



AUSTRALIAN PARACHUTE FEDERATION

BOOST Jump Handbook



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STATUS: EDUCATIONAL/ADVISORY

WARNING

Parachuting and flying in parachuting aircraft can be dangerous.

About this Publication

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Version Control

It is important that members refer to the current version of this handbook, which is current only at the time of download. This version makes minor changes for consistency with new regulations. The current version can be found on the [APF website](#).

Credits

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INTRODUCTION

Have you just completed your B-Rels? Do you want to step up and try new stuff?

If so, here is a collection of fun jumps to play with that will build skills to help you in any discipline.

1. Choose a jump and an exit then take advantage of the 'Tips and Tricks'.
2. Get a helping hand from your local instructor, coach, or more experienced mate to make each jump even more successful.
3. Read all jump sequences from left to right.
4. If you have yet to obtain your Certificate Class B, talk to your DZSO before you go ahead with any of these jumps.

IT'S ALL ABOUT LEGS

Skill focus

- Activating your legs.

Why bother?

- Power and control - Legs have access to more air than arms which makes them a bigger control surface. When you use them along with your arms, you can make more powerful moves with stronger starts and stops.

Jump Option #1 – It's all about legs

Routine

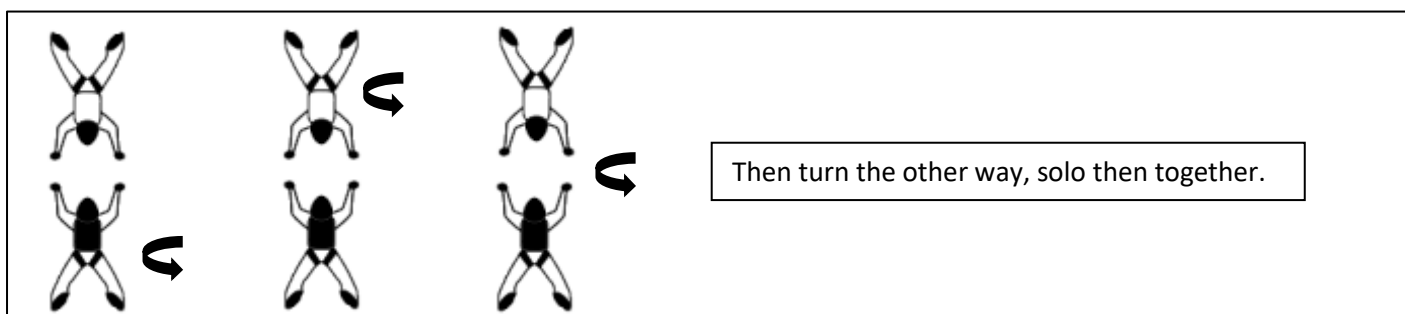
- 2-way
- Fly opposite each other, no grips
- Clasp your hands in front of you to isolate your legs
- Allow yourself to use a little input from your arms, but try to do most of the work with your legs
- Side slide one way, fully stop using opposite leg input then side slide the other way
- One person can lead, the other can follow
- As your skill improves, take out the pause and start to flow from one side to the other
- You can also make it a race and take it in turns to lead



Jump Option #2 – Break dancing

Routine

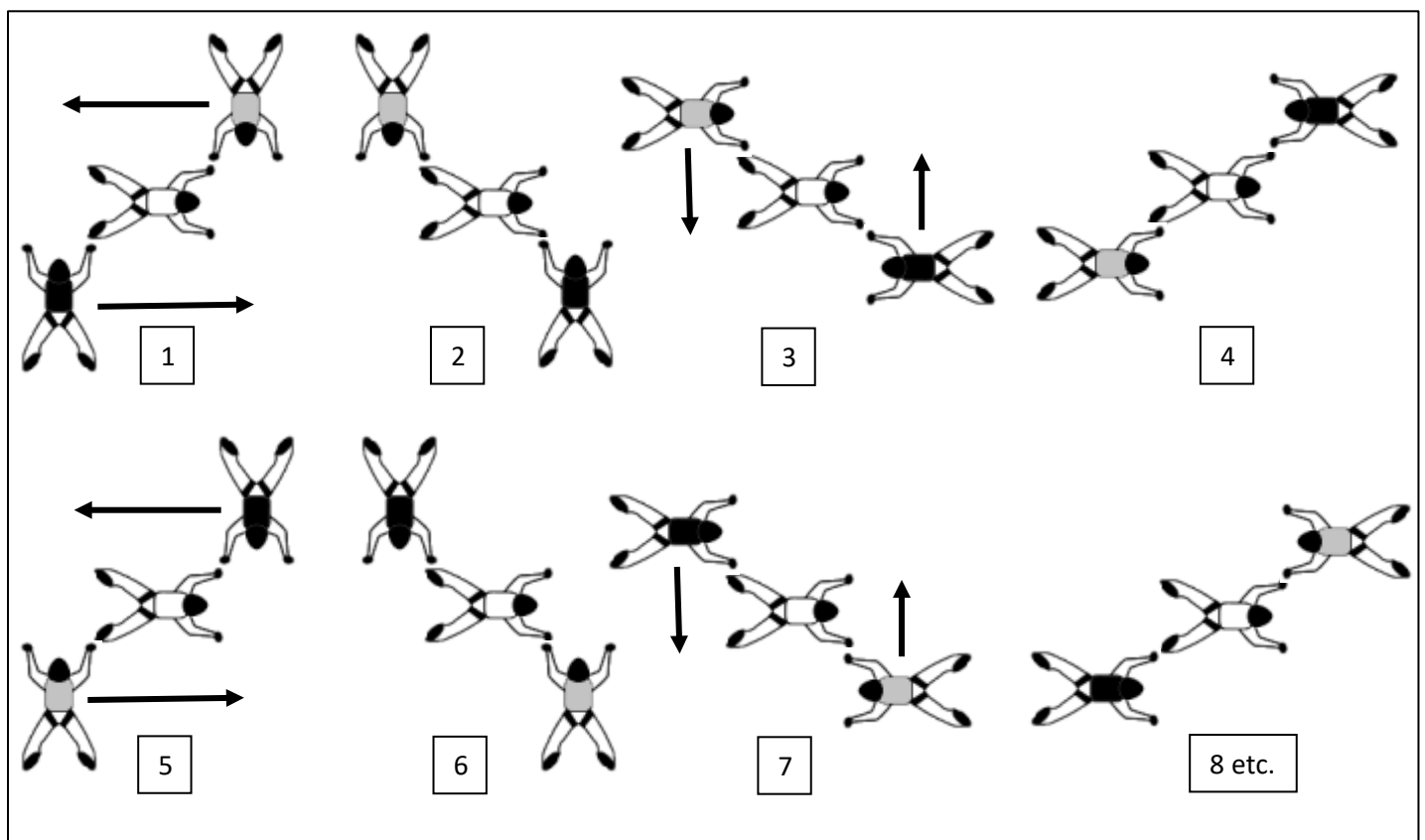
- 2-way
- Fly opposite each other, no grips
- Clasp your hands in front of you to isolate your legs
- Allow yourself to use a little input from your arms, but try to do most of the work with your legs
- One person sits base, the other performs a 360 turn (to right or left) stopping using opposite leg input
- Swap
- Both turn 360 at the same time
- Repeat the other way
- You can unclasp your hands and add grips – aim to stop on heading each time



Jump Option #3 – Around the world

Routine

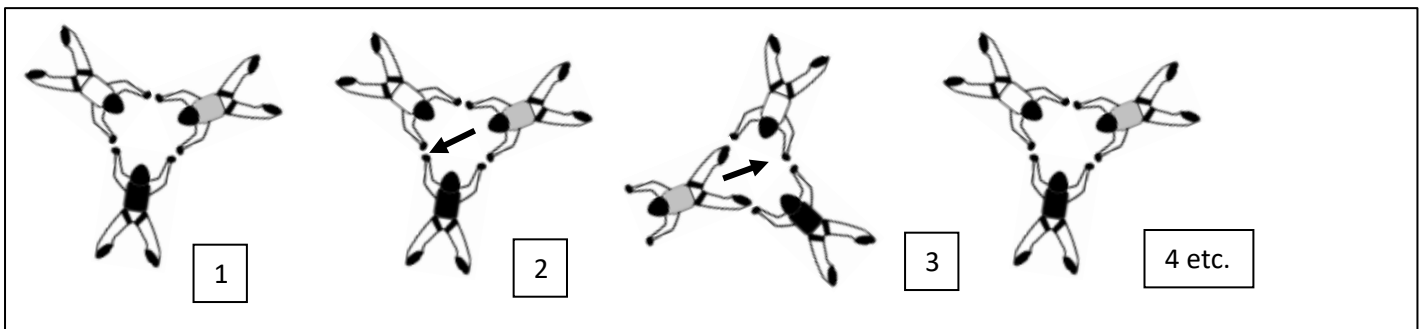
- A jump plan with slides, turns and grips
- 2 or 3-way
- 2-way
 - One person sits base, the other starts in a half star picture, they slide to the bipole, they rotate to the phalanx, slide to the other phalanx, rotate to the bipole, slide to the half star
 - All with grips
 - Swap places
- 3-way
 - One person sits base for the whole jump – you may be surprised how challenging this is! It is a great opportunity to really challenge your stability, maintaining levels and presenting hands for grips as two others fly around you!
 - One person starts in a half star picture, the other in a bipole on the opposite side, with grips. Both then slide along the long edge of the base and follow the dive plan above.
 - Synchronise your moves - pick up grips, look across and synchronise keys
 - Once you return to your starting point you can 'go the other way'
 - Race – once you both have strong starts and stops, pick up and key when you are individually ready to make your next move then go, can you catch the other person?



Jump Option #4 – It's a Long Way

Routine

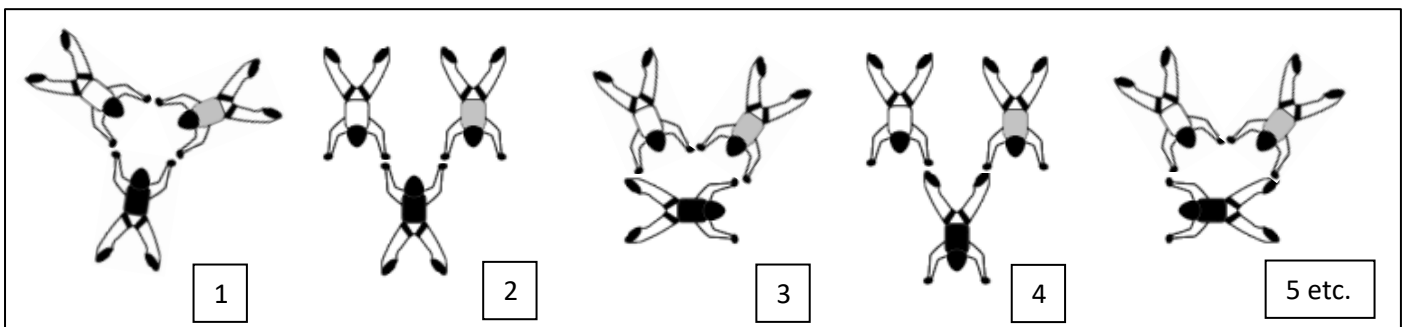
- A jump plan with forwards and backwards movement
- 3-way
- Set up in a star
- One person keys and flies all the way forward, through the centre of the formation to the other side and stops
- The other two break their grips on the key and rotate to pick up pod grips on the back of the solo flyer
- The pod pair key and rotate to allow the solo flyer to back up all the way to re-join the star
- Rotate solo flyer clockwise
- Use powerful, dynamic leg input to go forwards and backwards all the way - strong starts and stops



Jump Option #5 – Teamwork - static

Routine

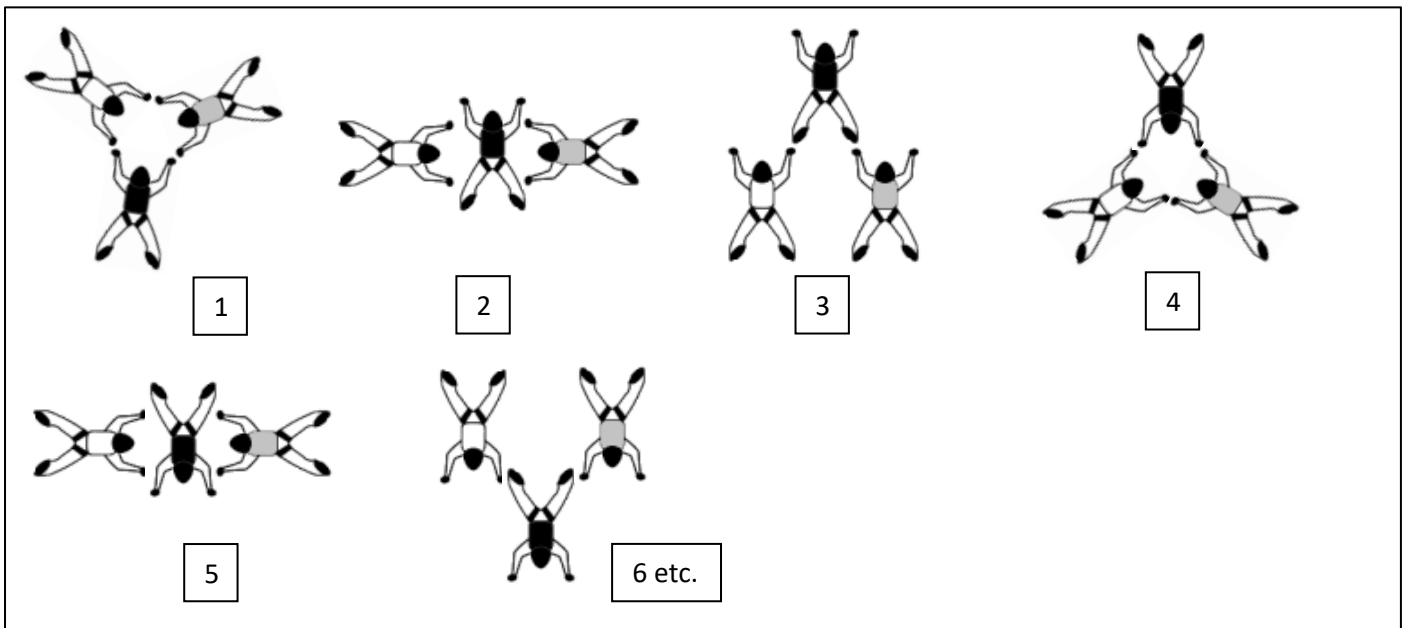
- A jump plan with turns
- 3-way
- Set up in a star, on key, transition to an open accordion
- One individual turns 90 degrees in place between each point, all points with grips
- The other two work together to pick up grips, key and hold ground while the individual turns
- Rotate the individual person slot to repeat



Jump Option #6 – Teamwork - moving

Routine

- A jump plan with everyone moving
- 3-way
- Set up in a star
- All flyers share the moves referencing the centre point of the formation, all points with grips
- Rotate the base person to repeat
- Option – instead of phalanx grips points 3 and 6, try a pod



Tips and Tricks

Skill focus

- Activating your legs for movement
- Hinging your legs from your hips, maintaining a strong core
- Controlling the air pressure on your legs for directional control – translation and rotation
- Strong starts and stops engaging the air pressure on your legs to manage momentum
- Travelling on an efficient centre point 'line', staying close to the formation
- Grip management, communication, and team work
- Base – maintaining levels and heading, despite burble from team mates
- Base – grip presentation, making it easy for your team mates to pick up grips
- Base – staying close to the centre of the formation, using leg pressure to avoid drifting away

Why bother?

- Legs have access to more air than arms which makes them a bigger control surface. When you use them, you can make your moves more powerful with stronger starts and stops.
- Using your arms and legs together and in balance allows you to rotate and translate on the spot.
- Using your legs for input and control leaves your hands available to pick up grips.
- When you keep your core strong and avoid twisting it or turning your head to trigger your move, you can stay closer to the formation.

- When you are comfortable using your arms and legs to rotate or translate in balance around your centre point, you no longer need to look into the eyes of your opposite to keep you close to others and your eyes are freed up to gather more relevant information.

Preparation and Debriefing points

- Maintain a strong body posture around your core and hips, this creates the stability you need to control the air pressure with your legs.
 - How stable did you feel when you were working with your legs in the air?
- Keep your core straight and strong to ensure you travel in a straight line.
 - How straight are you able to keep your core and avoid bending or twisting when you use your legs?
 - To what extent were you able to feel your legs connect with the pressure of the wind?
 - Did you notice any change in levels or position relative to your team mates?
- Use your head for information, looking through the centre of the formation.
 - How much did you use your head to trigger movements?
 - How did this alter the anchor point of your move / take you away from the centre of the formation?
- Plan to stop momentum in your move so that you can introduce more power and speed in your flying and be more accurate in your positioning.
 - How effective was your start and stop?
 - Did you stop early enough and hold the stop for long enough?
 - How effectively did you stop your momentum before picking up a grip?
 - How much did you drift away from your planned flight path and finish position?

NAIL AN EXIT

Skill focus

- Smooth stack up, exit timing and presentation in different exit positions.

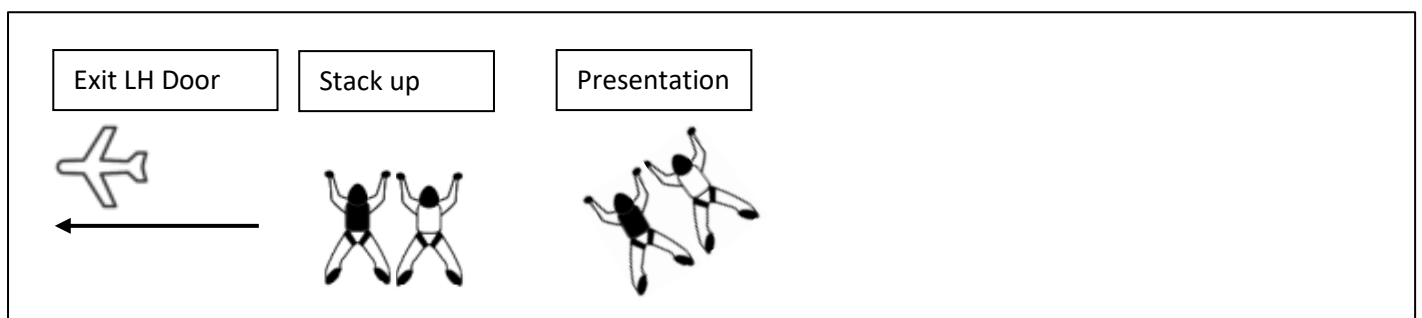
Why bother?

- When an exit flies, you have more freefall time to play and score points.

Exit option #1 – Double Floater

Routine

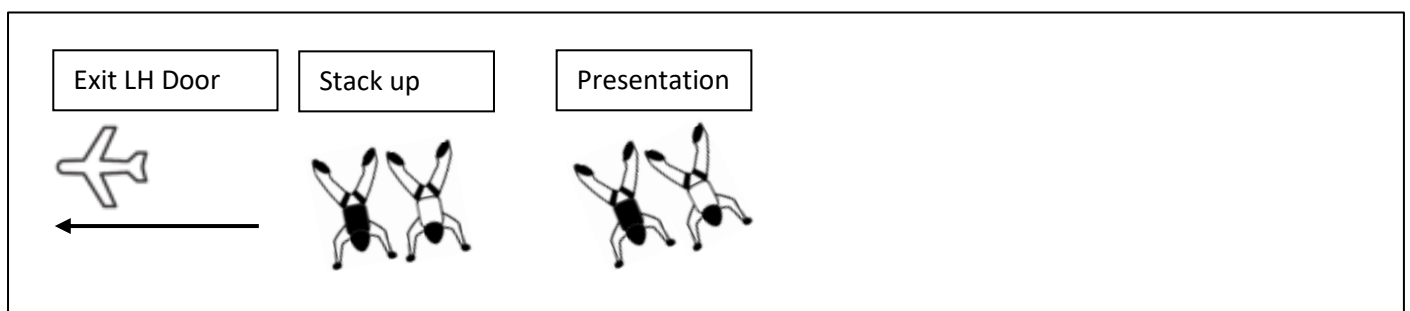
- 2-way linked or un-linked
- Both floating, side by side
- When linked, rear float picks up front float's right arm grip with their left hand



Exit option #2 – Attack from inside

Routine

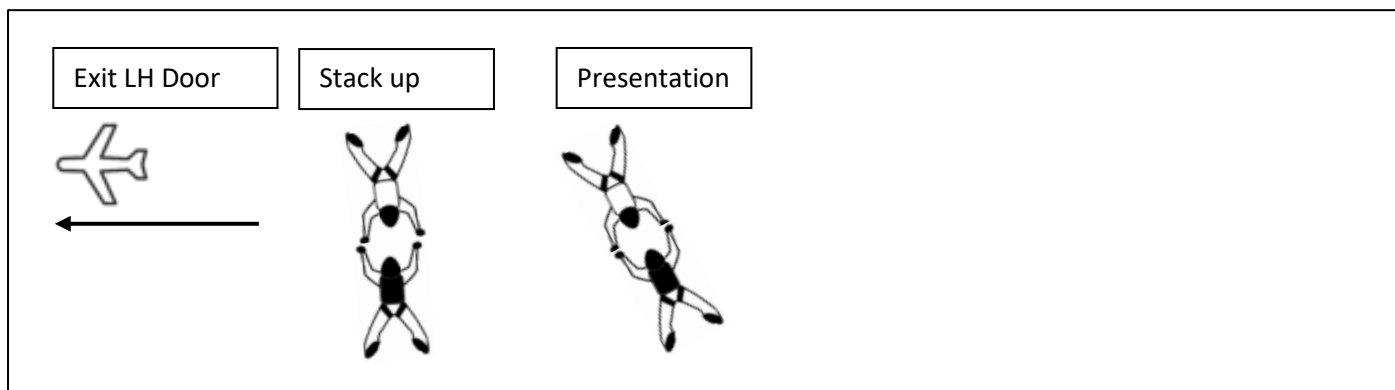
- 2-way linked or un-linked
- Both diving, side by side
- When linked, front diver picks up rear diver's right arm grip with their left hand



Exit option #3 – One in One out

Routine

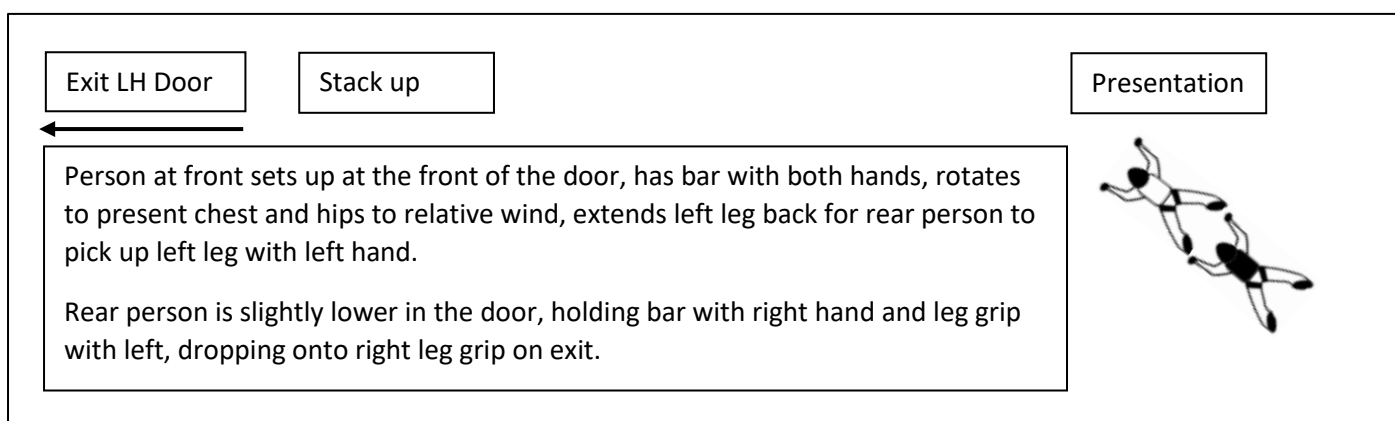
- 2-way pin linked or un-linked
- One floating, one diving



Exit option #4 – Get Catty

Routine

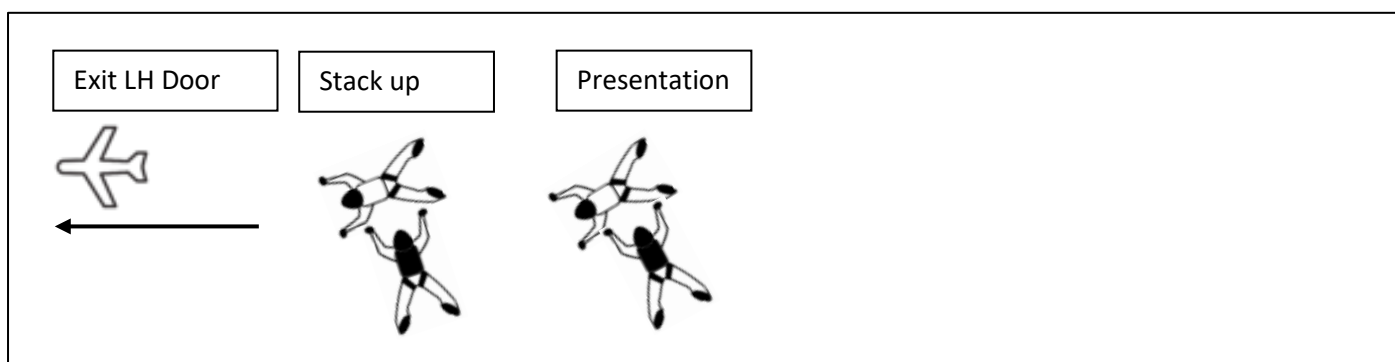
- 2-way linked or un-linked
- Both floating, one behind the other, to launch a cat



Exit option #5 – Half a P

Routine


- 2-way linked
- One floating picks up leg grip of one inside OR one floating head jams and picks up both side body grips of one inside



Exit option #6 – Floating around the rear

Routine


- 2-way linked phalanx

Exit LH Door	Stack up	Presentation
←		
<p>Both floating, one behind the other. Front sets up at the front of the door, has bar with both hands, rotates to present chest and hips to relative wind, extends right leg back for rear to pick up with left hand.</p> <p>Rear is slightly lower in the door, holds bar with right hand and leg grip with left.</p>		
		

Exit option #7 – Three quarters of a P

Routine


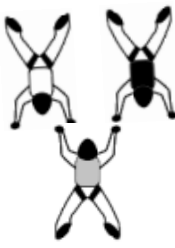



- 3-way linked side body

Exit LH Door	Stack up	Presentation
←		
<p>One outside, floating at the front of the door. One inside with arm and leg grip on person outside at the front of the door</p> <p>One other outside, towards the back of the door, holding bar with right hand and arm grip of person inside with left hand, drop onto leg grip on exit</p>		
		

Exit option #8 – Threesome

Routine

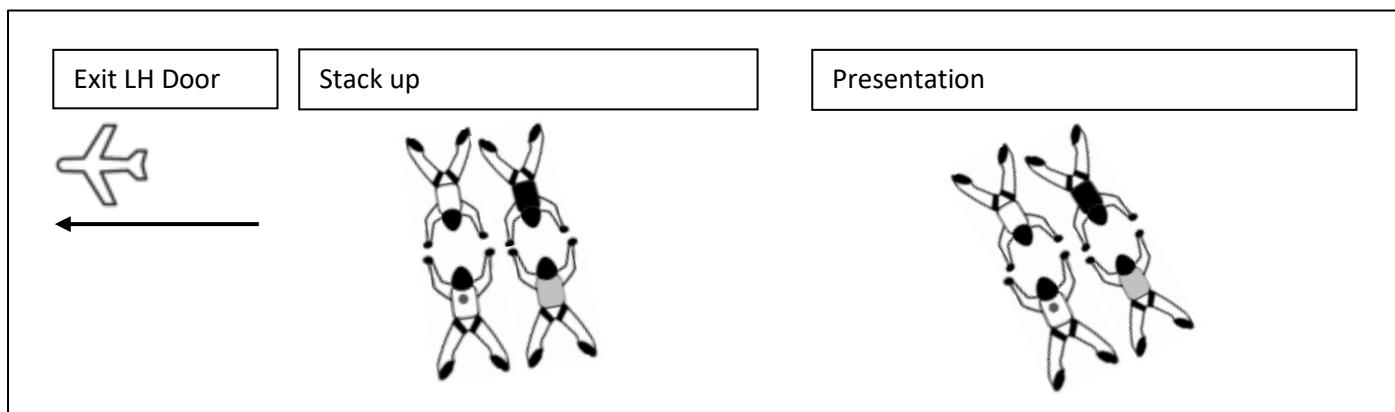
- 3-way linked open accordion (two options)
 - Two inside, one out
 - Two outside, one in

Exit LH Door	Stack up	Presentation
←		
		
	OR	
		
	OR	

Exit option #9 – Foursome

Routine

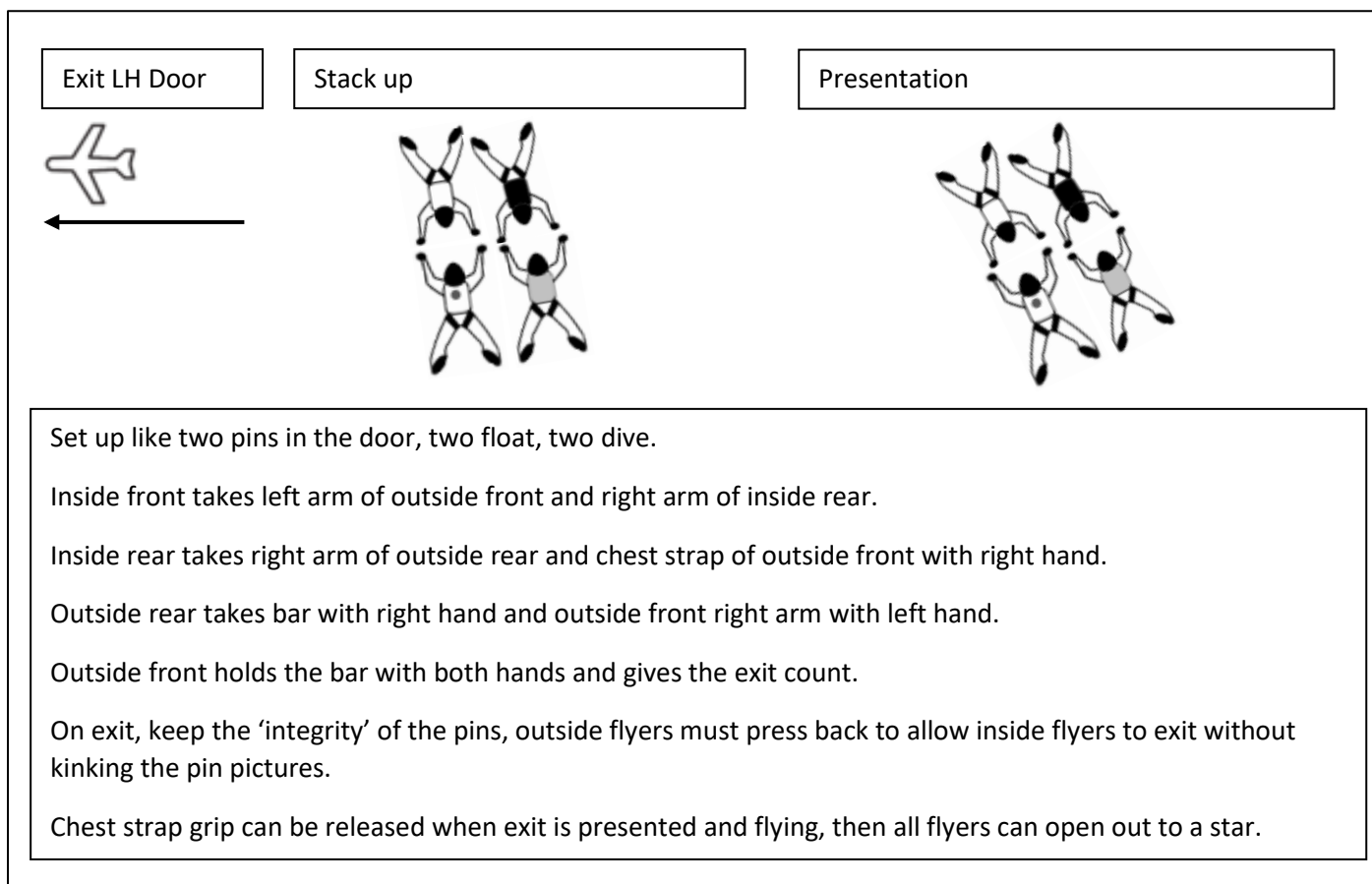
- 4-way unlinked
- Set up like two pins in the door, two float, two dive



Exit option #10 – Foursome - Linked

Routine

- 4-way star linked exit
- Set up like two pins in the door, two float, two dive



Tips and Tricks

Skill focus

- Stack up – planning a stack up in the door (position and grips), sets up a smooth exit
- Timing – sequencing your move to leave with others and stay close / connected
- Presentation – presenting your core flying platform onto the relative wind, individually and as a group
- Eyes – looking through the centre of the formation or at the base
- Different exit positions – float, dive, linked, unlinked

Why bother?

- An exit that flies means you have more freefall time to play and score points
- A variety of exit techniques are required to exit close to others, in big groups, or as a team
- Without grips – learning to exit with synchronised timing keeps you close to the base
- With grips – learning to exit with synchronised timing reduces the risk of tension and helps you stay connected as a team
- Presentation to the relative wind lets you fly your control surfaces effectively, straight out the door and prevents instability and funnels
- When you have a reputation for not funnelling exits, more people will want to jump with you
- When you can present your flying surface to the relative wind while looking at the base or across the formation, you will be faster move on the air
- If you can fly a variety of exit positions, you will be included on more challenging jumps

Preparation and Debriefing points

- Set up in the door as an individual or a group, ready to fly
 - How well did you follow the stack up plan – positioning and grips?
 - How did any differences affect your exit?
- Agree your exit cadence and timing and practice it until it becomes natural
 - Did the exit cadence differ to what you practiced on the ground?
 - How synchronised were you / others with the exit cadence?
 - Was there any tension in the exit grips or delay in the exit line up and where did it come from?
- Present your centre point to the relative wind with a strong platform between your shoulders and hips
 - Were you flying the relative wind immediately on exit?
 - If you led with your head, your shoulders, twisted or you left the plane with a loose body, how did it affect your ability to fly?
- Engage your legs on the wind as control surfaces when you exit
 - To what extent were you aware of your legs on exit?
 - How well were you able to use your legs for stability and control in the relative wind?
- Fly your body on the relative wind while looking at the base or through the centre of the formation
 - Where were you looking on exit?
 - If you lost sight of the base or your opposite, what impact did that have on your exit?
 - To what extent did your body follow your head, or your head follow your body and what impact did that have on your exit?

GET IT ON WITH YOUR MATES

Skill Focus

Relative work – flying relative to others.

Why bother?

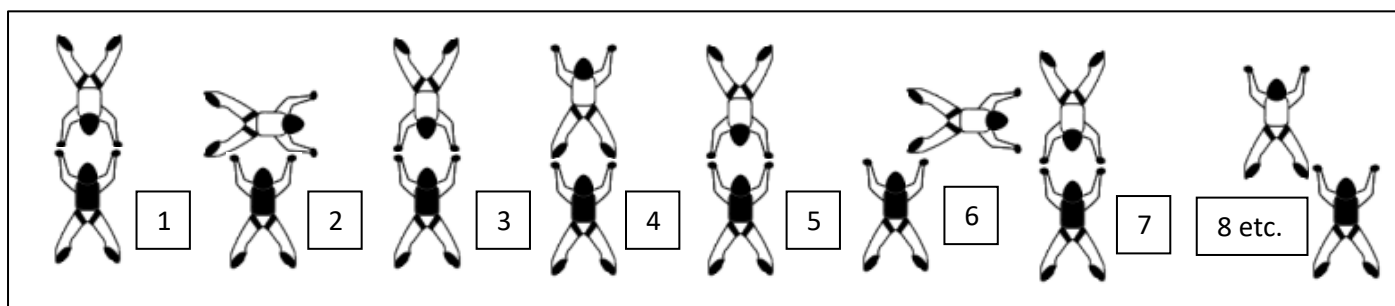
When you can fly quietly, without momentum, level and close to others, you can score more points.

Quiet flying is a skill and comes from someone learning to fly in control without flapping around – it's all about core!

Jump option #7 – Length, Width and Girth

Routine

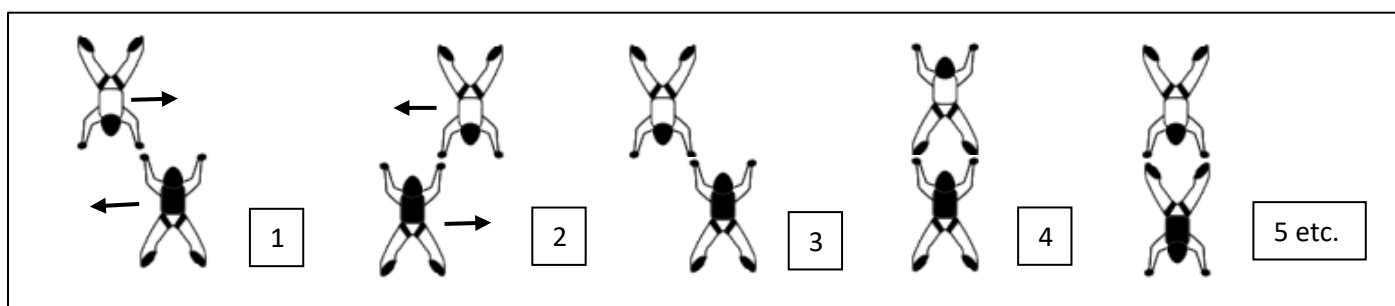
- 2-way, one person sits base
- Solo flyer starts in a pin, rotates, and translates to a
 - side body
 - pin
 - cat
 - pin
 - bipole
 - pin
 - phalanx
 - pin
- All with grips and keys. Swap, base becomes solo flyer and solo flyer becomes base, repeat



Jump option #8 – Boot Scoot and Boogie

Routine

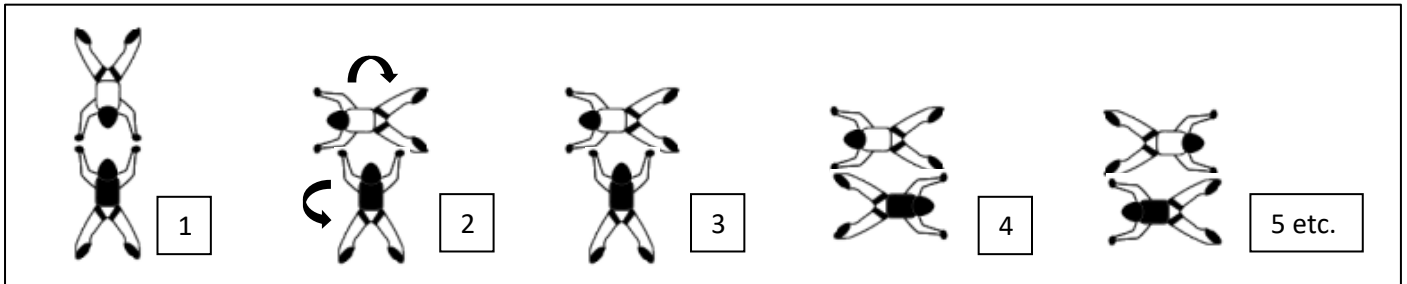
- 2-way - start in an open accordion
- Both flyers slide to opposite open accordion then again to original accordion (if going well, include 360)
- One flyer sits base, the other rotates 180 to a straight cat
- Both flyers rotate 180 to the 'other' straight cat
- All with grips and keys. Repeat



Jump option #9 – Halfway around the Block

Routine

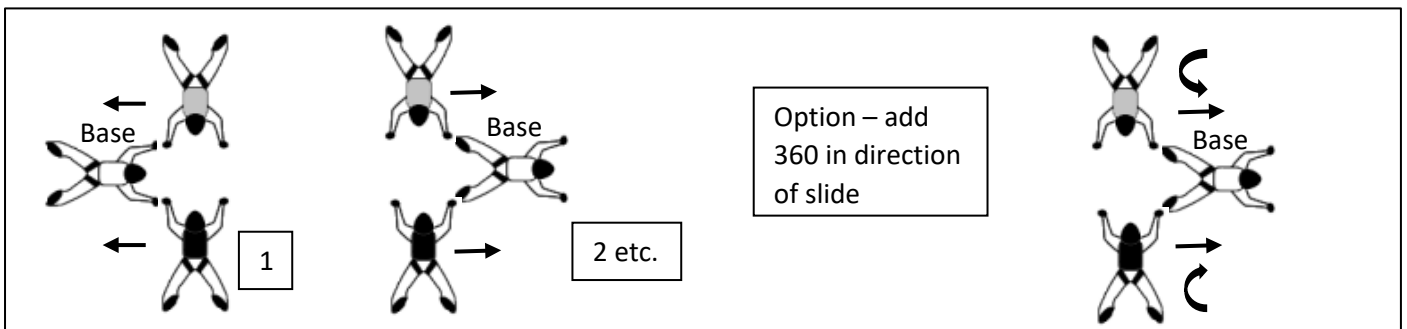
- 2-way - start in a pin
- Build a side body (like one half of a 4-way FS block 7)
- Both cog 360 – person who is side bodied turns right, person with side body grips turns left
- Left hand compress
- Both 180 (turning into the centre) for a right-hand compress
- Repeat



Jump option #10 – Long way to the top

Routine

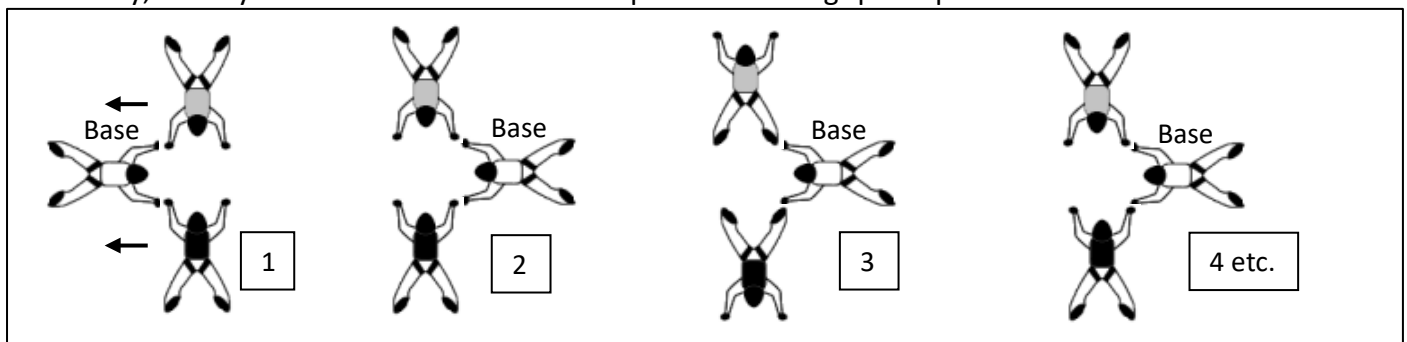
- 3-way - set up in a star with an open slot
- One person sits base
- Solo flyers slide to the bipole, key and slide back to the open star
- Repeat and, if going well, include 360 – in the direction of the slide



Jump option #11 – Rock and Roll

Routine

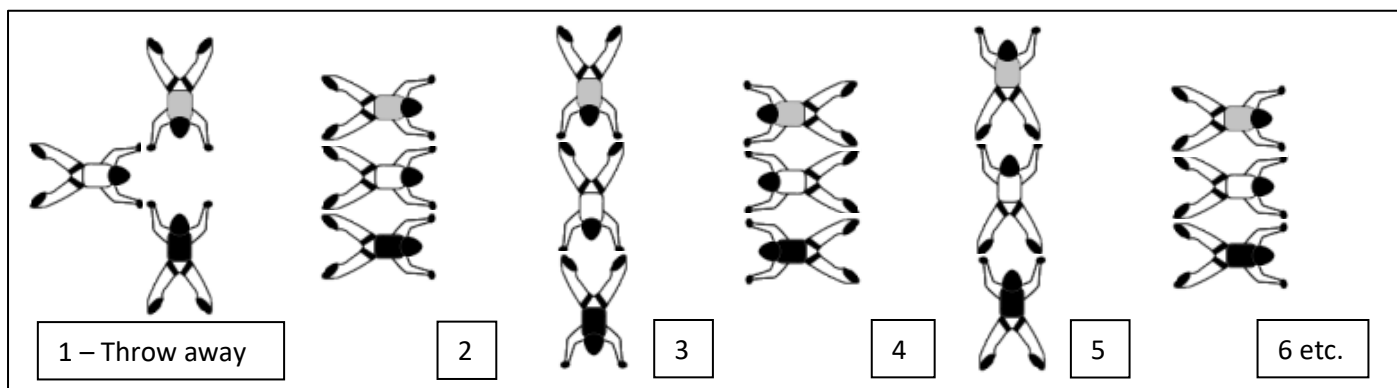
- 3-way
- Set up in a star with an open slot - with grips
- One person sits base
- Solo flyers slide to bipole – do not pick up grips
- Base rotates 180 - picks up open star grips
- Solo flyers rotate 180 to bipole picture - with grips
- On key, solo flyers rotate to form star with open slot - with grips. Repeat



Jump option #12 – Line Dance

Routine

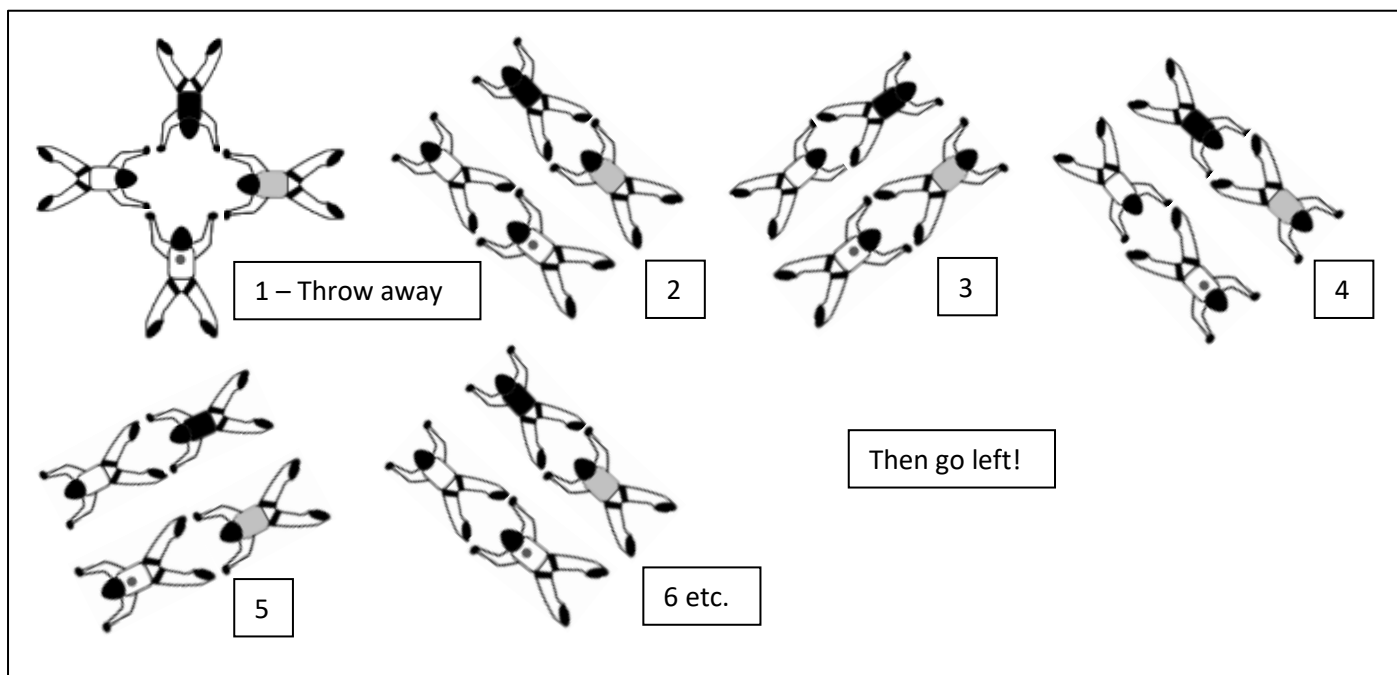
- 3-way - set up in a star with an open slot – this gets you started
- On key, one person flies forward the others open up to form a 3-way line
- Centre person presents grips - keys
- All rotate 90 right to a 3-way cat, pick up grips – centre person keys
- All rotate 90 right to a 3-way line – centre person presents grips – keys
- All rotate 90 right to a 3-way cat, pick up grips – centre person keys
- All rotate 90 right to a 3-way line – centre person presents grips – keys - you are back at the beginning
- This time go 90 left.....



Jump option #13 – Nut Bush

Routine

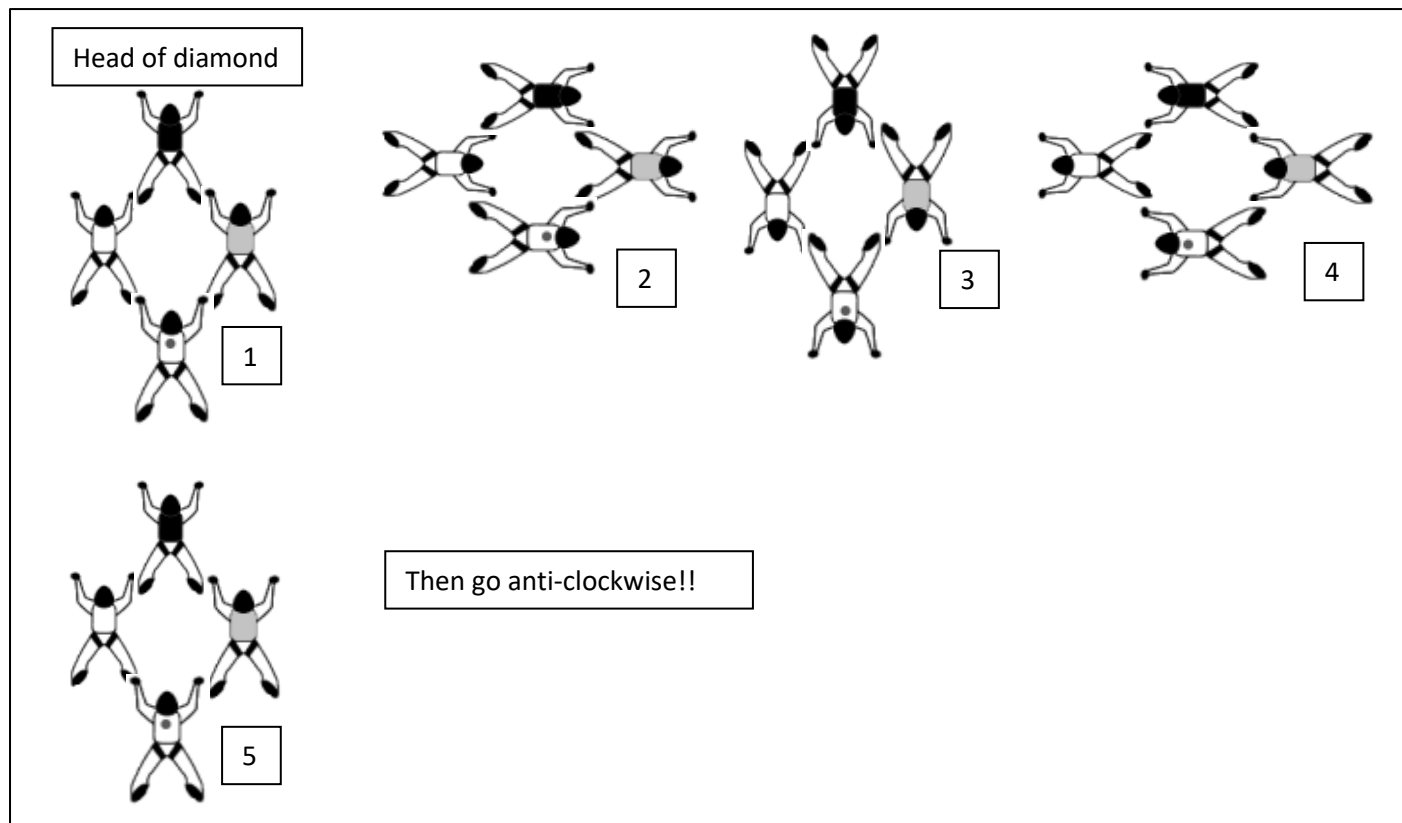
- 4-way
- Start in a star – two flyers rotate inwards to build two cats, with grips
- All rotate 90 right – build two cats, with grips
- Continue to rotate 90 right and build two cats with grips until you get back to the start
- Then all rotate 90 left – build two cats etc.
- Tip – key is synchronised between two rear cat flyers
- Tip – keep looking through the centre and stay on your ‘side of the sandpit’
- Tip – stay looking to the centre until grips are taken then head switch if required for next move



Jump option #14 – Make your head hurt (hard)

Routine

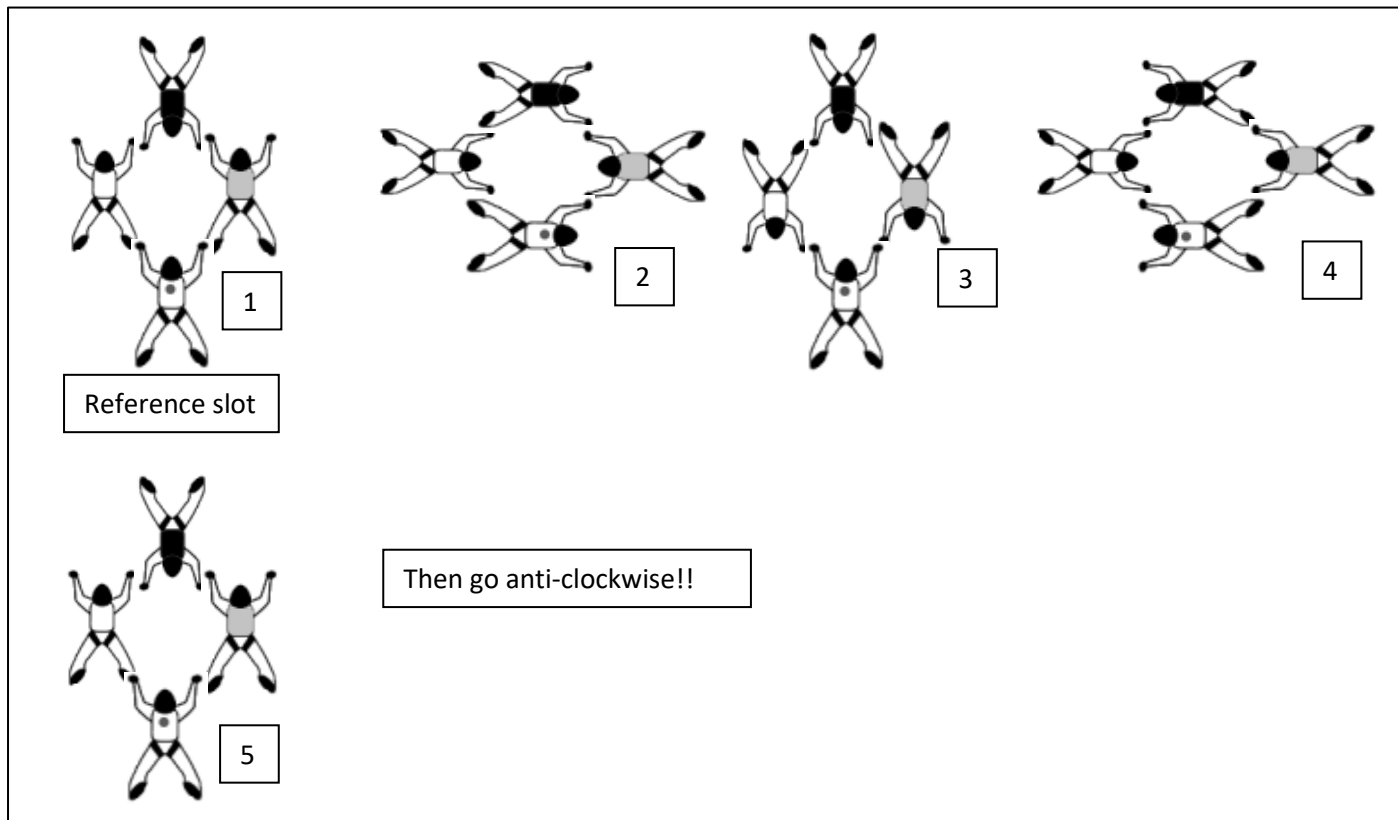
- 4-way - start in an out-facing diamond, with grips
- Using the head of the diamond as the reference, all rotate to form continuous diamonds with grips, going clockwise, then go anti clockwise!
- Tip - person picking up both leg grips, keys, sides of diamond must communicate key to head via grips



Jump option #15 – Make your head hurt (easier)

Routine

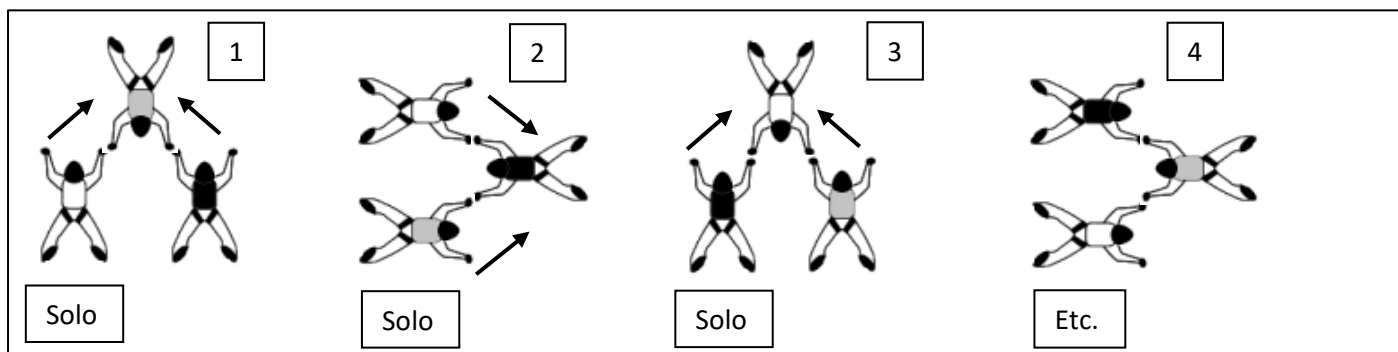
- 4-way - start in an in-facing diamond, with grips
- Using the slot picking up leg grips as the reference, all rotate to form continuous diamonds with grips, going clockwise, then go anti clockwise!
- Tip - person picking up both leg grips, keys, sides of diamond must communicate key to head via grips



Jump option #16 – Dosey Doe

Routine

- 3-way - start in an open accordion
- One person breaks off and flies around the formation to join on the other side, solo always flying forward
- The two way assists by flying as a piece towards the solo flyer
- The solo flyer must dock before the next solo starts



Jump option #17 – Chase the Base

Routine

- 3, 4 or 5 way
- One person floats to exit as base
- All others set up unlinked to follow the base flyer in a dive aiming to dock / build a star
- The last person to arrive at the formation continues for a short distance below the others (without picking up a grip) They then become the next base
- Those in the formation, break grips and dive down to build around the new base
- Repeat until break off
- You can't really put pictures in for this one!

Tips and Tricks

Skill Focus

- Build reference - reference the centre point of the formation relative to your own centre point
- Levels – keep working to stay level with your teammates before, during and after your moves
- Proximity – being close to the centre of the formation at all times
- Stopping – stop before you pick up a grip
- Set ups – positioned at the appropriate angle for your slot in the formation
- Grips - single grips for all random formations with one person presenting and the other picking up
- Key plans – clear keys to move to the next point
- Separation – clear flashing to show separation
- Teamwork – remembering the skydive sequence and staying calm

Why bother?

- Centre point referencing
 - Gives you a consistent and easy to use reference for all your relative work – builds and moves
 - Helps you set up in slot, relative to the formation, available to pick up grips and be picked up
 - Keeps everyone closer together so you can build points much faster
- When you can stop AND be on level before you pick up a grip, you minimise noise or momentum in the formation, and you will be able to build formations and key faster
- If you stay close to the formation and avoid drifting in and out you save time between points
- Learning the most efficient, best practice grip plans take away the guess work and help your skydive flow better
- When you agree who will key in advance and know where the key is coming from, the skydive can flow more efficiently
- When separation is visible between points, you will avoid busts in competition
- If you forget the skydive sequence in the air, time is wasted and you get less value from a jump
- When emotions flare in freefall it can be very distracting for everyone

Preparation and Debriefing points

- Creep / walk the skydive and your slot with reference to the formation centre point and your own
 - How often did you focus on the grip rather than your centre point set up – and how did that affect the build?
 - To what extent do you turn or move around your head instead of your centre point – and how does that affect your proximity to the formation?
 - Did you ever have to reach for the grip and what caused it not to be where it needed to be?
 - How often did you drift away from the formation after the key and what caused that?

- In prep, physically stop before you pick up grips
 - In freefall, how effective were your stops before you picked up grips?
- Know your grip plans, who is presenting and who is picking up
 - If you forgot the grip plan, how did that affect the flow of the dive?
 - How easy was it for someone to pick you up as planned, how well presented were your grips?
 - Was there ever a time when your flying felt compromised when someone was picking you up?
What could you do differently next time to avoid this?
- Know the key plan – who is keying and how they make their decision to key
 - How often did someone else key / did someone forget to key / was the formation not complete when the key was given?
- Know the dive sequence, the build, grip, and the key plan before you emplane
 - How often did you brain lock during the skydive?
 - What will you change in your dive prep for next time to prevent that happening?
- Stay focused and calm in prep
 - To what extent were you distracted or distracting to others during the skydive?

4-WAY FUN WAYS

Skill Focus

4-way FS

Why bother?

It's the real deal!

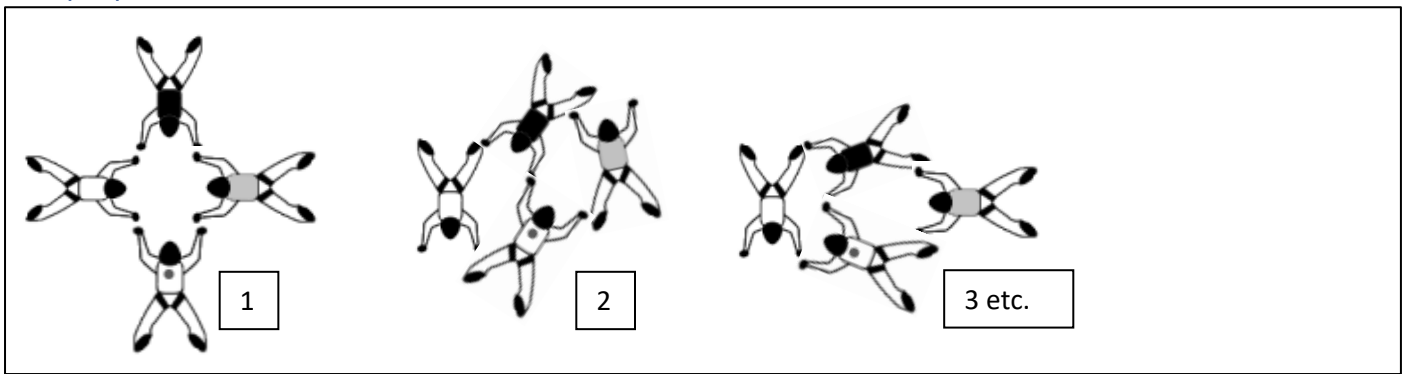
1. 4-way FS utilises all your flying and teamwork skills in challenging and fun jumps with 3 others
2. 4-way FS is a competitive discipline - you can compete and win medals
3. Your knowledge and experience in 4-way FS becomes a ticket to other things

Reference

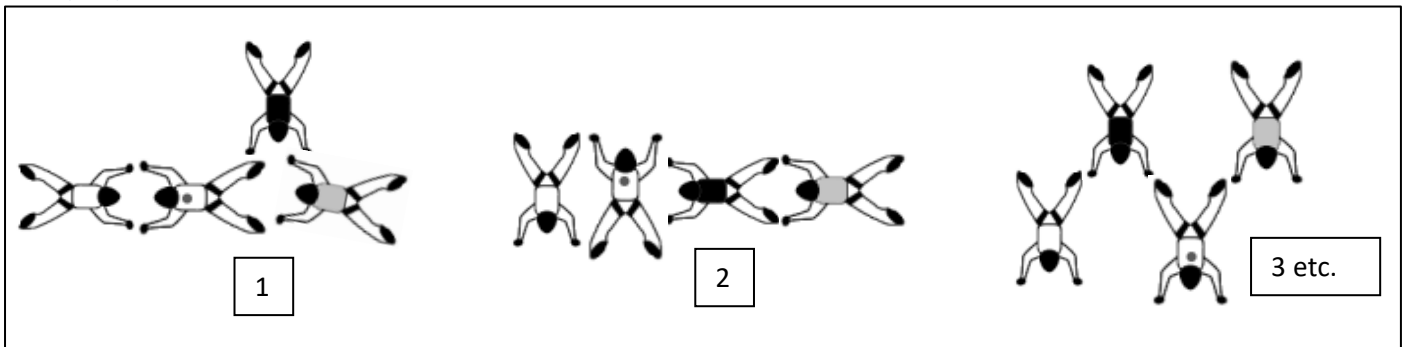
The 4-way dive pool consists of formations called Randoms and Blocks.

- Randoms
 - There are 16 randoms, each worth 1 point
 - Randoms have names and also have a designated letter as a short cut reference
- Blocks
 - There are 22 blocks, each worth two points - you score 1 point for the top of block and 1 point for completing the inter move to bottom of block
 - Blocks have names and also have a designated number as a short cut reference
- To score points you must show static grips in builds and inter moves and complete separation between random moves and between pieces during inter block moves
- Serious competitors learn formations using letters and numbers as they are faster to 'say' in your head
- Initially, most teams learn to fly one or two exits consistently so they are able to work quickly on the relative wind. Sidebody (P), Bow (H), star (M) and Unipod (A) are favourites
- Dive planning application <https://www.fsninja.com/>
- 4-way slots explained <https://www.skydivemag.com/new/2017-09-26-dansmagic-11-understanding-4way-slots/>
- 4-way FS dive pools
https://www.apf.com.au/ArticleDocuments/749/APF_Divepools_complete_2019.pdf.aspx?Embed=Y
- Australia has four 4-way FS competition classes
 - Blast (rookie) – All 16 randoms, 3 points per round
 - A – All 16 randoms, 8 blocks, 3-4 points per round
 - AA – All 16 randoms, plus 8 more blocks, 4-5 points per round
 - AAA (equivalent to World Level Open class) – All 16 randoms, all blocks including slot switchers, 5-6 points per round
- All jump options assume a left hand door exit with aircraft flying right to left

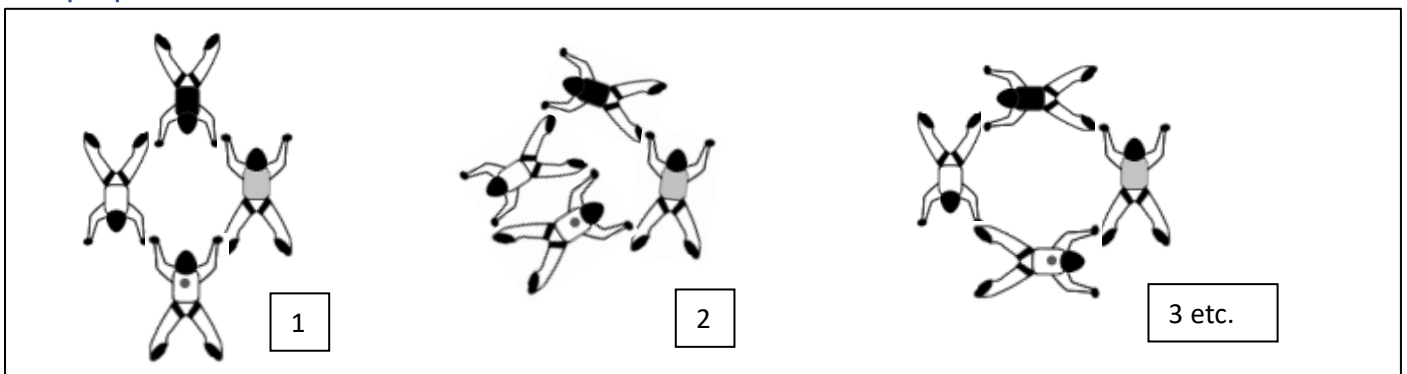
Jump option #18 – M E H



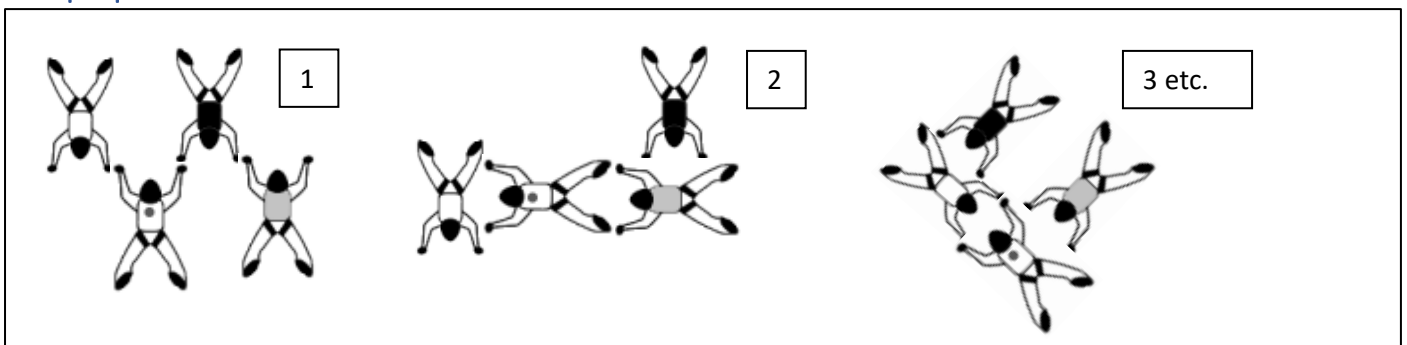
Jump option #19 – A G Q



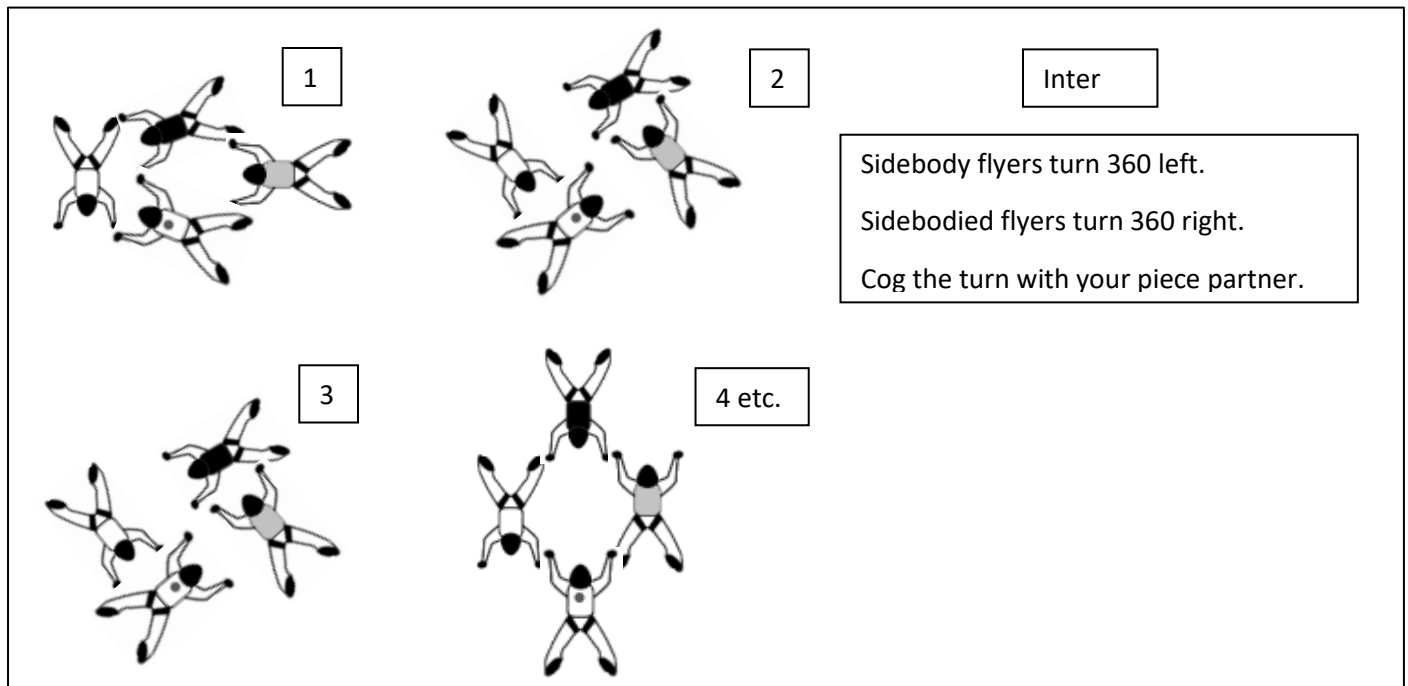
Jump option #20 – B D J



Jump option #21 – F K O



Jump option #22 – H 7 B



Now, make up your own!

Tips and Tricks

Skill Focus

- 4-way linked exits
- The dive pool - flying 4-way FS points, randoms and blocks
- Team slots – exploring the unique job of each team position
- Personal Skills – applying the personal flying skills you have been practicing, in 4-way FS jumps
- Relative work – applying the relative work and teamwork skills you have been practicing, in 4-way FS jumps

Why bother?

- 4-way FS is technical, challenging and fun to do with your mates
- You can compete and win medals
- Your knowledge and experience becomes a ticket to other things

Preparation points

- Choose your dive - decide on a three or four point random sequence
- Choose your slots – decide who will fly which slot
- Choose your exit – 4-way teams often choose a consistent and predictable exit as a ‘throw away’ just to take the team into the relative wind then they start flying and repeating the formation sequence
- Engineer - watch the sequence in the FS Ninja App and understand your slot moves
- Prep - apply build, grip, and key planning principles to your prep
- Visualise – your own moves and references

Debriefing points

- What were you particularly pleased with in your performance? What could you work on?
 - Exit
 - Body flight
 - Relative Work
 - Teamwork
- How will you adapt your preparation of future jumps to improve your performance?

Judging tips

- Make your grip presentation visible to the judges
 - Wear contrasting gloves – black gloves on black grips is difficult to judge, competition teams typically wear white gloves
 - Present 'static' grips – if your hand is moving around on the grip, the judge will assume you do not have control, ensure your hand is static on the grip / is holding the grip without movement
- Keep the integrity of an intermediate formation in blocks – keep required grips all the way through the move, if you drop them, you lose points
- If in doubt, show a definite key!

APPENDIX – MORE TIPS AND TRICKS

Tracking

Tracking at break off from a Formation Skydiving jump

- As a team, agree a height for track off and set audibles accordingly – ensure there is enough altitude between your track off height and planned deployment height to allow for adequate separation
- In a 4 way jump you should allow at least 1000 feet (maybe more) depending on everyone's ability to track flat for horizontal distance
- Your radial is the line that you travel on when you track. The angle that you individually need to turn to put you on your radial will vary between formations
- To identify your individual track off radial, visualise a series of equal segments from the centre of the formation based on the number of people in the formation. This process ensures everyone has an equal portion of sky to track off and deploy in
- Practice identifying track off radials from each formation in your planned sequence
- If you are above or below the formation on track off, visualise the centre and identify your radial, do not just simply take off!
- Check out this video for tips on body posture <https://www.youtube.com/watch?v=8Spjpu7dxfc>

Tracking as a jump in its own right

- Tracking as a jump is known as a 'movement jump' and needs to be planned carefully to ensure you don't collide with other skydivers on the load or them with you
- It also needs experience to set and follow a movement plan based on weather conditions and other groups on the load
- Hence it is best learnt as a skill, with an in air coach
- Please talk to an instructor in the first instance to discuss a plan and identify a coach
- Check out the Tracking and Freefly guide for tips on next steps <https://www.apf.com.au/members/members/publications/publications>

Preparation – 6Ps (prior prep prevents piss poor performance)

Why bother?

- You will reduce the risk of brain locking
- You will score more points!
- Having a consistent repeatable process takes the guess work out of each jump and sets you up for success
- Practicing the sequence of a skydive helps you create mental representations and muscle memory to better remember the flight plan even in the excitement of freefall

Tools

#1 Preparation Process

- Select your jump sequence, slots and agree on team goals
- Check fall rates and ensure everyone has the appropriate equipment for matching fall rates
- Walk through the jump first to understand the sequence and establish mental flow
- Use creepers to establish the build angles and horizontal pictures, agree grips and communication
- Use a technique of repeating the moves between individual points three times before moving on or flowing between the points
- Take a moment to visualize the holistic process then creep several pages without talking

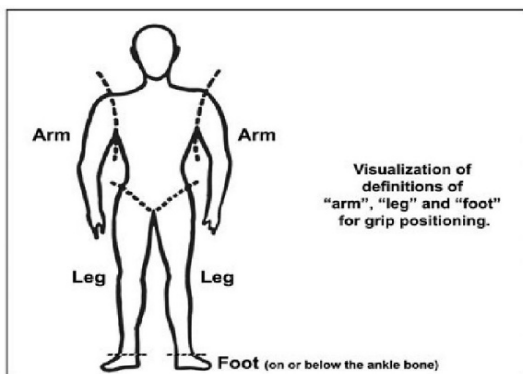
- On the creepers, make a tracking plan from each formation, referencing the centre point of the formation and 'splitting the pie' to identify your individual radial from the centre
- Stand up and walk the jump sequence a number of times, to enforce the sequence and ensure a variety of learning styles are considered, include your tracking plan
- At the aircraft mock up practice your exit stack up, grip plan, cadence, timing and presentation, flow through into the points

#2 Visualisation

- Use visual imagery to mentally embed the jump plan, so you are more likely to recall it in freefall. Include information about team-mates, colours, grips, keys etc. as well as the physical moves

#3 Picking up a Grip

- A valid grip consists of a handhold on an arm or leg of another jumper (a foot is not a valid grip for FS).



- Randoms - one person presents a grip, and the other person picks it up. Ideally the person picking up the grip does not need to look away from the centre to do it



- Avoid 'handsies' and double grips, they are not necessary and are often time consuming.

#4 Keying

- Typically, the key comes from the person who is best placed to see and / or feel when all the grips are complete
- Other flyers should respect the key person's job and wait for the key to come
- The most efficient key is a flash off grips by the nominated key person, avoid shaking or nodding as it means that the grips are held for longer, delaying transition to the next point

#5 Exit Presentation

- An exit with a strong and stable presentation into the relative wind as part of a group exit or as an individual, this allows control of the air versus being flotsam

- For group / linked exits – use your hands to represent your body and agree where everyone will place themselves on the air to present one integrated flat surface to the relative wind



#6 Fall Rate

- We are all different shapes and sizes and may need tools to fly with an efficient body position relative to others, take a moment to consider your team and what equipment you may need to use.

Debriefing – Be Even Better next time

Why bother?

- Celebrate success
- Learn and get better
- Be included and invited on other skydives

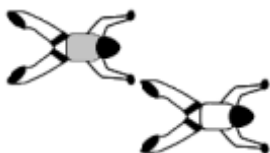
Tools

Debrief Process

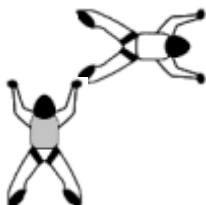
- Stay positive and be constructive
- Together, watch the dive from start to finish, in silence
- Together, watch the exit, analyse the stack up, timing and presentation against the plan
- Individually comment on two key things that you did well and one thing you would like to improve
- Together, identify any additional things to celebrate or understand

Definitions – Common terms explained

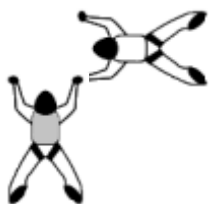
- **Base** – the person or persons who provide a reference for others in the skydive
- **Cog** – when two people ‘cog’ a turn they turn in opposite directions to fold into one another to avoid clashing legs
- **Throw away** – describes an initial formation that is not repeated in the sequence
- **Phalanx grip** – where one person picks up the leg grip of another who is outfacing:



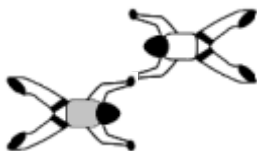
- **Bipole grip** – where one person picks up the leg grip of another who is outfacing:



- **Half Star grip** – where one person picks up the arm grip of another:



- **Open Accordion grip** – where one person picks up the arm grip of another:



- **Pod grip** – where two people pick up leg grips of another and their own arm grips:

