

Disciplines

CoP/licence work:

Your day will include 2way jumps towards your A or B that focuses on body position, fall rate, levels, turns, forward and backward movements and docking. It will also include trying different exit slots and tracking techniques.

Intro to 4way:

Requirements: B CoP/licence

Description: 2 jumps will be 1:1 with a coach focusing on specific skills relative to flying 4way. The final 3 jumps will be 4way with another 1:1 pair. Key concepts will include basic 4way formations with focus on flying your slot, eye contact, taking grips, and breakoff.

Intro to Backfly:

Requirements: An A license/CoP, minimum of 50 jumps, and non-rental freefly friendly gear.

Description: Focus will be on basic movements similar to Belly flying, with the aim of completing the necessary skills for the B-license backfly, but also including:

- Neutral Position: Fly stable
- Fall Rate: Variable
- Turns: Basic turns need to be controlled and on heading to be safe.
- Forward/Backward/Side movement: Basic movements to be controlled and safe.
- Vertical movement: Basic movements to be controlled and safe.
- Tracking: Safe back tracking & separation

Advanced Backfly:

Requirements: A B license/ B CoP, minimum of 75 jumps, and non-rental freefly friendly gear. Have basic knowledge of backfly or completed the Intro to Backfly.

Description: Focus will build on the Intro to Backfly, including more advanced skills:

- Transitions:
 - Belly to back barrel roll
 - Back to belly barrel roll
 - Belly to back flip
 - Back to belly flip
 - Barrel roll

Intro to Sitfly:

Requirements: 100 jumps, you should be able to hold a sit for the majority of a jump and have a basic knowledge and ability to backfly.

Description: Focus will be on basic movements similar to Belly flying, including:

- Neutral Position: fly stable and fly your slot
- Fall Rate: Variable
- Turns: Basic turns need to be controlled and on heading to be safe.
- Forward and Backward movement: If you want to be active in a formation in freefly, being able to move around safely is important.
- Docks: Getting docked on by others is as important as docking and is all about balance and stability.
- Tracking: Back tracking & separation

Head down beginner:

Requirements: 200 jumps, freefly friendly gear approved by Skydive Gan staff, including the reserve canopy, audible altimeter, all sitflying skills signed off

Description: The primary objective is to be able to safely and successfully fly a static neutral head-down position.

Head down intermediate:

Requirements: 200 jumps, freefly friendly gear approved by Skydive Gan staff, including the reserve canopy, audible altimeter, hold a static neutral head down position

Description: The primary objectives are to be able to safely and successfully begin in a neutral head-down position and, while flying your slot in a controlled manner, complete the following skills:

- Up/down: 3-6 feet
- Forward/ backward: 3-5 feet
- Turns: starting with 90° and eventually moving up to 360°.

Canopy Proficiency Training:

Requirements: USPA Self-supervised / CSPA Solo license

Canopy Proficiency Training: Deals specifically with creating good, soft, consistently accurate landings. Fully understand the correct flare technique and develop the ability to debrief personal performance. This training help you defines a flight plan, ensuring a high degree of accuracy and safety. For jumpers that are USPA, this training can help you complete your Canopy Piloting Proficiency Card required for your B.

Goals: Introduce controls to help understand the full performance range of the canopy:

- Canopy stall and stall recovery techniques
- Front / Rear riser control and harness input
- Braked turns and turn recovery
- Landing accuracy and handling long spots

Intro to CRW - Canopy Relative Work:

Requirements: USPA Self-supervised / CSPA Solo license. Minimum 50 Jumps (training will be skill level specific)

Description: Gain understanding in Canopy Relative Work. Increase confidence in proximity canopy flight while learning principles to approaches, docking and relevant emergency procedures.

Goals: Introduce new skills and information to instill confidence, knowledge and safety. Improve on in-flight canopy skills and promote CRW while having as much fun as physically possible.