Landing Area
- Fly Pattern Back to Landing Area

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## Review of Safety Information

### Aircraft Emergencies

- Landings
- Bailout Main and Bailout Reserve
- Open Parachute in Aircraft

### FreeFall Situations

- Loss of one or both Jumpmasters
- Stability problems
- Your Pull Priorities
- Minimum Decision Altitude is 2000' (600m)

### Equipment Situations

- Review Canopy Check (Square, Stable, Steerable)
- Line Twists, Slider Hand-up, End Cells closed)
- Malfunction Procedures

## Landings

- Have a plan from 1000' (300m) onward
- Typical pattern of flight
- Avoid Obstacles
- Land into the wind
- Parachute Landing Fall

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## Dive Flow

Learn the individual components of the dive:

- Door Exit
- Box' Arch position for Stable Freefall
- Practice Pulls – Arch, Reach, Locate, Throw
- Wave Off, Arch, Reach, Throw, Check
- Canopy Control Check
- Fly pattern back to Landing Area

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## Canopy Control

Learn some new things at this stage:

- Radio Control
- Normal & Radical turns
- Canopy traffic and avoidance of others
- Normal Pattern for
- Designated Point for final approach

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## Gear Check & Other Technical

Student should be familiar with the following:

- Helmet fitting & choice
- Goggles & Adjusting
- Altimeter & Adjusting
- Radio function & Use.

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## Advancement Requirements for Level 1

- Satisfactory PT's
- Good body position throughout the jump
- Altitude awareness
- Wave Off and pull by 4500' (1400m), observing pilot chute launch over right shoulder
- Minimum Pull Altitude is 4000'

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## Introduction & Objectives

To introduce the student to controlled turns left and right, as well as forward movement.

### The Dive Flow

- Hotel Check
- Prop, up, down, ARCH
- Circle of Awareness
- 2 PT's – Arch , Reach, Throw, Return
- Short Circle of Awareness
- 90 Turn Left
- Short Circle of Awareness
- 90 Turn Right
- Short Circle of Awareness
- Forward Movement for count of 3 seconds
- Short Circle(s) of Awareness + Heading Awareness
- Lock on 6000' (1900m) (Keep an eye on your altitude)
- 5000' (1500m) Wave Off, Arch, Reach, Throw, 1, 2, 3, 4, 5, Check Canopy
- Locate Landing Area
- Fly Pattern Back to Landing Area

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## Review of Safety Information

### Aircraft Emergencies

- Landings
- Bailout Main and Bailout Reserve
- Open Parachute in Aircraft

### FreeFall Situations

- Loss of one or both Jumpmasters
- Stability problems
- Your Pull Priorities
- Minimum Decision Altitude is 2000' (600m)

### Equipment Situations

- Review Canopy Check (Square, Controllable, Landable)
- Line Twists, Slider Hand-up, End Cells closed)
- Malfunction Procedures

### Landings

- Have a plan from 1000' (300m) onward

- Avoid Obstacles
- Land into the wind
- Parachute Landing Fall
- Off Field Landings
- Half Brake Approaches

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## **Dive Flow**

Learn the individual components of the dive:

- Practice Pulls – Reach, Locate, Recover
- 90 Left Turn, Short Circle Awareness
- 90 Right Turn, Short Circle Awareness
- Forward movement with Heading Control
- Wave Off Arch, Reach, Locate, Throw, Check
- Canopy Control Check
- Fly Pattern back to Landing Area

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## **Canopy Control**

Student should learn some new things at this stage:

- 1/2 Brake Turns
- Rear Riser turns
- Sensitivity to stalls
- Pointers to assist with long spots, such as identifying the landing area and if they can make it back to the spot.

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## **Gear Check & Other Technical**

You should be familiar with the following:

- Helmet fitting & choice
- Goggles & Adjusting
- Altimeter & Adjusting
- Radio function & Use.

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## **Advancement Requirements for Level 2**

- Satisfactory PP's
- Trim Control/Body Awareness Movements
- 90 Degree turns, demonstrating Heading Control
- More relaxed Arch Body Position throughout the Skydive
- Forward Movement
- Wave Off and pull by 4000' Minimum (1250m), observing pilot chute launch over right shoulder

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## Introduction & Objectives

To introduce the student to controlled solo freefall.

### The Dive Flow:

- Hotel Check
- Prop, up, down, ARCH
- Circle of Awareness
- 2 PT's – Arch , Reach, Throw, Return
- Two Toe Taps
- Begin Short Circles of Awareness
- Maintain Heading and Hover Control
- Continue Short Circles of Awareness
- 5000' (1500m) Wave Off, Arch, Reach, Throw, 1, 2, 3, 4, 5, Check Canopy
- Locate Landing Area
- Fly Pattern back to Landing Area

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## Review of Safety Information

### Aircraft Emergencies

- Landings
- Bailout Main and Bailout Reserve
- Open Parachute in Aircraft

### FreeFall Situations

- Loss of one or both Jumpmasters
- Stability problems
- 'Roll-Out-of-Bed' method of gaining stability
- Decision Altitude and Pull Priorities

### Equipment Situations

- Review Canopy Check (Square, Controllable, Landable)
- Line Twists, Slider Hand-up, End Cells closed)
- Malfunction Procedures

### Landings

- Have a plan from 1000' (300m) onward
- Avoid Obstacles
- Land into the wind
- Parachute Landing Fall

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## **Dive Flow**

Learn the individual components of the dive:

- Practice Pull
- Toe Taps and Why (optional)
- Choosing a Heading & Heading Maintenance
- Relaxation
- Wave Off, Arch, Reach, Locate, Throw, Check
- Canopy Control Check
- Fly pattern back to Landing Area

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## **Canopy Control**

Learn some new things at this stage:

- Stall Canopy above 2000' (600m) (This is optional)
- Radio Assistance kept to a minimum
- Pointers to assist with long spots, such as identifying the landing area and if they can make it back to that spot
- Choosing a 'Designated Point' to be at 200-300' (60-90m)

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## **Gear Check & Other Technical**

Student should be familiar with the following:

- 3-Ring Release, assembly and operation
- Reserve Static Line
- Calibrating and setting the Cypres AAD
- Review 1<sup>st</sup> Gear Check prior to gear up

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## **Advancement Requirements for Level 3**

- Satisfactory PRCP
- Continuous Solo Stable
- Altitude Awareness
- Body Position awareness
- More relaxed Arch Body Position throughout the skydive
- Good Hover Control
- Wave Off and unassisted pull by 4500' (1400m), observing pilot chute launch over right shoulder



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## Introduction & Objectives

To introduce the student to controlled turns left and right, as well as forward movement.

### The Dive Flow:

- Hotel Check
- Prop, up, down, ARCH
- Circle of Awareness
- JumpMaster moves to Front
- 'Yes Turns' from Student, JM OK's
- 90 Turn Left
- Short Circle of Awareness
- 'Yes Turns' from Student, JM OK's
- 90 Turn Right
- Short Circle of Awareness
- Forward Movement towards JumpMaster
- More turns if altitude permits
- No Turns and Hover Control below 6000', Short Circle's of Awareness
- 4500', Wave Off, Arch, Reach, Throw by 4000' (1400m)
- 1, 2, 3, 4, 5, Check Canopy
- Locate Landing Area
- Fly Pattern back to Landing Area

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## Review of Safety Information

### Aircraft Emergencies

- Landings
- Bailout Main and Bailout Reserve
- Open Parachute in Aircraft

### FreeFall Situations

- Only One JumpMaster
- Stability problems
- Your Pull Priorities
- Decision Altitude

### Equipment Situations

- Review Canopy Check (Square, Controllable, Landable)
- Line Twists, Slider Hand-up, End Cells closed)
- Malfunction Procedures

## **Landings**

- Have a plan from 1000' (300m) onward
  - Avoid Obstacles
  - Land into the wind
  - Parachute Landing Fall
  - Off Field Landing review
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## **Dive Flow**

Learn the individual components of the dive:

- Changes in Exit (One J/M)
  - Selection of Heading
  - 90 Left Turn
  - 90 Right Turn
  - Forward Movement and Redock
  - Wave Off, Arch, Reach, Locate, Pull
  - Canopy Control Check
  - Fly pattern back to Landing Area
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## **Spotting Basics**

- Cover basic concepts in Classroom
  - If possible on the jump, practice looking down from aircraft
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## **Canopy Control**

- Right-of-Way priorities
  - Canopy avoidance
  - Radio control kept to a minimum
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## **Gear Check & Other Technical**

Student should be familiar with the following:

- All hardware on rig
  - Should walk through complete gear check with JumpMaster
  - Should be comfortable with gearing themselves up
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## **Advancement Requirements for Level 4**

- Body position improving each dive
- 90 Degree turns, demonstrating Heading Control
- Forward Movement towards Instructor
- Wave Off and pull by 4000' (1400m), observing pilot chute launch over right shoulder

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## Introduction & Objectives

To complete controlled 360-degree turns left and right, as well as forward movement.

### The Dive Flow:

- Hotel Check
- Prop, up, down, ARCH
- Circle of Awareness
- Jumpmaster moves to Front
- 'Yes Turns' from Student, JM OK's
- 360 Turn Left
- Short Circle of Awareness
- 'Yes Turns' from Student, JM OK's
- 360 Turn Right
- Short Circle of Awareness
- Forward Movement towards JumpMaster
- More Turns if altitude permits
- 6000' Shake you head indicating "NO more Maneuvers"
- 4500', Wave Off
- 4000' Arch, Reach, Throw, 1, 2, 3, 4, 5, Check Canopy
- Locate Landing Area
- Fly Pattern back to Landing Area

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## Review of Safety Information

### Aircraft Emergencies

- Landings
- Bailout Main and Bailout Reserve
- Open Parachute in Aircraft

### FreeFall Situations

- Loss of one or both Jumpmasters
- Stability problems
- 'Roll-Out-of-Bed' method of gaining stability
- Decision Altitude and Pull Priorities

### Equipment Situations

- Review Canopy Check (Square, Controllable, Landable)
- Line Twists, Slider Hand-up, End Cells closed)
- Malfunction Procedures

## Landings

- Have a plan from 1000' (300m) onward
- Avoid Obstacles
- Land into the wind
- Parachute Landing Fall
- Water and Obstacles

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## Dive Flow

Learn the individual components of the dive:

- Controlled Exit
- Selection of Heading
- 360 Left Turn
- Circle of Awareness
- 360 Right Turn
- Forward Movement and Redock
- Wave Off, Arch, Reach, Locate, Throw
- Canopy Control Check
- Fly pattern back to Landing Area

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## Spotting Basics

- We choose the spot, student participates with the instructor
- If possible seat the student near the door

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## Canopy Control

Learn some new things at this stage:

- Landing Priorities – Too low to turn, overshooting target, Obstacle fixation
- Wind speed changes and canopy performance
- Radio control should not be needed at this point

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## Gear Check & Other Technical

Student should be familiar with the following:

- All hardware on rig
- Should walk through complete gear check with JumpMaster
- Should be comfortable with gearing themselves up

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## Advancement Requirements for Level 5

- Controlled Exit
- Body position improving each dive
- 360 degree turns, demonstrating Heading Control
- Forward Movement and redock with Instructor
- Wave Off and pull by 4000' (1400m), observing pilot chute launch over right shoulder

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## Introduction & Objectives

To complete a stable solo exit, stability recovery, and basic tracking (forward movement)

### The Dive Flow:

- Hotel Check
- Prop, up, down, ARCH
- Circle of Awareness
- JumpMaster flies to front
- JumpMaster demonstrates backloop
- Student does backloop and recovers
- Short Circle of Awareness
- 7000' Locate Dropzone
- Tracking exercise for 3 seconds
- Short Circle of Awareness
- 4500', Wave Off
- 4000' Arch, Reach, Throw, 1, 2, 3, 4, 5, Check Canopy
- Locate Landing Area
- Fly Pattern back to Landing Area

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## Review of Safety Information

### Aircraft Emergencies

- Landings
- Bailout Main and Bailout Reserve
- Open Parachute in Aircraft

### FreeFall Situations

- Loss of one or both Jumpmasters
- Stability problems
- 'Roll-Out-of-Bed' method of gaining stability
- Decision Altitude

### Equipment Situations

- Review Canopy Check (Square, Controllable, Landable)
- Line Twists, Slider Hand-up, End Cells closed)
- Malfunction Procedures

### Landings

- Have a plan from 1000' (300m) onward
- Avoid Obstacles

- Land into the wind
- Parachute Landing Fall

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## **Dive Flow**

Learn the individual components of the dive:

- Solo Exit Technique
- Backloop
- Delta tracking position
- Wave Off, Arch, Reach, Locate, Throw
- Canopy Control Check
- Fly pattern back to landing area

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## **Spotting Basics**

- We choose the spot, student gets more involved the Instructor
- If possible seat the student near the door

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## **Packing Lessons**

- This is a good time to start packing lessons
- Sources of information are the Canopy Owner's manuals and the packing video by Billy Weber

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## **Canopy Control**

Learn some new things at this stage:

- Continued awareness of other canopies
- Accuracy approaches for 'A' license requirements
- Radio control should not be needed at this point

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## **Gear Check & Other Technical**

Student should be familiar with the following:

- All hardware on rig
- Should walk through complete gear check with JumpMaster
- Should be able to check gear and gear up themselves

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## **Advancement Requirements for Level 6**

- Stable solo exit with stability
- Ability to recover from instability
- Good Delta tracking position
- Wave off and pull by 4000' (1400m), observing pilot chute launch over right shoulder

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## Introduction & Objectives

Graduation Dive, perform all skills learned in Levels 1 through 6, Jumpmaster is an observer on this dive.

### The Dive Flow:

- Diving Exit
- Short Circle of Awareness
- Perform a Backloop
- Short Circle of Awareness
- "FAST" 360 Turn Left
- Short Circle of Awareness
- "FAST" 360 Turn Right
- Short Circle of Awareness
- 180 Turn and Track for 3 seconds (maintain heading)
- Short Circle of Awareness
- Wait for jumpmaster "ok"
- If JM signals for another track, execute track for 3 seconds and be sure to maintain heading
- 4000' , Wave Off
- 3500' Arch, Reach, Throw, 1, 2, 3, 4, 5, Check Canopy
- Locate, Landing Area
- Fly Pattern back to Landing Area

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## Review of Safety Information

### Aircraft Emergencies

- Landings
- Bailout Main and Bailout Reserve
- Open Parachute in Aircraft

### FreeFall Situations

- Stability problems
- Your Pull Priorities and 5 second rule
- Decision Altitude

### Equipment Situations

- Review Canopy Check (Square, Controllable, Landable)
- Line Twists, Slider Hand-up, End Cells closed)
- Malfunction Procedures

## Landings

- Have a plan from 1000' (300m) onward
- Avoid Obstacles
- Land into the wind
- Parachute Landing Fall
- Half Brake Landings, Turns, and Approaches
- Off Field Landings

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## Dive Flow

Learn the individual components of the dive:

- Exit count
- Diving Exit technique
- Frontloop, and backloop review
- Tracking with heading control
- Wave Off, Arch, Locate, Reach, Throw
- Canopy Control Check
- Fly pattern back to Landing Area

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## Spotting Technique

- Can self spot if possible
- Review spotting requirements for 'A' License

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## Canopy Control

Learn some new things at this stage:

- Should know the full range of control of their canopy.
- Stalls, Toggle and Riser Turns
- Radio control should not be needed at this point

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## Gear Check & Other Technical

Student should be familiar with the following:

- All hardware on rig
- Should walk through complete gear check with JumpMaster
- Should be comfortable with gearing themselves up

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## Advancement Requirements for Level 7

- Satisfactory diving exit
- Complete gear familiarization
- Demonstrate accurate canopy control
- Complete satisfactory frontloop
- Wave Off and pull by 4000' (1400m), observing pilot chute throw
- Complete control of the skydive with a set routine
- Completed logbook entries



# High Solo & Low Solo

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## Objectives

After graduating AFF, we require that you perform a couple of solo jumps to complete your 'self-supervision' requirements prior to advancing towards your 'A' License and beyond.

These jumps can be done in any order, and need not be done right away, but should be considered as part of your training.

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## High Solo

This will be your first jump completely by yourself. You should feel comfortable with all aspects of your training at this stage – but being anxious is still OK. It should help you with all aspects of the skydiving operation around you.

- Manifesting and gear selection
- Gear check & Equipment preparation
- Spotting, Winds and Pre-Jump Planning
- Aircraft Boarding and seating arrangements
- Exit Order, Delay between groups
- Gear check prior to Exit
- Exit stable and in control
- Practice Pull (or two)
- Emergency Handles check in freefall
- HAVE FUN!
- Opening Altitude
- Canopy Control Check, approach planning and flight
- Landing safely
- Completing your logbook and review of Skydive

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## Low Solo (Hop and Pop)

The Low Solo skydive is designed to have you feel comfortable in getting out of the airplane, getting stable and deploying your parachute, all at an altitude BELOW what you are used to, but still at a safe altitude.

We expect you to perform LESS than a 5 second delay from 3500'. While this may seem low to an AFF student, most static line operations jump from less than 3000'.

Since you are not travelling at terminal velocity upon exit, short delays at lower altitudes are generally not a problem. You will also experience a slower opening sequence than normal, due to the fact that you are travelling at a slower speed when you deploy.

Someday, you may very well need to exit an aircraft much lower than you are used to. It is nice to know that the equipment and procedures still work.

All of the steps for the High Solo still apply, except for the freefall procedures.

- Preparation, Boarding (last), gear check and spotting all the same
- Exit at 3500'
- Gain stability
- Deploy in 5 seconds or less
- Do not sacrifice altitude for stability
- Should have deployed by 3000'
- Canopy Check, control and landing all the same as High Solo.

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## What's Next?

Once you have completed the High Solo and the Low Solo skydive, you can now confidently and safely continue your progression towards your USPA 'A' License. The next steps are detailed in the USPA Skydive Information Manual (SIM), which is available for purchase at the Atlanta Skydiving Center manifest desk or can be downloaded freely from <http://www.skydivecenter.com>.

Make sure that each jump is done with the same level of safety as your very first skydive. You are allowed to perform Relative Work with others, but stay within your limitations. Jumping with others that have also just graduated AFF can be dangerous if you are both inexperienced. We highly recommend that you continue your training in all areas with the help of one of our coaches. Ask one of your jumpmasters to introduce you to an approved coach.

You are allowed to try different sizes of parachutes, but consult our AFF jumpmaster / instructor staff before choosing your next canopy size or type. Again, stay within your limitations and remember that as long as you are not licensed, you will be required by FAA regulation to have both an AAD and an RSL on the gear that you jump. An AAD is required on all skydives at Atlanta Skydiving Center.

Log your jumps and track your progress towards the 'A' license goals. Have Instructors verify the steps and each jump so that when you arrive at your 20 jumps, you should be ready to apply for that license. Study before you take the exam and write it at any time you feel ready to.

Before we let you go, there are some simple rules about skydiving that we like to keep in mind:

- Land safely under an open parachute or aircraft
- Land Safe, not close
- Leave room for error
- Stay ahead of the jump
- Always have a plan
- Know thy altitude
- Know when to say no
- Never Give Up!

Most of all, Have Fun Skydiving at Atlanta Skydiving Center!

[www.skydivecenter.com](http://www.skydivecenter.com)