

free fall parachute training

Free fall parachute training is an exhilarating and essential aspect of skydiving that prepares individuals for the exciting world of free fall. This type of training is designed to teach skydivers the fundamental skills necessary for safe and successful jumps. In this article, we will explore the various components of free fall parachute training, including its benefits, the training process, essential gear, and safety considerations.

Understanding Free Fall Parachute Training

Free fall parachute training involves learning how to safely exit an aircraft, stabilize in free fall, and deploy a parachute at the correct altitude. This training is crucial for anyone looking to engage in skydiving, whether for recreational purposes or as a professional pursuit. The training typically includes both ground school and practical jump experience.

The Importance of Free Fall Training

Training for free fall is vital for several reasons:

1. **Safety:** Proper training reduces the risk of accidents and injuries during jumps.
2. **Skill Development:** Skydiving requires various skills, including body control, awareness, and decision-making under pressure.
3. **Confidence Building:** Gaining experience through training helps build confidence in one's abilities as a skydiver.
4. **Regulatory Compliance:** Many countries require specific training to ensure that skydivers meet safety standards set by aviation authorities.

The Training Process

The process of free fall parachute training can be broken down into several key phases:

1. Ground School

Ground school is an essential first step in free fall parachute training. This phase typically covers:

- **Parachute Systems:** Understanding how parachute systems work, including the

main and reserve parachutes.

- Free Fall Techniques: Learning about body position, stability, and how to control one's descent.
- Emergency Procedures: Familiarization with emergency protocols, including reserve parachute deployment.
- Equipment Familiarization: Overview of the gear used in skydiving, including altimeters and jumpsuits.

2. Tandem Jumps

After completing ground school, many aspiring skydivers will start with tandem jumps. In this phase:

- A certified instructor will be harnessed to the student.
- The student will experience free fall while the instructor handles the parachute deployment and landing.
- This jump allows students to experience free fall without the pressures of solo jumping.

3. AFF (Accelerated Freefall) Program

The Accelerated Freefall (AFF) program is a more advanced training method that allows students to jump solo after just a few jumps. This program includes:

- Jumping with Two Instructors: During the initial jumps, students are accompanied by two instructors who provide stability and guidance.
- Solo Jumps: After mastering initial skills, students will complete solo jumps while instructors monitor from above.
- Progressive Skill Development: Each jump focuses on specific skills, such as turns, stability, and altitude awareness.

4. Continuing Education

Once students have completed their initial training, ongoing education is crucial for maintaining skills and knowledge:

- Advanced Courses: Many skydiving centers offer advanced courses that cover specialized skills, such as formation skydiving or wingsuit flying.
- Refresher Courses: For those who haven't jumped in a while, refresher courses can help regain proficiency and confidence.
- Mentorship Programs: New skydivers can benefit from mentorship programs that pair them with experienced jumpers.

Essential Gear for Free Fall Parachute Training

Having the right gear is critical for safe and successful free fall parachute training. Here's a list of essential equipment:

- **Parachute System:** This includes the main parachute and reserve parachute, along with a container system.
- **Helmet**