



AUSTRALIAN PARACHUTE FEDERATION

PO Box 1440, Springwood QLD 4127 Phone (07) 3457 0100
www.apf.com.au Email – apf@apf.com.au

TRAINING OPERATIONS MANUAL (TOM) PROPOSED CHANGES AND AMENDMENTS

PURPOSE:

Amend Stage 7 of the Accelerated Freefall Training Table. The instability recovery training can be achieved with the student initiating a back loop or a barrel roll. This is existing common practice and an acceptable training method currently utilised at some training organisations.

PROPOSAL:

Appendix E: Accelerated Freefall Training Table

Stage 7: **Instability Recovery** ~~Backloops~~ and Tracking.

Aims:

- Sub-terminal control.
- **Instability recovery (back loops or barrel roll).** ~~Backloops~~
- Tracking.
- Pull completed by 4,000 ft.

Minimum requirements:

- Exit from a minimum 8,000 ft
- Dive exit.
- **Instability recovery (back loops or barrel roll).** ~~Backloop.~~
- Locate and track 90° to wind-line/jump run.
- Flare at 4,500 ft, wave and pull.
- Prepare canopy flight plan for prevailing wind conditions.
- Fly circuit pattern unassisted.
- Flare unassisted.