

# SKYDIVE

**Starter**



## What next?

All you need to know to become a student skydiver

## You don't have to be invincible

How to embrace the fear and control it

## The BPA's essential guide to the sport

Fancy taking up skydiving?



**Starter 2011**  
**skydivethemag.com**

The British Parachute Association Magazine





# Pilot

POSSIBLY THE BEST CANOPY IN THE WORLD

The Pilot, when lightly wing loaded makes a great student transition canopy.

Heavily loaded, swoops like crazy.

However it's loaded, you'll get consistently smooth on heading openings, light toggle pressure, flat glides, and great landings.

**Call your dealer  
and try one this weekend!**

Available in  if you want the smallest packing main...

**SKYDIVES BETTER GEAR BETTER VALUE BETTER SKYDIVES  
BETTER GEAR BETTER VALUE BETTER SKYDIVES BETTER VA**



Aerodyne Research, 1405 Flightline Blvd, Unit 20. Deland, Florida, 32724. USA. Tel. 813.891.6300 Fax. 813.891.6315

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



# SKYDIVE

## STARTER



**EDITOR**  
Liz Ashley  
editor@skydivethemag.com

**ASSISTANT EDITOR**  
Kirsty Kelly  
kirsty.kelly@archant.co.uk

**DESIGNER**  
Abigail Burroughes  
abi.burroughes@archant.co.uk

**ADVERTISING**  
Advert Sales  
Rob Crane  
01603 772539  
rob.crane@archant.co.uk

**Advert Production**  
Kay Brown  
01603 772522  
kay.brown@archant.co.uk

*Skydive Starter* is published by:  
Archant Dialogue Ltd,  
Prospect House,  
Rouen Road,  
Norwich NR1 1RE  
01603 664242

www.archantdialogue.co.uk

*Congratulations on making your first jump! Whether it was a tandem, a static-line jump, or maybe even your first AFF level, I bet you're itching to get up in that plane again!*

*Skydive Starter magazine is here to help you understand skydiving as a sport. It's exhilarating, empowering, great fun...and, not to mention, scary! But it's also a sport that can enhance your life.*

*The first half of this magazine looks at the options that are now open to you if you want to become a qualified skydiver. As you might have guessed, getting to this level will require mental strength, so we also have various articles that give you advice on how to become an awesome skydiver. Right in the centre, we have an A3 poster for you to pull out and put on your wall, either at home, work or somewhere else. You can record why you did your first jump, and how it made you feel, in order to shout about it to the rest of the world! And if you want to get publicity for your doing your jump, we have some advice on page 48. Finally, skydiving is a competitive world-wide sport with many aspects – we give you the low down on each area, along with information on what the British Parachute Association is, and where you can jump.*

*Welcome to the exhilarating world of skydiving!*

*Liz Ashley*

### SUBSCRIPTION FORM

Would you like to get the BPA's bi-monthly magazine – *Skydive the Mag*? If you take out a magazine subscription and subsequently join the BPA as a full member your magazine cost is deducted from your BPA membership fee so you don't pay any extra.

**1 Year/6 issues UK £25 Overseas (Air) Europe £30 USA £40 Other £40**

Please send me a copy of *Skydive* on each of the next six bimonthly publication dates. I enclose a cheque/PO to the value required payable to 'BPA Limited' (UK subscriptions only) OR: please debit my Mastercard/Visa as follows:

Card No: \_\_\_\_\_

Exp date: \_\_/\_\_/\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Fill out the form and post or fax to the BPA (details below) with your payment. Or email skydive@bpa.org.uk for an electronic form, which can also be downloaded from skydivethemag.com. Online subscriptions are in progress but not active yet. You can also subscribe over the phone if you prefer.

BPA Ltd, Wharf Way, Glen Parva, Leicester LE2 9TF  
Tel +44 (0)116 278 5271 Fax +44 (0)116 247 7662

British Parachute Association Ltd.  
A company limited by guarantee  
Registered in London No 875429  
Registered office as above



### British Parachute Association

BPA Ltd, Wharf Way,  
Glen Parva,  
Leicester LE2 9TF

Tel: 0116 278 5271  
Fax: 0116 247 7662  
skydive@bpa.org.uk  
www.bpa.org.uk

Patron

His Royal Highness  
The Prince of Wales

BPA Vice Presidents

Jim Crocker  
John Lines  
Chris Allen

John Smyth MVO

### BPA Council

Chairman  
Martin Soulsby martin.soulsby@bpa.org.uk

Vice Chairman  
Craig Poxon craig@bpa.org.uk

Competitions Chairman  
Steve Saunders cfsteve@sky.com

Development Chairman  
Craig Poxon craig@bpa.org.uk

Communications Chairman  
Adrian Bond adrian@bpa.org.uk

### Council Members

Paul Applegate paul.applegate@tesco.net

Kieran Brady kkbrady@btinternet.com

Alex Busby alexbusby@mac.com

Richard Head trickyhead@gmail.com

Ian Marshall marshallcf@aol.com

Paul Moore paul508@mac.com

John Page geordie@skydivelondon.co.uk

Weed Stoodley weed@stoodley.co.uk

### BPA Representatives

Treasurer Debbie Carter

Royal Aero Club Delegate John Smyth MVO

RAeC Alternate Delegate Jim Crocker

IPC Delegate John Smyth MVO

IPC Alternate Delegate John Hitchen

STC Chairman John Hitchen

john@bpa.org.uk

Riggers Chairman Paul Applegate

01869 277 469 paul.applegate@tesco.net

Pilots Committee Chairman Kieran Brady

### BPA Staff

Technical Officer Tony Butler

National Safety Officer John Hitchen

PA to above officers Trudy Kemp

Financial Administrator Jon Gretton

Secretary-General Martin Shuttleworth

Membership Services Karey Goodwin

Sue Allen

Administration Secretary Helen Lucas

Stock Controller David Lucas

© British Parachute Association Ltd 2011

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form; electronic, mechanical, photocopying, recording, without prior permission of the Editor.

The views expressed in *Skydive Starter* are those of the contributors and not necessarily those of the BPA. Opinions in the editorial are those of the Editor, not of the BPA. The Editor retains the right to withdraw any advertisement at her discretion and does not accept liability for delay in publication or for errors, although every effort is taken to avoid mistakes.

Some of the photos in this magazine may show skydivers without helmets or altimeters, or otherwise not obeying the BPA Operations Manual, in which case they were taken abroad. In the UK it is mandatory to wear a helmet and alt for obvious safety reasons. Students within *Starter Mag* are complying with BPA regulations.

Skydiving training and systems vary in different countries. If you are considering taking a skydiving course or qualification abroad, we recommend you first establish its relevance in the UK, through your CCI.

### SUPPORTED BY



Cover photo AFF level 5 by Nick Davison



All photos courtesy of Robert Forjtik



## Skydiving is an Odyssey, start yours here!

Sun Path Products Inc. Manufacturers of the  
Javelin Odyssey harness/container system,  
Tel: +1 910.875.9002 [www.sunpath.com](http://www.sunpath.com)  
or talk to your local Sun Path dealer!



Sustaining member of the  
Parachute Industry Association





Darren Walsh, by Joggie Botma

# CONTENTS

## IN THIS ISSUE

Tandem	6
What next?	9
AFF - the whole story	12



Skydiving changed my life	19
You don't have to be invincible	21
Coping with fear	25
Glossary	29

Your free pullout poster	30
Visualising	33



Skydiving disciplines:	
Formation skydiving	36
Artistics	38
Wingsuiting	40
Style and Accuracy	42
Canopy Formation	44
Canopy Piloting	46

Tell the world!	48
A skydiving problem page	51
BPA dropzones	53
About the BPA	55
Advertisers' index	58



# It takes **two** to tandem

If you've just done a static line jump then why not try a taste of freefall? A tandem jump is the ideal way to experience the exhilaration of a skydive...

*You will leave the plane with a qualified instructor*



Photo by Gary Wainwright



Photo by Tony Danbury



Photo by James Lee





Just done a tandem? Then you know how exhilarating it is to freefall through the sky. If you want to try it again, turn to page 9



*You have the opportunity to get your tandem recorded and photographed*

*Photo by Lorraine Dixcey*



*Photo by Mark Stone*

**A tandem is...**

The best way to experience the exhilaration of a skydive without any worry, as you will be securely attached to an experienced instructor. You can leave the plane from altitude (around 10-12,000 feet) in a dual harness.

**You'll have about 30 seconds of freefall...**

an indescribable feeling, where you can check out the view, feel the rush of air and savour the excitement.

**A parachute made for two...**

will then be opened by your instructor at 5,000 feet, about a mile high. This has dual control toggles you can both use to fly your way to the ground.

**A soft landing...**

will put you safely back on terra firma.

**If you're wondering about AFF...**

a tandem jump is a fantastic way to try freefall and see if this sport is for you.

**As a one-off experience...**

it's unique.

**Ask at your centre...**

for prices and details. You can probably get your whole skydive videoed and photographed as a lasting reminder and entertainment for your friends.

*Just done a tandem? Then you know how exhilarating it is to freefall through the sky and maybe you want to try it again? If so, turn to page 9 where you can find out what to do next.*



***Everyone needs a  
Guardian Angel...***



***Another life saved. December 2010***

***www.vigil.aero***



# What next?



## Static-line

So, you want to learn to skydive. The tandem jump was great, you loved it and now you want to take up skydiving!

### Which route do you choose?

You have two options: the Progression System or AFF (Accelerated FreeFall). The good news is that both courses can get you to BPA Category 8 in the same minimum number of jumps. Providing you are the perfect, textbook student who passes each jump first time, and stays current by jumping regularly, you can become a fully-fledged skydiver in just 18 jumps. Both courses involve a full day of training before the first jump, and progression on both courses is directly proportional to the amount of time you can commit. The first option is Static-line Progression:

### Static-line (Progression System)

The Progression System will take you step by step through student status to Category 8, when you qualify as a certified parachutist, cleared to jump on your own or with a coach.

### Static line jump

The Progression System will start you on a static-line jump, where the parachute is opened automatically and almost instantly as you leave the plane, generally from around

**“ The Progression System will take you step by step through student status to Category 8, when you qualify as a certified parachutist**

3,500 feet. This is the first step in the BPA's well-established Progression System for learning to skydive. See the box on page 10.

### Dummy pull

After two good jumps you will do a 'dummy ripcord pull' where your parachute is still opened by a static line but you pull a handle in freefall to demonstrate that you could indeed operate your own parachute.

### Freefall

A minimum of five perfect static-line jumps and you can progress onto freefall. This starts with a short delay of three to five seconds, and progresses gradually, through five, 10 and 15, up to around 40 seconds or more. Initially, the challenge is to adopt a good stable body position in freefall and on deployment. After two good 15-second delays you move on to turns, backloops and tracking (moving fast horizontally in the sky) - not forgetting the unstable exit where you leave in a little ball, and bang on a big arch to recover a stable position in the air.

### Cost

You will learn all the skills that an AFF student will, but without the in-air coaching. A student who starts on the static-line system will initially pay less for their training and jumps. The overall cost, by the time you have completed your course, is probably similar but is spread over a period of months. This course best suits those students who would rather pay for their jumping in smaller chunks.



You will progress to longer periods of time in freefall in order to show that you can stay stable



Photo by Jim Stevenson

### Equipment

You use the same equipment as AFF students, a piggyback system with both main and reserve parachutes on the back, in a neat harness. Your main canopy is a fun and manoeuvrable ram-air type similar in design and construction to that used by more experienced skydivers.

### Freefall skills

The complete Progression System is designed to take you safely to skydiver status by building up freefall skills with each level. The number of jumps shown at each stage is the minimum required, assuming they all go perfectly. It may be necessary to repeat some jumps as you will only progress to the next level when you have passed the previous one. Once you achieve Category 8, you have more freedom to jump independently and the many avenues of skydiving are open. Check out the various disciplines from page 36 onwards.

### Survival skills

Both systems will teach you the survival skills you need, as well as basic control of your body and movement in freefall. At the end of your time as a student parachutist, you will be equipped to go out into the world and skydive, both on your own and with others.

### What now?

So, how do you go about booking a course? There is a map and list of all British parachute centres on page 53, or go to [bpa.org.uk](http://bpa.org.uk). Most people go to the dropzone (DZ) that is closest. If you are lucky enough to have more than one nearby, then shop around. Get the best value for your money. If possible, visit the DZ in person to book the course. You wouldn't buy a car without looking in the showroom first! Most clubs have a brochure that explains the different courses available.

**Stuart Albon**  
BPA Instructor & Examiner

**At the end of your time as a student parachutist, you will be equipped to go out into the world and skydive**

## Progression System

Category	Requirements
1	Completed ground training for first jump
2	First jump and one further static-line descent
3	Three dummy ripcord-pull descents
4	First freefall (3-5 seconds) and 5-second delay
5	Two 10-second delays
6	Two 15-second delays
7	Two 360° turns with precision
8	Dive exit Unstable exit Backloops Tracking and track turns Qualifying jump for Category 8 (including turns, a backloop, track, wave off and pull)

Congratulations! After gaining your CH1, you will be eligible for your FAI A Certificate and can start learning how to develop your skills in a chosen area, such as formation skydiving or freeflying.

Note: The above is the minimum number of jumps required.



You will use a ram-air type canopy similar to those used by more experienced skydivers

Photo by Steve Doran



**Absolutely, Positively,  
Without Any Doubt,  
the BEST Darn Jumpsuit Ever Made!**

WWW.BEVSUIT.COM

**Bev Suits**

8398 Lyon Valley Rd., New Tripoli, PA 18066 USA TEL/FAX: 610-285-6994

Photos by Niklas Daniel

Professional Service  
with a  
Personal Touch!

**AeroStore**  
CORP.  
PARACHUTE SALES & SERVICE USA

Shop On Line Now For Best Prices!  
**www.aerostore.com**  
**1-610-327-8555**

Photo by Justin Carmody

JAVELIN Odyssey  
MIRAGE  
ICARUS Crossfire 2  
CYPRES 2  
Vigil  
Performance Designs Inc.  
VECTOR 3  
Larsen & Brungard

120 North Charlotte Street, Pottstown, PA USA 19464  
TEL: 610-327-8555 FAX: 610-327-8445

## modular helmet systems



Original Carbon fibre  
**From: £184.99**



NEW 2011 DESIGN!  
**From: £119.99**



Compact protective skydiving helmets  
that transform into multi-functioning  
camera helmets.

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



**SHL (SHOT)**



# What next?



AFF is the fastest route to become a skydiver, with professional one-on-one instruction. If you have decided this route is for you, it pays to research prices and places where you can do the course. How do you decide where to do this? With whom should you place your hard-earned money?



**AFF is a personalised intensive course with one-to-one instruction to teach you all the skills you will need as a fully qualified skydiver**





# AFF

ccelerated ree all

The answer depends on you and your circumstances. But, as a newcomer to the sport, it can be a potential minefield! This article should help you make an informed choice of whether and where to become a skydiver through AFF.

When you are potentially parting with around £1,500 of your hard-earned cash, it is worth spending wisely. The problem is that many pitfalls only present themselves after the course. It's too late for a refund then! Here's an honest answer to the questions usually asked...

#### What is AFF?

AFF is a personalised intensive course with one-to-one instruction to teach you all the skills you will need as a fully qualified skydiver. A full day's hardcore training will be followed by a series of jumps from altitude.

The full course is described in the box on page 17. The first three levels will be with two instructors, from around 12,000 feet. Once you have demonstrated your ability to fall stable and pull on your own awareness, you are progressed to Level 4 and will jump with one instructor. Your freefall skills are increased at each level with a course that follows the skeleton shown on page 17, but is fleshed out by your AFF instructors, who add additional exercises to suit your own skills (or lack of!).

As your jumps progress you will also receive comprehensive ground-school training in vital areas such as canopy control. After completing AFF Level 7, you do a low-altitude jump on your own. If successful, you qualify for AFF Level 8. The final step to Category 8 is to complete ten consolidation jumps, which are done on your own but your AFF instructor should guide and advise you through this stage. The important thing to bear in mind, as someone who knows little about the sport, is

that AFF is far more than a week's jumping or a jolly holiday. It is a course to do if you want to take up skydiving. As such, think it through. Be clear you do want to take up the sport. If you are not sure, find out if your chosen centre offers a Level 1 jump only, so you can try before you commit to the entire course. Research places and prices following the guidelines here. But also think about what you want to do after your course; where you want to jump and, if possible, plan to purchase equipment soon after your course.

*"Each level, on the way to altitude, I would convince myself that the fear wasn't worth it and I'd quit as soon as I got to the ground in one piece - and each time I'd spend an hour after I landed babbling like an idiot about how fantastic it had been."*

Vicki Priest, AFF Student

Photo by Gary Wainwright



Two instructors will be with you on your first three levels



Photo by Lorraine Dixcey

#### What are the benefits of AFF?

If you know you want to take up skydiving, AFF is the quickest, easiest and most motivating way. It is a true taste of real skydiving from the start with professional, personalised instruction. It gives you time in freefall to get used to the surroundings and to overcome the 'sensory overload' you feel on first entering freefall, where all your senses are overwhelmed and it is difficult to think. The ethos of AFF is continuous exposure to freefall and the ability to correct problems through in-air instruction.

*"An excellent experience - best of my life so far."*

Ivan Betts, AFF Student

#### What qualifications do AFF instructors have?

In the UK, the AFF instructor must have at least 1,000 jumps and 10 hours in freefall. In countries that operate to the United States Parachute Association (USPA) standards (that's pretty much the rest of the world), the AFF instructor must have six hours in freefall. There are other requirements but these are similar. Both systems require the budding AFF instructor to pass a course including a series of jumps with an examiner, to prove their ability to fly relative with a student (who may be spinning on their backs at the time) and provide in-air instruction.

*"AFF is only a start but, in my opinion, it is the best start you can get."*

Kevin McCarthy, AFF Instructor

#### What are the disadvantages of AFF?

There aren't really any disadvantages, other than that it makes sense to be sure you want to take up skydiving before you part with the cash. Financially, it seems more expensive than the static-line progression system as you

will pay the money in one lump. However, in the long run, the cost is probably similar. Even if you pay as you go, the cost may hit you harder as you are very likely to finish in a far shorter amount of time. Be aware that, when you have completed your course, you will need to buy a rig and canopies in order to continue jumping at the rate you desire (without having to wait for hired equipment). In the static-line system you have more time to prepare for this.

#### Where can I do an AFF course?

Most UK dropzones (DZs) run AFF courses of their own; there are also British instructors who either take or send students to DZs abroad. Many overseas DZs also run courses.

#### What rules govern safety on a dropzone?

DZs in the UK have to be affiliated to the BPA. The BPA is, in turn, allowed to govern parachuting under an exemption given by the Civil Aviation Authority (CAA), which is audited on a regular basis. The CAA is governed through the statutory powers of the Civil Aviation Act. The BPA makes use of an Operations Manual to

list all the procedures that are to be used for parachute operations in this country. This document must be abided by for legal reasons as it could be used in a court of law.

Overseas dropzones do not have to be affiliated to the USPA; this also includes drop zones that are based in the USA. The USPA's version of the BPA Operations Manual is only advisory and wouldn't necessarily be accepted as evidence in a court of law. DZs in foreign countries work to their own governmental rules.

#### What are the advantages of doing a course abroad?

If you enquire about doing a course abroad, you will probably be told it will have better weather, shorter courses and cost less.

Sounds great - but is it true? Here are some factors it is worth taking into account...

#### Cost

It might sound cheaper but remember to add on airfare and medical insurance, which covers you for skydiving. This is an absolute 'must' if going to America. If you are going to a

Photo by Stu Storey





**“AFF is a true taste of real skydiving from the start with professional, personalised instruction**

Your instructors will give you guidance in freefall via hand signals



Photo by Mark Stone



European country, form E111 (available from the post office) will cover you for a visit to a state-run hospital but will not cover for repatriation back to the UK or loss of earnings on return. Also consider the cost of accommodation, car hire, BPA membership and check-out skydive at the dropzone you choose to jump at on your return to the UK.

*“If you go abroad you will, unless you are incredibly disciplined, spend more than you would here on things other than skydiving.”*  
Andrew Parker, AFF Student

#### Weather

The weather probably will be better at foreign dropzones during the winter period. However, and contrary to popular belief, it is not always better during the summer season. Most then suffer from extremes of weather such as hurricanes, tornadoes, seasonal high winds and tropical storms. The trouble is that going on a holiday commits you to a time limit. If the weather is bad during your stay, or you are ill, your investment has been lost and will lead to

either taking another trip out or paying extra trying to complete the course back in the UK. Many UK dropzones will not accept partly trained students for understandable reasons.

*“AFF is meant to be intensive, in order to accelerate the learning process. Waiting days or weeks between jumps makes it more likely that you will need to repeat a level, which can be expensive. This needs to be balanced with enough time between jumps for you to take in the instruction needed for each level, without putting yourself under excessive pressure.”*  
Stuart Albon, BPA Instructor & Examiner

#### Shorter course duration

Many American dropzones are not that busy during the summer period due to extremes of weather. This may sound like an advantage but if there aren't enough people to fill the aircraft you will not get to jump. Ask the dropzone how many AFF students they graduated in the same month you intend to travel from the previous year.

#### What are the disadvantages of doing a course abroad?

Most disadvantages of doing your course abroad only appear on your return to the UK. This is particularly highlighted when a student returns to the UK having not completed at least 10 consolidation jumps after the AFF course or, even worse, not completing the course at all.

#### Different systems

Regardless of what advertisements say, if you are doing your course abroad you are being trained under a foreign regime and it is not the same as doing your course in this country. Some adverts state that you will be doing the British course abroad, others go as far as to say that they adhere to the BPA Operations Manual. British instructors operating abroad are not covered by BPA Instructor Liability Insurance, and will not be covered by USPA insurance if you have not joined the USPA or the instructor is not USPA rated. It is almost impossible for a dropzone that is not 'affiliated'

Photo by Gary Wainwright





Photo by Ash Hollick

**“ You will find that your instructors become friends for your skydiving life!**

to the BPA to operate to the BPA Operations Manual; they are legally bound to operate to their own governmental procedures. Page 53 lists all BPA Affiliated dropzones in the world; there are 26 in the UK and two abroad.

#### **What happens when you get back to the UK?**

*“If you do a course with us you will be fine to jump in the UK afterwards.”*

If this statement is made you should ask the salesperson or instructor to tell you which dropzones in the UK will accept you. You should then call the UK dropzone to find out:

- if the dropzone will accept you after your AFF course
- if they will accept you at any stage of training (just in case you don't finish the course while on holiday)
- if they will charge for a check-out jump and how much
- how much consolidation jumps cost at that UK centre (ranges from about £25 to £85 a jump).

#### **Different training**

British AFF courses contain eight levels; most foreign courses only contain seven levels. The foreign Level 7 is normally missing performance criteria that are required to pass a British Level 7.

*“Be very aware: AFF training in Britain is absolutely second to none.”*

Andrew Parker AFF Student

#### **Different equipment**

Some foreign dropzones use equipment known as the SOS system. This is different

to standard types of equipment used at UK dropzones and requires a different technique to operate if you have a malfunction. This can lead to an expensive bout of retraining on return to the UK. In addition, for safety reasons, you may prefer not to change your equipment and emergency procedures at an early stage in skydiving. Some UK dropzones will not accept students that have been trained on non-standard parachute equipment.

*“Be aware that reserve drills may differ, I had to change mine when I returned to Britain. Be fully familiar with the type of rig you were using, where all the handles were and be very confident in the skills you have learned because, if you are not confident in what you have learned, I really don't expect an instructor would be either”*  
Ben Moreton AFF Student

#### **What happens after the AFF course?**

In the UK you must perform 10 consolidation jumps before being awarded your Category 8 and A Certificate. During these jumps you have to be dispatched from the aircraft by an instructor, watched from the ground (or in air) from exit to full canopy deployment by an instructor, and have your logbook critiqued and signed by an instructor. The consolidation jumps are an important part of your progression that are used to help the transition from jumping with an instructor to jumping on your own. This is a critical part of your training and safety that should not be taken lightly. Ask your intended foreign DZ if they conduct the 10 consolidation jumps, what form of coaching they provide during this phase and if there will be an instructor set aside to either jump

with you or watch from the ground through telemeters / binoculars (they may charge extra for this service).

*“It was an eye-opener coming back to the UK... the process here is much tighter, you are assigned an instructor who works very closely with you, whereas in Australia I was jumping with a variety of people, which meant that the briefings were a little inconsistent”*

Kim Fossey AFF Student

#### **What are the advantages of doing the course in the UK?**

##### **Time**

You aren't on any time limitation if going to a UK dropzone either on a weekend or midweek basis. If the weather is bad for the weekend or you are ill you can just stay at home and try again the next weekend. It is possible to complete an AFF course in the same time frame as a foreign dropzone without having the pressure of a return flight date looming.

##### **Cost**

Although at first glance the course may appear to be more expensive, there are no hidden extras. Many centres run courses on a pay-by-the-jump system, or an interest-free credit scheme; either of these will allow you to spread the cost of the course over a longer time frame.





By your Level 4 you will be able to jump with just one instructor



Photo by Paul Dorward

### Value for money

Because there is no time constraint on getting the jumps done, there is more opportunity to receive tuition. Your instructors will continue to look after you during the 10 consolidation jumps.

### Training

Having been coached by the same school throughout the AFF course, 10 consolidation jumps and beyond, you will find that your instructors become friends for your skydiving life! They are always there to give advice at whatever stage for years to come and not just a couple of weeks while you are on holiday.

### Social scene

Skydivers have very close-knit social groups. It can take a long time to get into the social scene of a new club. Doing the course at your home dropzone will allow you to meet and make friends with the people that you will be jumping and partying with in the future. There will also be jumpers on the dropzone

By the time you get towards the end of your AFF course you will be able to freefall by yourself with confidence



Photo by Paul Dorward

who have recently been through the same course as you, with the same instructors and have experienced the same feelings of anxiety and elation. As with most things in life, it is easiest to communicate with those who have had similar life experiences; indeed it is the basis for a fulfilling and real friendship.

*"There is no substitute for establishing and maintaining a relationship with a DZ, AFF school and instructors... this makes the whole nerve-wracking process a lot easier and, let's face it, it may be beyond bliss as an experience, but it is also THE most challenging."*

Kim Fossey, AFF Student

### Summary

There is a major difference in ethos between teaching attitudes in different countries. On the whole, the foreign ethos is that you are responsible for your own skydives. In the UK it is more along the lines of the instructor being responsible for your skydives. For someone who has done a course abroad it can often appear that British dropzones are stuffy and bound by lots of rules. The rules are in place and adhered to for your safety and the safety of others. The consequences

of breaking the rules in the UK bear higher penalties for instructors and clubs in general.

*"If you learn to jump outside the UK then always get qualified. At least get your A Certificate and do as many jumps as you can before you come home."*

*Returning to the UK as a partially trained, unqualified jumper is always a problem. You'll have to face jumping at a new DZ with different equipment, aircraft, instructors and rules. All this with only a few jumps experience means much more risk of a problem or injury. Any UK dropzone will want to give you a thorough*

## Level requirements

- 1 Has completed ground school and achieved the following:  
Heading awareness  
Awareness of altimeter and instructors  
Reasonably co-ordinated practice pulls  
Pull on instructor's signal  
*Additional exercises may be introduced at the instructor's discretion at any subsequent level*
- 2 Free arm time  
Practice pulls  
Reasonable body position  
Solo pull on own altitude awareness
- 3 Leg and arm awareness  
Heading maintenance (while totally released)
- 4 Start and stop turn(s)
- 5 Turns left and right
- 6 Solo exit  
Sub-terminal control  
Attempt backloop(s)  
Tracking  
Wave off
- 7 Dive exit  
Alternate 360° turns  
Backloop(s)  
Track and track turns  
Wave off
- 8 Solo exit and pull stable within 10 seconds

Congratulations, you have now graduated. A further 10 solo consolidation jumps, plus CH1, and you will be eligible for your FAI A Certificate.

*check and retrain; this, of course, means more expense. Learning to skydive at the centre you plan to continue jumping at is the safest way. At the end of the day you're statistically safer in the UK both during and after your course."*

Richard Wheatley, BPA AFF Instructor

### Whatever AFF course you choose

Shop around. Go and visit a couple of centres, talk to the instructors and other students that are on the course. If the instructors are too busy to talk to you, then this attitude is unlikely to change once you have started the course. Are the students happy or do they wish they had gone somewhere else?

Paying for an AFF course is making an investment in your future skydiving career. It is well worth spending time researching all the options available before parting with your cash. In short, skydiving is a service industry, cheapest is not always best. Avoid gambling on an unknown quantity; ensure you are happy about where you are going before you get there. There is much more to an AFF course than eight jumps!

**Chris Allen**  
BPA Instructor & Examiner



# GOWEAR™

Jumps from perfectly good airplanes

Now you're a skydiver tell the world!

Get this and other cool skydiving stuff

[www.Go-Wear.co.uk](http://www.Go-Wear.co.uk)

# SIMPLE BRILLIANCE

# SOLCII

AUDIBLE ALTIMETER

Combine with L&B's Altitrack for total altitude awareness!

**FEATURES:**

- Audible Altimeter
- Digital accuracy
- 1, 2 or 3 alarms
- **Water-Resistant**
- Small, compact, comfortable
- Accessories available
- Easy to use
- Reliable altitude awareness
- Loud alarm sound
- State-of-the-art components and firmware
- Set & forget technology

**FLIGHT PERFORMANCE**

**LARSEN & BRUSGAARD**  
[www.L-and-B.dk](http://www.L-and-B.dk)

Ledreborg Alle 28 • 4000 Roskilde • Denmark • +45 46 48 24 80 • Fax » +45 46 48 24 90 • l-and-b@L-and-B.dk

Photo: Norman Kent

# For all your skydiving gear

# DZ SPORTS

Complete Parachute Systems

- T-Shirts • Sweatshirts
- Head Gear • Jumpsuits
- Altimeters • Goggles
- Gloves • Log Books • Books
- DVDs • Cool Stuff & Gadgets
- Demo Gear Available

UNITED PARACHUTE TECHNOLOGIES

**MIRAGE SYSTEMS**  
Dealer for all manufacturers  
(see examples above)

Visit our drop zone shop to view our extensive range

**Check out our fantastic online store**

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

**DZ Sports Ltd.,**  
Hinton Airfield,  
Brackley, Northants NN13 5NS

**Tel: 01295 812101**  
**Email: sales@dzsports.com**

Photo: Alan Bloom



# Skydiving changed my life

It may only be a sport, but skydiving is a sport that can change lives - not that we're biased of course! Here, new skydiver, Dan Harmer explains how learning to skydive turned his life upside down... in the best kind of way

Learning to skydive has not only changed me as a person, but it has also changed my life and the way I think.

Before I had even considered doing a skydive, I had no direction in life. My dream of being a pilot in the RAF was slipping away rapidly. I became just a young boy with no ambitions and turned into a bit of a bum! In May 2010 I heard about a meeting I could attend to organise doing a static-line jump and I thought it could be a way to get out of my lazy cycle.

The day I attended that meeting truly was the day that changed me: it was the first time I met my instructor, who was soon to be somebody I would idolise, aspire to be like and become one of my good friends. Rick Boardman was no ordinary man - I felt I could relate to him. A month on, I was on my way to Netheravon to do my first static-line jump.

My first jump was amazing and, after it, I was hooked to the rush of adrenalin. I was back every weekend to meet Rick and progress. My life made a complete u-turn and, from that point onwards, I started to realise I was good at something I loved doing. Not only did I become a better person but I started to plan for my future.

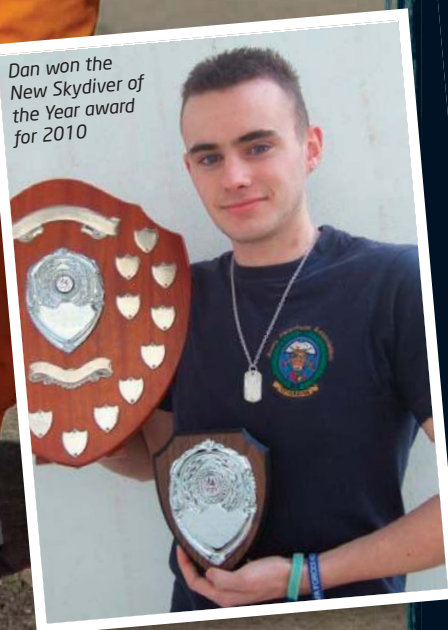
The one thing I've found is that people from all walks of life are involved in skydiving. You become a real individual in a unique group of amazing and warm-hearted people. I have yet to find a skydiver that won't put him or herself out to help you and welcome you with open arms. If I hadn't taken up skydiving, I have no clue where I would be right now.

The key to a successful life in skydiving is commitment and the urge to learn and get better. I was down every weekend and even got a second job to pay for it. It took me two months to get my A Certificate and, since my first jump in July 2010, I have qualified as a skydiver, been to Portugal to skydive, competed in the Army Parachute Championships (coming seventh in Novice Accuracy!), and won the Mike Forge trophy for New Skydiver of the Year at the BPA AGM in Coventry. But most importantly, I have made some real friends for life.

Dan Harmer

“ I started to realise I was good at something I loved doing. Not only did I become a better person but I started to plan for my future

Dan won the New Skydiver of the Year award for 2010





CYPRES 2

# BLIND FAITH ?



„No. Within the team, confidence is vital. It's the same with our gear. We believe in the reliability of CYPRES.“

Team Volairkix, UK



Photo: Andrew Lovemore

[www.cypres.cc](http://www.cypres.cc)

not just a pretty drop zone !

# skydive jersey shop



for great value starter packs & a whole lot more, the smarter sky divers shop offshore !

[skydivejersey.net](http://skydivejersey.net) 01534 747410

**YOUR HELPING HAND...**

**rainbow DESIGN**

**rainbow design gmbh**  
 TEL. +49 (0) 33932-72461  
 FAX +49 (0) 33932-72463  
 Flugplatzstr.3 | D-16833 Fehrbellin  
 Germany | e-mail: [info@rainbowsuits.com](mailto:info@rainbowsuits.com)  
[www.rainbowsuits.com](http://www.rainbowsuits.com)

RW-/Freely-/Camera-/Warm - Suits/ Freely-/Swoop-/Base - Pants/ Special-Ops - Suits





# You don't have to be invincible

Skydiving seems full of loud, aloof, intimidating types who treat getting into freefall with the same casualness as buying a cup of coffee. Do you have to be invincible? Or will practice make perfect so you too can become this blasé?

How are you, with all your enthusiasm, potential and attitude, ever going to overcome the hurdles in your way and get to the standard of those heady individuals that jump every weekend? Well, you don't have to be a hero, you just need to have the desire, set your goals and apply yourself.

At the same time, bear in mind that, if this game was easy, anyone could do it. Even the bland, sulky individuals we meet every day. The ones in the bank, those at the supermarket, and maybe even the ones who look at you like you're mental when you say you're going to devote yet another weekend to staring at a windsock. This sport makes its own selection and right now, for however long, it's chosen you. So, what's in your way?

**"Whenever I go to the DZ the weather's awful"**

Yes, it's true that there seem to be more non-jumpable days than there are jumpable

ones in the UK. As students, you are justifiably confined by weather restrictions. But you must keep your eye on your goal, make sure that you are there when the weather is good and get your name down early. If you do three jumps on a good weather day, you will perform better than if you do one every three weeks.

Everyone has demands on their time - family, work, etc. - but the time that you do have to give to skydiving, give it all. Get up early. Be there!

**"I'm broke!"**

Fair one, me too, but here's a tip. It sounds patronising but it worked for me. Every bad weather day you are at the dropzone, presumably you came to jump. Put the money you would have spent somewhere safe and use it to jump more when the weather's good. Does your dropzone pay for

packing? Learn! What is the breaking strain of one of your rigging lines anyway?

**"When I jump, I get all tense and I screw up!"**

Yep. So did everyone else who skydives. It's hard because it's dramatic and scary out there, but there are things you can do to help. Make use of your time on the ground (those bad weather days again). Even outside of formal revision, practice exits, rehearse your exercise repeatedly and really understand just what your instructor wants from you. There's a brilliant article about visualisation on page 33. Read it, read it again and apply it. Never be afraid to ask. If ever you get a critique that you don't understand, ask. Watch as many videos as you can; even if they seem advanced, they show people feeling the air, and those people started from exactly the same place that you are now.





**“Positive mental attitude is something of a bland cliché these days, but it works. Fool yourself that you’re really good and you probably will be**

**“I’m worried I can’t cope”**

If you did AFF or a static-line jump, you have already been taught two types of skills; sport and survival. Sport skills relate to the routine of skydiving, the things that happen on every jump. Exits and progression exercises, canopy control, etc. Survival skills include cutaway and reserve drills, hazard avoidance and aircraft emergency drills. Both skill sets need to be practised regularly. But remember this: if you doubt your ability to cope in a given situation, such as a malfunction, this doubt will turn to fear. It will increase on the ride to altitude and affect every aspect of the subsequent jump. You cannot progress in skydiving if you believe that you barely escape with your life every time that you jump. An intermediate jumper once confessed to me that he was praying he never got a problem with his canopy, because he was convinced he would freeze. How could he ever expect to progress (or survive) with that attitude? If this sounds like you, grab an instructor NOW. Get in a suspended harness and go through hell until you are sure you can cope. Then your survival skills can sit where they belong, in the back of your mind, ready to leap out, slick and practised if they are ever required. Now you can get on with skydiving.

What do you think about on the climb to altitude? How scared you are? How you’ll probably get it wrong? If you do, then you will be scared and you will get it wrong.

Positive mental attitude is something of a bland cliché these days, but it works. Fool yourself that you’re really good and you probably will be.

**“I’m scared!”**

First of all, you are not alone. Skydiving, in the early stages, is a very scary thing to do. Remember that, even though the students around you feel the same fear, some are better at looking cool about it. You are not the only one who hopes the weather will clag in again so you won’t have to jump! You’re not the only one who thinks about developing a ‘fractured leg’ in the aircraft so you won’t have to jump. You’re not the only one who holds their risers tightly on the way down in case their legstraps suddenly de-materialise. How do I know? Well I was that student! There, and now about a million people know about it, so you’ve got nothing to worry about. That kind of irrational fear will simply fade as you make more and more jumps. Eventually only a small fragment will remain, and so it should. It will give you respect.

Incidentally, if you talk to most people who have dealt with malfunctions, you will find that there wasn’t the mad screaming panic that one expects. People almost invariably perform calmly and as a product of their training. One of the most perfect first ‘dummy pulls’ I’ve seen was done by a student I despatched in an aircraft emergency at 1,800 feet!

Fear actually has its place within our sport, and people who are completely without it are buying a dangerous ticket - but its place is to edge our enjoyment, not to cloud it. In the meantime remember - you didn’t take up this game to get bored.

**“Most of the experienced jumpers seem cold and aloof”**

I know what you mean, I’ve got 4,000 jumps and no-one talks to me! Seriously, I do know exactly what you mean. This can seem like a very exclusive game sometimes. The thing is that we’re all tribal. We all relate to our own, and people at the dropzone naturally gravitate towards their friends. Every new social situation requires a little ‘breaking in’ but you jump out of aeroplanes for God’s sake, don’t be timid of a little active socialising. Don’t wait for it to come to you.

**Make it happen**

You have already done the hard bit. You’ve crossed the line from the person that said “I’d love to do that”. You made a decision that most people don’t and now you can say “I’ve done that”. But you haven’t done it all. There’s always more. That’s the challenge. Don’t give up! If you do, then I and a bunch of others will have to get proper jobs and interface with the real world and that, folks, is a prospect too horrible to contemplate.

**Chris Donaldson  
BPA Instructor & Examiner**



# FREE 30 minutes coached tunnel time

included with our Accelerated Freefall course at  
North London Skydiving Centre.

You can also save £100 on our normal prices by using the tandem  
skydive you've just made as TAFF Level T1.



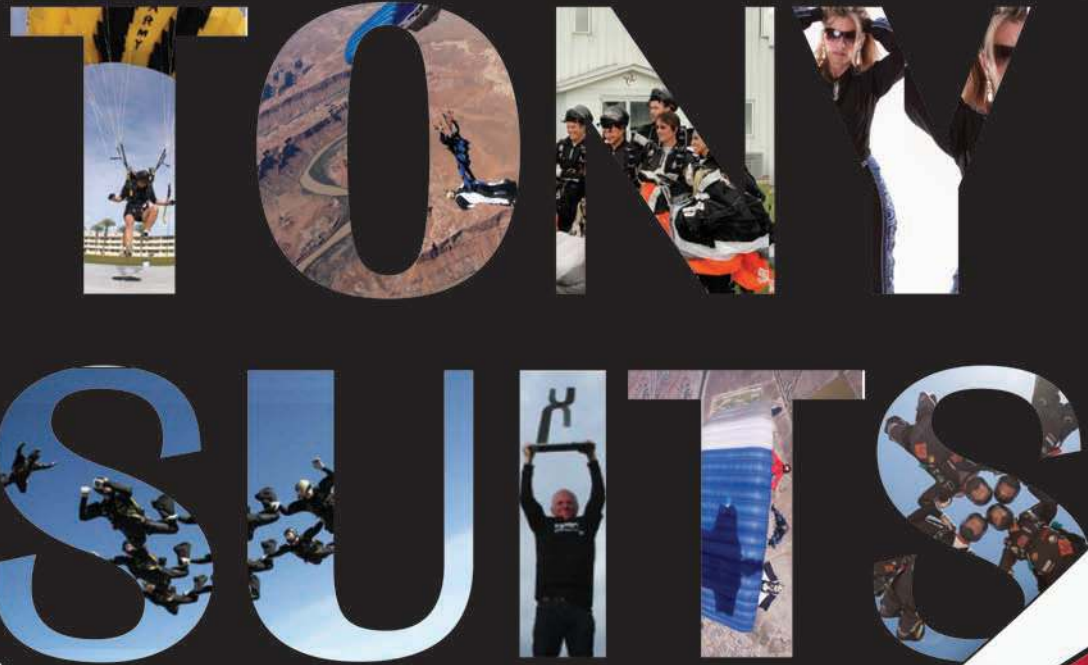
See our web site for details

## [www.ukskydiving.com](http://www.ukskydiving.com)

If you have any questions please call

Mike Rust on **01354 740810** or email **Mike@ukskydiving.com**

TAFF (or Tandem to AFF conversion) is an alternative to traditional AFF level 1 (as described elsewhere in the magazine). It involves attending a formal ground training course, having completed your first tandem skydive, followed by another Tandem skydive. You'll then be able to go solo and join the traditional AFF course at Level 2. To qualify however your second tandem jump must occur within six months of your first and we'll also need a copy of your first Tandem Skydive Certificate as well as your provisional BPA membership card – both of which can be obtained from the skydiving centre you originally jumped at. We operate a 19 place Twin Otter aircraft (currently the largest skydiving aircraft in the UK capable of dropping over 500 skydivers per day) and a 13 place GAF Nomad N22B aircraft (capable of dropping over 260 skydivers per day). We also have our own on site wind tunnel as well as a hovercraft racing track.



**Starter Jumpsuits**  
0<100 jumps

**TONY SUITS**

40343 Air Time Ave.  
Zephyrhills, FL 33542

**813-788-4753**

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

Tony Uragallo - Sport Innovator for 35 years, World Champion

Ask your instructor about the right amount of "drag"  
for your exit weight.

**Visit our Showroom!**

or visit

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

**Ultimate  
Tracking**







Get

**EXPERIENCE**

from across  
The Pond!

**CHUTINGSTAR**

PLAN • B • SPECIALISTS

EDUCATION, RIGGING  
& GEAR SUPERSTORE

**NEW GEAR**

- Largest inventory of in-stock gear
- Easiest to use online ordering system

**USED GEAR**

- Most trusted used gear resource
- Detailed inspection reports on all used gear listings

**RIGGING**

- Fully equipped rigging loft at Skydive The Farm
- Master & Senior Parachute Riggers on staff daily

**EXPERT ADVICE**

- Online tutorial videos on buying gear
- Unbiased advice from experts in skydiving

001★770★445★4000 | **CHUTINGSTAR.COM**





# Coping with fear

Skydiving is a so-called 'dangerous' sport. Yet many of us will come to the sport precisely in order to meet that personal challenge of fear. In the early stages the competition is principally against ourselves and our natural survival instincts

*Photo by Gary Wainwright*

Before we examine how to overcome fear we should first try to understand it better - both the causes and the effects. If we approach it with the right attitude, fear can be employed to produce positive results.

Fear tends to be felt in three different ways. Let's refer to them as levels:

**Level 1: 'the butterflies'** - anticipation / excitement (enjoyable)

**Level 2: 'fight or flight'** - high apprehension / nervous agitation (challenging)

**Level 3: 'frozen'** - terror / all-consuming eg. panic attacks and catatonia (debilitating)

These are not sharply defined, but are more like shades of grey, level 3 being the darkest.

## **Level 1: 'the butterflies'**

We have all met people who say that they don't feel fear when jumping. I disagree with this perception. What they probably mean is that they only experience level 1 fear. For mere mortals to reach this same level, we only have to ride big rollercoasters or go to watch horror films. This lower level is achieved because of the relative safety of the environment and the certainty of a 'happy ending' outcome. We just sit back and enjoy the thrill of the ride.

## **Level 2: 'fight or flight'**

Clearly a skydive is a very different situation. The speed and noise create a much more hostile environment and, on top of that, we now have to actively participate in our own outcome.

The extreme nature of skydiving will throw the majority of people straight into level 2 fear. This is the level we will concentrate on, as it is at this level where we can modify our behaviour to bring us down closer to level 1.

## **Level 3: 'frozen'**

Level 3 belongs principally to those who are too scared even to contemplate leaping out of perfectly good aircraft. A small number of those who do come to skydive will experience this by 'freezing' in the door or bottling out completely. If that is you please read on, this article might be of help to you too.

## **Fight or flight**

What are the full implications of being in 'fight or flight' mode? Fight or flight hits us at the deepest level. It is our primal instinct for basic physical survival. As such it has a profound effect on our brain chemistry, our sensory abilities and our perception. As our heart rate increases, pumping adrenaline and noradrenaline around our systems, we feel it everywhere. Nobody is immune to this effect. How we manage it determines our reactions.

Developing a strong mental attitude is essential when trying to counteract the body's powerful defence mechanisms. Instinctive actions don't always work in our best interests. It is ironic that the things our bodies will do to keep us safe are precisely the things that can compromise our safety in a skydive. To override our instincts we need to concentrate on mental strategies and learn how to utilise this altered brain state in positive ways.

The physical effect of 'fight or flight' makes our bodies do everything they can to distract us from the right actions. As the heart pumps harder, our breathing changes as well. We take rapid, shallow breaths, or even hold our breath completely. This creates tension and a high level of preparedness for action when, in fact, we need to get more relaxed in the air.

## **Controlled breathing**

Controlled, regular breathing patterns have been proven to alleviate pain, tension and stress in many situations. The way we breathe is the key to physical and emotional relaxation. That inner conflict between the body's natural survival instincts and right, safe action is strongly at work.

## **Foetal position**

Another, often overlooked, physical effect that can cause problems with exits and body position in freefall, is the foetal position. Again that survival instinct seems to be working against us. The foetal position is a natural position we adopt at times of great danger or stress for self-preservation. This tightly curled posture serves to protect the head and genitalia, the two most vulnerable and vital areas for continued existence. Unfortunately it also happens to be the complete opposite of the stable spread position we need. We hear that 'hips down, head up' is the right way to fall, our leading edge is the pelvis (assuming it is belly flight). It's hardly surprising that all these contradictions can feel overwhelming.



## Projected outcome

Let us return to the example of the horror film for a moment; because we know it isn't real we quite rightly can expect no consequence from watching it. Real life is less predictable. The drive to the local supermarket, like many other day-to-day activities, can have tragic results.

It's a sad fact that the media, family and friends only turn their attention to one single aspect of our sport; the boring reality is that we are more likely to have a fatal accident on the way to the dropzone than actually on it.

Fearful thinking is based on projection of the potential outcome of events. Who can blame us if, in unguarded moments, our minds automatically lock on to the least likely potential outcome of a skydive. When this thinking combines with our primal need for survival, we create a vicious circle.

## Thinking it out

It is a good idea to address physical symptoms first. Techniques learned and used here are involved in mental preparation. I strongly recommend the regular practice of any of the established 'controlled breathing' exercises such as meditation or self-hypnosis; these exercises will make you consciously aware of your own 'relaxed' breathing pattern. When you are on your way to altitude, if you feel your breathing change you can 'remind' yourself to breathe properly. This should enable you to become more physically relaxed and able to focus clearly on your skydive.

Leaving the plane is a moment of the highest intensity; heart rates of 200 beats per minute have been recorded. When you really shout the safety count ("*one thousand, two thousand, three thousand, four thousand, check canopy!*") on exit you break the tension held in the chest by forcing an exhalation. The natural consequence, of course, is then to inhale; this sets you into a good breathing pattern right at the start of your skydive.

**Acknowledge and embrace the fear. Let it help you to stay safe without letting it interfere with your enjoyment of this exhilarating sport**

## Mental preparation

By consciously using our minds to regulate our breathing we can change how we feel. We can carry that forwards and apply the same technique to the way we think. It is commonly said that 75 per cent of a skydive takes place on the ground. Mental preparation is crucial for all levels of experience, but especially important for the novice who is still dealing with 'the fear'. The repetition of sequences of events and/or actions develops muscle memory and consciously familiarises you with the location of different handles etc.

This, in itself, will help to remove some of the tension but it is also an opportunity to practise your relaxation strategies. Build the awareness of your breathing and state of relaxation into the skydive at this early stage and it will be easier in the air.

Rather than thinking about what might happen, you should be focusing on what you want to happen. Remember, you are in complete control of your skydive; everything you do in the air is going to have an effect. The ground work and your time in the plane should be spent with a fully conscious

attitude to your physical relaxation and your mental preparation. If you let your mind wander it will invariably drift towards that unsettling area of projection.

## Use your fear

Not many people address the beneficial effects of fear but here we will, as it is another way to combat its impact on us.

So long as you stay aware of the dangers you will not fall victim to avoidable accidents. Be scared, but let it prompt you into affirmative action. If you are concerned or worried about any aspect of the equipment or the jump, talk to someone, reassure yourself and give yourself one less thing to stress about. Above all else, use your fear to make you practise those emergency drills. After all, the only time you might actually need to be scared is if you don't have a good canopy over your head after the safety count. This is the time when those troublesome survival instincts that were giving us problems before turn back in our favour; as long as you know where the handles are you will use them instinctively!

## In summary

To sum it up, accept the fact that skydiving is dangerous and it will trigger fear of some description. Acknowledge and embrace the fear. Let it help you to stay safe without letting it interfere with your enjoyment of this exhilarating sport. It won't always be as scary, as with experience comes familiarity. With every jump you will further integrate this 'highly conscious' way of thinking into your unconscious thoughts and actions - and here's the bonus. When you learn to manage the level of fear that skydiving can induce, it will carry through into your whole life.

Neil J Biscoe

*Let fear help you to stay safe but don't let it interfere with your enjoyment*





# STEP OUT WITH CONFIDENCE



Photo By Nik Daniel



Photo By Laszlo Andacs

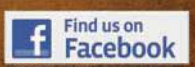
- Silhouette*  
BY PERFORMANCE DESIGNS
- SPECTRE*  
BY PERFORMANCE DESIGNS
- STORM*
- PULSE*  
BY PERFORMANCE DESIGNS
- SABRE2*  
PERFORMANCE DESIGNS
- STILETTO*  
BY PERFORMANCE DESIGNS
- KATANA*  
PERFORMANCE DESIGNS
- VELOCITY*  
PERFORMANCE DESIGNS
- VELOCITY*  
PERFORMANCE DESIGNS
- Lightning*
- RESERVE*  
BY PERFORMANCE DESIGNS
- OPTIMUM*  
BY PERFORMANCE DESIGNS

When you're headed for the door, you want to be confident. You only want to think about sticking that sweet exit, geeking the camera, or feeling the rush that we all know and love. Having confidence in your canopy choice is a big part of that.

With the diverse family of canopies available from Performance Designs, you can fly the parachute that fits your needs. Whether it's the sporty, 7-cell Storm or the tried and true Optimum Reserve, the years of R&D behind PD products coupled with the best customer service in the industry will allow you to Step out with confidence.



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





**NEW PRODUCTS AVAILABLE**



**CHILDREN OF THE CORN 2**  
NTSC DVD  
#V82010



**COOKIE G2**  
FULL-FACE HEADGEAR  
NEW DESIGN FLIP UP LENS  
# L6712



**GO PRO**  
HD HELMET HERO  
DIGITAL HEADBEAR CAMERA, MULTIPLE MOUNT  
WITH MULTIPLE PLACEMENT / ANGLES  
# L 12601



**PRECISION 500**  
SKYDIVER'S  
LOGBOOK  
SAME SIZE AS ORIGINAL PRECISION LOG BOOK  
WITH 500 ENTRY SPACES  
# B1775

**PARA GEAR'S GOT IT IN STOCK READY TO SHIP**

[www.PARAGEAR.COM](http://www.PARAGEAR.COM)

# Para Gear

SERVING THE WORLD FOR OVER 50 YEARS! **EQUIPMENT COMPANY**

**PARAGEAR HAS EVERY PIECE OF EQUIPMENT YOU NEED FROM BEGINNER TO EXPERT**



**BH OPTIK 210**  
CAMERA HEADGEAR  
FLAT SIDES AND TOP W/ SPOT  
FOR HYPEYE OR GAMEYE BUTTON  
#L 5177



**BH HELL'S HALO**  
CAMERA HEADGEAR  
FLAT SIDES AND TOP FOR MOUNTING  
UNIQUE TIGHTENING SYSTEM  
# L 5168



**MINDWARP**  
PIMPDADDY HEADGEAR  
CAMERA MOUNTS AVAILABLE  
# L5125



**OXYGN A3**  
FULL-FACE HEADGEAR  
VARIOUS COLORS AVAILABLE  
# L4315



**COOKIE OZONE**  
OPEN-FACE HEADGEAR  
CARBON FIBER FINISH STANDARD  
# L5706



**BH ALL-SPORT**  
OPEN-FACE HEADGEAR  
# L5128



**BENNY**  
OPEN-FACE BY SKY SYSTEMS  
REPLACEABLE LINER - GOBBLE CHANNEL  
# L4380



**BH GUNNER**  
OPEN-FACE HEADGEAR  
# L5158



**BH ECHO**  
OPEN-FACE BY BONEHEAD  
AVAILABLE IN BLACK OR WHITE  
# L5138



**ALTITRACK**  
FREEFALL COMPUTER & VISUAL ALTIMETER  
DIGITAL ACCURACY W/ ANALOG FADE  
# 110510  
ACCESSORIES AVAILABLE



**ALTIMASTER III**  
GALAXY MODEL VISUAL ALTIMETER  
# 111915  
GREEN, BLUE, BLACK, RED, OR YELLOW, ORANGE, TURQUOISE, NEON GREEN, AND SILVER CASING COLORS.



**PARASPORT AERONAUT**  
VISUAL ALTIMETER  
COMES WITH HAND MOUNT  
METRIC OR STANDARD FACE AVAILABLE  
# 111885



**NEPTUNE 2**  
FREEFALL COMPUTER & AUDIBLE ALTIMETER  
ACCESSORIES AVAILABLE  
CHOOSE BLUE OR BLACK # 11405



**JUMP-TRACK**  
ELECTRONIC LOG BOOK  
SOFTWARE & PC INTERFACE  
FOR LBB ALTITRACK # 111445  
FOR LBB PROTRACK # 111450  
JUMP-TRACK CD ONLY ALSO AVAIL



**VISO II**  
FREEFALL COMPUTER & VISUAL ALTIMETER  
ACCESSORIES AVAILABLE  
# 110505



**SOLO II**  
AUDIBLE ALTIMETER  
ACCESSORIES AVAILABLE  
# 110520



**OPTIMA II**  
ADVANCED AUDIBLE ALTIMETER  
PROGRAMABLE W/ SWEEP ALARMS  
# 110500



**N3 - NEPTUNE 3**  
VISUAL & AUDIBLE ALTIMETER  
ALUMINUM CASE  
NOW RECHARGEABLE!  
# 11423



**N3A**  
AUDIBLE ALTIMETER  
WITH MP3 PLAYER INPUT  
PLAY MUSIC & GET ALARMS!  
# 11427



**SORZ**  
GOOGLES  
CLEAR, AMBER, SMOKE,  
MIRROR OR MIRROR BLUE  
# 81147



**CRUISER 2**  
GOOGLES  
COMES WITH INTERCHANGEABLE  
LENSES AND CARRYING CASE. COMES  
WITH CLEAR, SMOKE, AND AMBER LENSES.  
# 811075



**CARRON BLACK**  
HOOK KNIVES  
ALL CARBON FIBER JACK THE RIPPER OR  
CAPTAIN HOOK (WITH FINGER HOLES!)  
JACK THE RIPPER #K10505  
CAPTAIN HOOK #K13505



**AEROJACK**  
SAFETY KNIFE  
NEON YELLOW  
NYLON W/ DUAL BLADE  
#K2003



**POWER TOOL**  
PACKING TOOL  
GREAT FOR THOSE  
HARD TO CLOSE CONTAINERS  
#879925



**COOKIE**  
HANDMOUNT  
FOR GO PRO CAMERAS  
FINALLY A STURDY HANDMOUNT  
FOR GO PRO - CARBON FIBER CONSTRUCTION  
# L 5724



**AKANDO**  
SKYDIVING GLOVES  
SPEEDY S-M-L-XL  
# 81112

## CANOPIES & CONTAINERS



**PARAGEAR HAS JUMPSUITS!**  
**ONE STOP SHOPPING FOR ALL OF YOUR GEAR NEEDS!**



**CONTOUR HD 1080P**  
COMPACT HD VIDEO CAMERA  
SMALL, LIGHTWEIGHT HD CAMERA  
FOR PLACING JUST ABOUT ANYWHERE  
# L 12701



**LEARNING TO FREELY**  
NTSC VIDEO DVD  
LEARN THE ART OF FLYING HEADDOWN  
FROM SKYDIVE UNIVERSITY  
#V 90105



**POCKET RIGGER KIT**  
WITH 25 SPECIALIZED TOOLS  
COMPACT CARRYING CASE  
ROOM FOR RIGGING MATERIALS  
#87089

**WE CARRY ALL MAJOR MANUFACTURERS' PRODUCTS!**  
**CONTAINERS - CANOPIES - ACCESSORIES - RIGGING - HARDWARE**

ORDER ONE TODAY

GIFT CERTIFICATES AVAILABLE  
FOR ALL OCCASIONS AND  
FOR ANY AMOUNT!



SERVING THE WORLD FOR OVER 50 YEARS!

# Para Gear



3839 West Dakton Street  
Skokie, Illinois 60076 USA  
PHONE: 847-679-5905  
FAX: 847-679-8644

ALL MAJOR CREDIT  
CARDS ACCEPTED.

**EQUIPMENT COMPANY**  
[www.PARAGEAR.COM](http://www.PARAGEAR.COM)



**PARA GEAR'S GOT IT IN STOCK READY TO SHIP**



# Glossary

Photo by Tony Darbury

<b>4-WAY</b>	Formation of 4 people or canopies; similarly 8-way, 16-way, etc	<b>CONTAINER</b>	The harness and pack that parachutes are contained in	<b>FORMATION</b>	Two or more jumpers linked, in freefall or under canopy
<b>A/C</b>	Aircraft	<b>CORK</b>	To fall off a freely position, decelerating rapidly and popping up like a cork in relation to others	<b>FRAPPE HAT</b>	Leather helmet with neoprene padding
<b>AAD</b>	Automatic Activation Device, initiates reserve deployment at about 750 feet	<b>CP1 &amp; CP2</b>	BPA canopy piloting qualifications, grades 1 & 2	<b>FREE BAG</b>	Bag the reserve canopy is packed into; this is not attached to the canopy; hence 'free'
<b>ACCURACY</b>	Discipline in which jumpers try to land on a 2cm disc	<b>CRAB</b>	Point canopy across wind line (you travel sideways relative to the ground)	<b>FREEFLYING</b>	Freefalling in any orientation
<b>AFF</b>	Accelerated freefall, intensive course to learn skydiving	<b>CREEPER</b>	A board with wheels which formation skydivers manoeuvre to prepare their skydive	<b>FREESTYLE</b>	An artistic event of aerial gymnastics
<b>AFF BI</b>	Accelerated freefall basic instructor	<b>CRew</b>	Canopy relative work, old term for CF	<b>FS</b>	Formation skydiving
<b>AFF I</b>	Accelerated freefall instructor	<b>CSBI</b>	Category system basic instructor	<b>FS1</b>	BPA formation skydiving qualification, grade 1
<b>AGL</b>	Above ground level (eg, 12,000 ft AGL)	<b>CSI</b>	Category system instructor	<b>FUNNEL</b>	Skydive formation or launch which collapses
<b>ALTI (METER)</b>	Mechanical device used for measuring altitude (height above the ground)	<b>CUT</b>	Command given to the pilot to slow the aircraft speed for jumpers to exit	<b>FXC</b>	Type of AAD
<b>AUDIBLE ALTI</b>	A device placed in the helmet which beeps to indicate pre-set altitudes	<b>CUTAWAY</b>	Jettison of main canopy, usually after a malfunction	<b>GATW</b>	Good all the way (student critique)
<b>APA</b>	Army Parachute Association	<b>CYPRES</b>	Type of AAD	<b>GLIDE RATIO</b>	Ratio of forward movement to descent rate under canopy
<b>ARGUS</b>	Type of AAD	<b>DC</b>	Dead centre, the top score in accuracy	<b>GPS</b>	Global Positioning System (Navigation system used by aircraft)
<b>ARTISTIC EVENTS</b>	Freeflying, freestyle, skysurfing & speed	<b>DELAY</b>	A period of time in freefall, eg 10 second delay	<b>GRAND PRIX</b>	Series of BPA competitions leading to an overall award
<b>ASPECT RATIO</b>	The width of a ram-air (rectangular) canopy divided by its length	<b>DEMO</b>	A parachute jump performed at a public event	<b>GRIP</b>	Handle on a jumpsuit used for formations and exits
<b>ATMONAUTI</b>	A type of freeflying where skydivers fly at an angle between head-down and flat	<b>DIRT-DIVE</b>	Preparing skydiving sequences on the ground	<b>GROUND RUSH</b>	The illusion of the ground appearing to accelerate towards you
<b>ATC</b>	Air Traffic Control	<b>DOCK</b>	Take up a grip on a formation (canopy or freefall)	<b>HALF SERIES</b>	Style manoeuvre; two 360° turns and a backloop
<b>BAG LOCK</b>	A malfunction where the lines have deployed but the canopy is still in the bag	<b>DOWNPLANE</b>	Canopy formation with two jumpers linking legs and flying their canopies straight down	<b>HARNESS</b>	Parachute webbing assembly, part of container system
<b>BCPA</b>	British Collegiate Parachute Association	<b>DOWNWIND</b>	Flying a canopy in the same direction as the wind	<b>HEAD-DOWN</b>	Stable freeflying position where the jumper is upside down
<b>BELLY FLYING</b>	Freefalling in a belly to earth position, ie formation skydiving	<b>DP OR DRCP</b>	Dummy pull, or dummy ripcord pull (same)	<b>HOLDING</b>	Facing canopy into the wind
<b>BI</b>	Basic instructor	<b>DUMMY PULL</b>	Simulated pull sequence	<b>HOOK KNIFE</b>	Small knife with protected blade carried in case of line tangles
<b>BIG-WAY</b>	Big formation, around 20 or larger	<b>DUMP</b>	Deploy canopy	<b>HOOK TURN</b>	Fast turn near the ground for landing at high speed
<b>BOC</b>	Bottom of container (main parachute deployment)	<b>DZ</b>	Drop zone, landing area for parachutists	<b>HOP 'N' POP</b>	A very short freefall delay
<b>BOOGIE</b>	Fun skydiving event	<b>ESL</b>	European Skydiving League, a series of competitions over Europe	<b>HYBRID</b>	Combining freeflying and belly flying
<b>BOOTIES</b>	Shoe-covers on jumpsuits which add power to formation skydivers	<b>EXIT</b>	Leave the aircraft and enter freefall	<b>IPC</b>	International Parachuting Commission
<b>BPA</b>	British Parachute Association, the UK governing body for sport parachuting	<b>F111</b>	Fairly porous fabric used on accuracy canopies	<b>IS1</b>	BPA individual style qualification, grade 1
<b>BRAKES</b>	Used to steer ram-air canopies	<b>FAA</b>	Federal Aviation Administration, US equivalent of the CAA	<b>JM</b>	Jumpmaster, person in charge of the parachutists in the aircraft
<b>BREAK-OFF</b>	When jumpers in freefall leave each other to find space to deploy safely	<b>FAI</b>	Fédération Aéronautique Internationale, the international governing body for airsports	<b>JM1</b>	BPA jumpmaster qualification, grade 1
<b>BRIDLE</b>	A line attaching the pilot chute to the top skin of the canopy	<b>FAI A CERTIFICATE</b>	Parachuting qualification by way of a licence awarded by the BPA to someone who has achieved Cat B & CH1	<b>JSPC</b>	Joint Services Parachute Centre (group of five parachute centres around the world, formed for servicemen)
<b>BUM SPOT</b>	Leaving the aircraft at the wrong place	<b>FAI B CERTIFICATE</b>	Awarded for achieving FAI A Certificate, 50 descents, CH2 & JM1	<b>JUMP RUN</b>	Final line the aircraft takes to reach the exit point (the spot)
<b>BUNGEE</b>	Rubber band used for stowing lines	<b>FAI C CERTIFICATE</b>	Awarded for achieving FAI B Certificate, 200 descents & another grade 1	<b>JUMPMASTER</b>	Experienced skydiver responsible for jumpers in the aircraft and where to exit
<b>CAA</b>	Civil Aviation Authority, a government body responsible for safety and operations in UK airspace	<b>FAI D CERTIFICATE</b>	Awarded for achieving FAI C Certificate & 1,000 descents	<b>KILL LINE</b>	Line which collapses the pilot chute after a canopy opens, to reduce drag
<b>CATEGORY 8 OR CAT 8</b>	BPA qualification where the jumper progresses from student to intermediate skydiver	<b>FF1 &amp; FF2</b>	BPA freeflying qualifications, grades 1 & 2	<b>LAC</b>	Launch and accuracy (competition scored on exit and accuracy landings)
<b>CATEGORY SYSTEM</b>	BPA progression system for student skydivers	<b>FLARE</b>	To pull down both brakes on a ram-air canopy to turn forward speed into lift for a soft landing	<b>LAUNCH</b>	Two or more jumpers exiting together
<b>CCI</b>	Club/Centre Chief Instructor	<b>FLAT FLYING</b>	Formation skydiving	<b>LIFT / LOAD</b>	Group of people going to altitude in one aircraft
<b>CF</b>	Canopy formation, linking ram-air canopies	<b>FLAT LINE</b>	Continuous warning tone from audible alti at the lowest pre-set altitude	<b>LEVEL 8</b>	The final level of AFF; a solo hop 'n' pop
<b>CF1</b>	BPA canopy formation qualification, grade 1	<b>FLOATER</b>	Exit position where the jumper is outside the aircraft	<b>MAIN</b>	Primary parachute
<b>CH1 &amp; CH2</b>	BPA canopy handling qualifications, grades 1 & 2	<b>FLOCK</b>	A group of wingsuited skydivers flying together	<b>MAL</b>	When a parachute fails to open properly; also called malfunction
<b>CLASSICS</b>	Style and accuracy			<b>MANIFEST</b>	List of jumpers on board the aircraft
<b>CLOSING LOOP</b>	Piece of line used to close the parachute container			<b>MANIFESTOR</b>	Person who allocates jumpers to each load
<b>CONSOLS</b>	10 solo consolidation jumps by AFF students before being awarded their A Certificate			<b>NATIONALS</b>	National championships, annual BPA competitions to select British teams for World Meets









Photo by Lorraine Dixcey

**I just did a tandem skydive!!**

**At** \_\_\_\_\_ **It was** \_\_\_\_\_

**I did it because** \_\_\_\_\_



British Parachute Association

**Fancy taking the plunge too?**

**Check out [bpa.org.uk](http://bpa.org.uk) and [skydivethemag.com](http://skydivethemag.com) to find out more**



# Glossary

OPENING POINT	The point on the ground above which a canopy should open to be set up to land in the target area
OPENING SHOCK	The force felt on the body due to sudden deceleration as the canopy opens
PARA-SKI	Event combining parachuting accuracy and slalom skiing
PILOT CHUTE	A small parachute released by a skydiver to open the main parachute
PIN	1. When a jumper joins another, in freefall or under canopy 2. Closing device for container
PJI	Parachute jumping instructor
PLA	Parachute landing area
PLF	Parachute landing fall
POINT	A successfully completed formation
POPS	Parachutists over 'phorty' society for jumpers aged 40+
POROSITY	The amount of air that will pass through a given area of material (see ZP)
PRO-PACKING	Way of packing a ram-air parachute
PULL-OUT	Method of deployment where the pilot chute is packed inside the container, the owner pulls out both the pin and the pilot chute
PULL	Deploy a parachute
PULL-UP CORD	Length of binding tape used to close a parachute container
RAeC	Royal Aero Club, the UK representative of the FAI
RAPA	Rhine Army Parachute Association (at Bad Lippspringe, Germany)
RAM-AIR	Aerofoil parachute, also called square even though the shape is nearer rectangular
RELATIVE WORK	Old name for formation skydiving
RIG	A container and harness including main and reserve parachutes
RIGGER	Person qualified to construct, modify and repair parachutes and related equipment
RISER	Webbing strip joining the parachute lines to the harness
ROUND	A circular parachute of classic shape
RSL	Reserve static line, joining the main parachute to the reserve ripcord, which deploys the reserve on releasing the main
RUN-IN	Final line the aircraft takes, into wind, to reach the exit point (the spot)
RUNNING	Flying the canopy in the same direction as the wind
RW	Relative work, ie, formation skydiving
SERIES	Style manoeuvre; two 360° turns and a backloop and repeat in the opposite direction, also called full series
SIT-FLYING	Freefalling in a sitting position
SKYDIVE U	Skydive University, a worldwide training system for formation skydiving
SKYSURFING	Skydiving on a surfboard
SLIDER	Device to control the deployment of a ram-air parachute by sliding down the suspension lines
SNIVEL	Extremely slow opening of a canopy
SOS	Society of skydivers over sixty
SPEED	A competitive event where jumpers build a formation as quickly as possible



Photo by George Katsoulis

SPEED SKYDIVING	Competition where jumpers try to freefall as fast as possible, usually in a head-down diving position	TI	Tandem Instructor, qualified to take a student for a tandem jump
SPOT	1. The ideal exit point allowing for wind drift to reach the target 2. The action of finding this point	TOGGLES	Steering loops on the risers, also called brakes
SQUARE	A ram-air parachute (actually rectangular or elliptical)	TOTAL	Malfunction where there is nothing slowing the jumper down
SS1 & SS2	BPA skydiving qualifications, grades 1 and 2	TRACK	To move fast horizontally in freefall, often to achieve separation from others
STACK	Ram-air canopies linked vertically above each other	TUBE	Large windsock structure taken on a skydive for fun, usually freeflying
STALL	Pulling the brakes down on a ram-air canopy so far it loses forward speed and collapses	UKSL	United Kingdom Skydiving League, a series of linked 4-way FS competitions (run in parallel with ESL)
STAND-UP	1. Vertical freefall position, crucifix style 2. Landing without rolling or falling over	USPA	United States Parachute Association
STATIC LINE	Line attached to the aircraft which deploys the main parachute as the jumper exits	VIGIL	Type of AAD
STATIC LINE PROGRESSION	A course to learn skydiving	VGT	Very good throughout (student critique)
STC	Safety & Training Committee	VFS	Vertical Formation Skydiving, building formations while head-up or head-down. Also called VRW
STREAMER	1. Malfunction where the canopy is out of the bag but not inflating 2. Slang for WDI	VRW	Vertical Relative Work, another name for VFS
STYLE	A discipline where the jumper does a set series of turns and backloops as quickly as they can	WDI	Wind drift indicator (pronounced 'widdy'), thrown from the aircraft to determine the opening point
SWOOP	1. High speed landing 2. Fast dive to a freefall formation	WIND LINE	A line through the PLA in the wind direction
TANDEM	A skydive for two in a dual harness	WIND TUNNEL	Freefall simulator for skydiving indoors
THREE-RING CIRCUS	Device to attach the main risers to the harness, which provides an easy release mechanism for the main canopy	WINGSUIT	Suit with fabric between the legs and arms to increase lift and freefall time
THROWAWAY	Type of deployment where the pilot chute is packed externally in a pocket	WHUFFO	Person who doesn't skydive
		WRAP	One or more canopies wrapped around each other or a jumper
		ZOO	A skydive that has turned into chaos
		ZP	Zero porosity fabric which does not allow air through it, used for high performance canopies



# It's all in the mind

Most sports are a head game but skydiving is even more than most. Being mentally prepared for your jump will increase the chance of it being a good one. Sports psychologist Warren Slingsby explains how to use visualisation to improve your performance...

Parachuting is similar to many other sports in that there are learned skills and sequences that must be carried out correctly for safe, successful performance. The problem is that practising them is not always easy. For example, the premiership footballer can practise taking penalty kicks during training. However, there are vast differences between taking penalties in training and during a match! The largest difference being 40,000 people, 20,000 of whom are against him; booing, whistling, jeering - and perhaps the relegation or promotion of his team resting on his shoulders. This different environment will bring with it a different set of feelings, emotions and a totally different anxiety level. This poses the question, how does the footballer prepare for that penalty kick? Effectively, taking the kick during the match is the best simulation, but the worst possible time for a practice. Similarly, the best time to practise jumping from an aircraft is when actually doing it because it's the best simulation. However, when you're paying for your jumps and when slots are limited due to available aircraft and weather, it would be better if you were able to practise on the ground to get the skill right. This is where mental rehearsal is an important stepping stone. It costs nothing, can be done practically anywhere and is simple to learn. Additionally, it can be adapted to almost any sport or activity.

## Visualisation

Mental rehearsal is when an action is practised, or seen, mentally as opposed to physically. Visualisation is the process of seeing yourself performing an action, and is used to practise or rehearse. There is a body of scientific evidence to say that visualisation increases or improves performance in several sports. There are two types of self imagery - internal and external. External imagery is mentally viewing oneself as if from a video camera and has two main benefits; it is easy to do and it's possible to see yourself from many different angles. Internal imagery is viewing actions as if through one's own eyes. This is generally more difficult and can be more limited than external in terms of what you can visualise. An example is that you wouldn't be able to visualise head positions.

Photo by Mark Harris

*Spend the ride up to altitude visualising your jump*





Skydivers visualising a big-way formation skydive

Photo by Tony Danbury

### How does it work?

If the body is relaxed and the mind focused and really concentrating on the task of visualising a skill, the brain actually sends the correct signals to the muscles to make them contract and perform the tasks. This just happens at a very low intensity and not enough to physically move the limbs. However, if you try this you may feel your arms and legs twitching - 'wanting' to move. During this time the muscles are learning the correct patterns of contraction.

### Applications in skydiving

As a supremely mental sport, skydiving is an ideal situation to use visualisation to improve performance. When you are at the dropzone, you will often see experienced jumpers with their eyes closed, imagining every part of the dive, often with their hands moving and taking imaginary grips. Or they will dirt-dive in groups, visualising key elements of the skydive. These jumpers have learned how to make the technique work for them.

### Mental preparation

The body and mind must be relaxed and focused. The best way to do this is to make sure you are in a quiet place where you won't be disturbed, lie or sit down and make sure you're comfortable. Take a few minutes to relax yourself by concentrating on your breathing. Correct deep breathing should use the stomach as opposed to the chest. When you breathe in, your stomach should enlarge and should drop when you breathe out. Spend a few minutes in this state, make sure that your arms, legs, head and neck are also relaxed and pushing down deep into whatever you're lying or sitting on.

When you are fully relaxed, then you can

start to go through whatever actions or skills you want to practise. It's best to begin with external visualisation, so start by seeing the actions happening slowly, almost as if you were watching them in slow motion on an action replay. Make sure that you concentrate on whatever parts of the technique are important. See this several times. Follow it with internal visualisation. The beauty of it is that you can practise without having to take off or spend any money. You will also find it builds confidence due to jumps being more successful. It will become easier to visualise the events as your mental picture becomes clearer with each jump.

“Go through the whole jump including you performing your exercises perfectly in slow motion, using all your senses to make the picture as real as possible

### Try it!

Build up a complete sequence of events, beginning with external and moving on to internal visualisation of each element. Start by getting your kit, putting it on and waiting at the flight line. See yourself from your instructor's eyes, see them assessing your readiness for the jump. See yourself getting

in the aircraft, smiling at your instructor on take-off and see yourself calm and relaxed on the ride to altitude. On run-in, see yourself getting in the door and notice, as if from other eyes, how focussed you are. Watch your jump in great detail from your instructor's point of view and notice how perfect the jump is. Continue this imagery as your canopy opens and all the way to the ground, including gathering up your kit and walking back with a big smile on your face.

Now move on to internal visualisation. Concentrate on your emotions at this time, you are likely to start feeling hyped up just at the thought of getting your kit! But see, from your own eyes, your hands putting the kit on and feel yourself becoming calmer as this happens. Go through the whole sequence you have just done from the outside, this time, seeing the walk to the plane, getting in and the ride to altitude from your own eyes. Imagine what it will look like as you get in the door and feel how perfectly prepared you are. Include all your senses; the noise of the aircraft, the cool rush of air, the sight of your instructor. Go through the whole jump including you performing your exercises perfectly in slow motion, again using all your senses to make the picture as real as possible. Finish by seeing your mates asking how the jump went and you telling them how fantastic it was, your best ever!

If you're waiting for the weather to clear, try to repeat this every half hour. When you are called, you will find the jump easier and your head-state calmer because, in a way, you have already practised. And we all know that practice makes perfect!

**Warren Slingsby**  
Sports Psychologist





# airkix.com

indoor skydiving

All AFF students receive  
**2 FREE minutes**  
with every purchase at Airkix\*

## Turbocharge your training with Airkix indoor skydiving

### What is Airkix?

Airkix wind tunnels are skydiving simulators; they create a flow of air moving upwards so fast that it supports your body and allows you to freefall indoors in complete safety.

### Who is it for?

Everyone, from beginner to expert.

- Ages 4 - 104
- Budding skydivers wishing to accelerate their training
- Corporate events, parties & groups

### Why should I skydive indoors?

- Highly cost effective
- It is the best skydive training possible
- In all weathers
- Safe, controlled environment
- Pre-book an exact time to fly

### When and where can I fly?

You can fly every day and we're situated in Manchester and Milton Keynes, right next to some of the UK's finest retail and entertainment destinations. So, why not make a day of it?

### How can I book?

Visit [airkix.com](http://airkix.com), email us at [skydive@airkix.com](mailto:skydive@airkix.com) or phone 0845 331 6549

#### Skydiver hotline:

0161 749 2192 / 3 (Manchester)  
01908 247773 / 2 (Milton Keynes)



Join us on Facebook to keep up to date with latest news, events and offers.

\*Applies only to bookings made directly with Airkix. Let us know at the time of booking if this applies to you.





Photo by David Butterell

# Formation Skydiving

Probably the most widespread form of jumping, FS or Formation Skydiving is linking with others in freefall, often referred to by non-jumpers as 'holding hands'. These formations can be as small or as large as you can imagine. It is a popular weekend pastime, jumpers will meet up and form groups. FS is a high-speed competitive discipline as well as a recreational pursuit.

### 4-way competition

Teams of five (four, plus a camera jumper) leave the plane at 10,500 feet and are scored on the number of set formations they achieve in 35 seconds. The first point of the skydive is generally launched, the jumpers will take the correct grips and present the whole thing to the slipstream to fly out stable in the same way as first time jumpers try to leave the plane in a stable position.

The formations are drawn from a set pool (see [www.fai.org/parachuting](http://www.fai.org/parachuting)) but, of course, can come up in any order. The formations can either be 'randoms', which are single formations or 'blocks' that have a second formation, built by splitting the first one into pieces and rotating or moving these to make

a second formation, sometimes the same and sometimes different to the first one. The cameraflyer will wear a helmet-mounted camera to record the dive for judging purposes. The current British record in 4-way is 47 points, achieved by team *Satori* at the 2010 World Championships in Russia.

### 8-way competition

Teams are of eight people (plus camera) and leave from 13,000 feet, with 50 seconds of 'working time', within which they are scored. Again, the dives are drawn from a pool of blocks and randoms. Having eight people to play with makes for interesting and varied formations, with a few different permutations possible for the same dive.





**Did you know...?**

- The women's British record is a 68-way red cross built in 2007
- The biggest formation built over Britain is a 100-way, in 1999
- The world record is 400 people, set in Thailand in February 06. A 500-way is planned for 2011

8-way team - Magnificent 7 - at the 2010 British Nationals, by Jim Stevenson



Photo by David Butterell



Photo by Gary Wainwright



Team Bodyflight took silver in Female 4-way FS at the 2010 World Championships. Photo by Pete Allum

**“Once you have gained FS1, you are free to jump with other qualified individuals as you wish, both in the UK and abroad**

**Boogies & big-ways**

FS1, Formation Skydiving 1, is a BPA qualification awarded to someone who has demonstrated the ability to fly on their belly. Once you have gained FS1, you are free to jump with other qualified individuals as you wish, both in the UK and abroad. Boogies are popular skydiving parties, where a number of large aircraft are brought to one place for a jumping festival.

Big-way events are organised, sometimes for fun, and sometimes to try to set new national or international records jumping from a multitude of different aircraft. It's possible to go and make jumps with people even though you don't speak their language. It's a great way to make friends!

**Formation skydivers tend to wear:**

- Jumpsuits with chunky grips for taking hold of people and with booties, bits of material which cover the shoes, and add power to leg movements
- Hard, full-face helmets in case of freefall collisions
- Audible warning devices which signal break-off, (time to leave the group, find some sky and deploy your canopy)



# Artistics

Skydiving is still in its infancy and is still changing at a great rate. Artistics (which refers to freeflying, freestyle, VFS, skysurfing and speed) is the fastest growing and most innovative area of the sport. It evolved from a desire to have fun through exploring the almost limitless ways to fly your body in freefall. Freeflying started in the early 90s with a small group of guys who were looking for a new direction in human flight.

*Freefly team, Volare, at the 2010 British Nationals, by Olly Burgin*

### Freestyle

Freestyle is a form of aerial gymnastics, where the emphasis is on pointed toes, pleasing moves and aesthetic beauty. Men and women compete alongside each other in the same category. They jump with a cameraflyer who adds to the visual image by flying a routine with the performer.

There are compulsory moves and free rounds, similar to figure skating, and judges mark specific areas such as technical merit, fluidity, style and originality.

### Freefly progression

Freestyle led to the development of freeflying, a more fun-based approach where smiles are more important than style. The BPA runs a freefly progression system including a comprehensive manual, which is available from the BPA website: [www.bpa.org.uk](http://www.bpa.org.uk)

### Head-up

Most freeflyers start out learning how to fly head-up, in a sit-fly position, so called because it is similar to the position for sitting in a chair. This position can be manoeuvred around the sky in three dimensions. The great thing about sit-flying is that, with hard work, you can soon become proficient.

**Freefly was born of pure fun but has grown into a multi-faceted discipline that offers the highest level of international competition**

It's the sort of thing that, once you get the feeling, you never lose it. Straighten your legs from the sit position to a crucifix and you're in a stand-up, a position where you can admire the view and feel on top of the world! Skills in head-up are recognised by the BPA's Freefly 1 (FF1) qualification. The Nationals includes two levels of competition; a basic one for head-up flying only and one for all orientations.

### Head-down

As the name suggests, you fly upside-down, using your legs to provide balance and support in the same way a shuttlecock falls.

By deflecting the passing air in different ways it's possible to go faster and slower, with the potential to cover great distances forwards and backwards horizontally. Head-down is the most aerodynamic way for the human body to fly. Attaining a basic level of skill in head-down flying will gain you the Freefly 2 (FF2) qualification.

### Combinations

You can combine head-down and head-up with people who inevitably develop their own styles and techniques. Hybrid dives involve people 'flat-flying' (in a standard stable position) too. Follow-my-leader tracking dives are a popular way to end the day, with belly flyers joining their freeflying friends.

### Freefly competitions

Teams of three include two performers and a cameraperson, who flies interactively with the others to create a routine. Like ice skating the competition involves compulsory rounds, flying set manoeuvres; and free rounds where the team creates its own artistic interpretation. British freefly team *Volare* won the World Cup in 2009, for which they were additionally awarded the accolade of a Royal Aero Club gold medal.



British VFS team, the Bad Lieutenants



Photo by Mike Carpenter

**VFS**

The newest official skydiving competition is VFS or Vertical Formation Skydiving. Teams compete in 4-way, like the formation skydivers on the previous page but, instead of being belly to earth, they are head-down or head-up or even a mixture. Unlike other freely competitions which are subjectively judged on artistic elements, 4-way VFS has objective judging with a point scored for each formation built in the planned sequence drawn from the VFS dive pool. The British team, *Bad Lieutenants*, took bronze at the 2010 World Championships.

**Philosophy**

Freely is fast-paced and dynamic, requiring an increased level of safety awareness and a willingness to share knowledge within a friendly and super enthusiastic bunch of people. This environment is enhanced by a progression system that encourages the individual to experiment and learn in their own way - hence the variety in styles and flying techniques. Freely was born of pure fun but has grown into a multi-faceted discipline that offers the highest level of international competition. New techniques and ideas are emerging all the time. The rise in head-down world records for example has been meteoric, from 18 in 2002 to 69 in 2007, then 108 in 2009.

**Mark Swarbrick**

**Freeflyers tend to wear:**

- Video - nearly everyone wears a tiny video camera
- One, if not two, audible altimeters, as well as the traditional altimeter because the high freefall speeds make it difficult to hear
- Small, hard, open-faced helmets
- Freely suits in heavy material to add power to arms and legs, and with small grips for making formations

Airkix Freestyle won silver at the 2010 World Cup in the freestyle competition



Photo by Bruno Brokken

The Euro Sequentials is a freely event where expert freeflyers create different vertical formations in the air



**Did you know...?**

The fastest freefall speed recorded is 343 mph!  
The world record head-down formation is 108, set at Skydive Chicago in 2009

Photo by Rolf 'Kuri' Kuratle



# Wingsuiting

Wingsuiting is still a relatively new discipline, having taken off in only the last ten years or so. However its popularity has exploded, with many new skydivers having heard of it before they start jumping, and some even starting to skydive because of it.

All photos by Mark Harris

Wingsuiters wear large suits with fabric wings that stretch from each arm to the main body, and between the legs. This creates drag, which results in a slower descent rate in itself but, more importantly, the wings enable the wearer to 'fly' forward through the sky, creating lift. Wingsuiters experience freefall times of double, or even triple, that of other skydivers, and can cover thousands of metres across the ground.

Some wingsuiters like to challenge themselves to see how long they can fly for or how far they can go, and some like to 'flock' with other wingsuiters in tight formations like aircraft. The unofficial world record is of 71 wingsuiters in a pre-determined 'arrowhead' formation. Smaller groups, sometimes pairs with or without a cameraflyer, can perform acrobatics around each other, barrel rolling and flipping for fun.

Despite the low descent rate, high forward speed means that it is not possible to land a wingsuit without first opening a parachute. Wingsuiters normally open slightly higher than usual, to give extra time to fold away the wings of the suit for unrestricted control of the canopy.

### History

There are many historical references to the idea of wingsuiting, from Icarus and Daedalus in Ancient Greece to sketchings and writings by Leonardo da Vinci in about 1500. However it was not until the 1930s that jumpers such as Clem Sohn and 'Yorkshire Birdman' Harry Ward made successful repeated wingsuit flights. This was an experimental era of wingsuiting, often using crazy suits made with wood and cloth,



**The wings enable the wearer to 'fly' forward through the sky, creating lift**



### Did you know...?

Freefall speeds of less than 50mph are regularly achieved when wingsuiting (normal terminal velocity is about 120mph)



### Wingsuiters tend to wear

- Larger, more docile main canopies
- Audible altimeters
- One-piece suits that can be easily folded away once under canopy

and most pioneers died along the way. More big advances were made by Leo Valentin in the 1950s but he too came to an untimely end.

Fast forward to the 1980s and skydivers were using small wings when jumping with a camera. However these were to aid in fall rate control only, and not for forward speed. In the mid-1990s modern-day skydivers such as Patrick de Gayardon started making, and experimenting with, wingsuits for flight. 1999 marked the first commercially available wingsuits so the discipline has come a long way in a short time.

Due to its added complexity, skydivers must have a minimum of 200 jumps before starting wingsuit training, and progression is carefully regulated.

Liz Ashley



Wingsuiting can be enjoyed solo, in pairs, or in 'flocks'



Pete Sizer, LAC meet,  
by Nigel Rowlan



**Classics are great disciplines to become involved in and provide excellent experience for improving parachuting skills in general**



## Style and Accuracy

The oldest area of skydiving competition, Classics consists of two different disciplines: Style (in freefall) and Accuracy (under canopy). They are individual events, but accuracy is also a team event as well. Men and women jump in separate events but some of the great women do beat the men's scores.



Photo by Max Dereta

### Style

Style is a complicated discipline that is all about speed and precision. Jumpers exit the aircraft at 7,000 feet and perform 360 degree left and right turns followed by a backloop (backwards somersault), before repeating the sequence. They are competing against the clock, with penalty points for being as little as five degrees off heading on any of the set manoeuvres. The professionals out there are doing these 'sets' in less than six seconds – about a second for each manoeuvre.

The faster you are falling, the faster you can turn. But the faster you turn, the less controlled it becomes. The key is to get the right balance between the two. 'Stylies', as they are called, jump in a tuck position, which increases freefall speed and gives maximum manoeuvrability. You can see from the pictures on the left and right how inherently unstable the position is compared to the student arch. It takes about 50 jumps just to crack the basic position, before adding any turns.

Style is a highly individual discipline. It is the only skydiving event which is solely your responsibility; just you that wins. It's a great feeling standing on the podium knowing that you, just you, are the best.

### Style skydivers tend to jump:

- Skintight, stretchy, shiny suits which are easy to move in and very aerodynamic
- The smallest of rigs (with small canopies)
- Frappe hats as helmets, because they do not constrict

*The skydiver tries to minimise drag so they can fall as fast as they can.*



Photo by Simon Ward





Photos by Nigel Rowlan



**Did you know...?**

British jumper Jackie Smith became a World Champion in 1978 when she was the first and only competitor to gain ten consecutive discs in as many jumps (note: at that time the disc was 10cm).



is done 'into wind' (in the opposite direction to the wind) to minimise the approach speed. The canopies are designed to 'sink'; ie, in deep brakes with toggles pulled a long way down, they will virtually descend straight down. They may be equipped with 'flares' - triangular pieces of fabric, that attach the lines to the canopy, keep the parachute locked in on a straight course without wavering. These predictable, rectangular canopies are very different animals to the small, nippy, 'hot' ones jumped by most other skydivers, some of which are elliptical in shape for higher performance.

The accuracy jumpers have to land on a target the size of a dinner plate

(radius of 16cm) which is an electronic scoring pad. The first part of the jumper to touch the ground is used for scoring, which is registered automatically by the electronic pad. Hence, jumpers practice precision placement of their leading foot as this can make up for a slightly off-centre approach.

The skydiver is scored for each centimetre they are away from the centre, which is about the size of a one pence piece (2cm).

Landing on this is called a 'dead centre' and scores zero. It used to be a 10cm radius but, with greatly increased skills, it was reduced to 5cm, then 3cm and is now down to 2cm.

If the jumper lands off the scoring pad,

**Accuracy skydivers tend to jump:**

- Shoes with pointed heels to improve precision when striking the target with their foot
- Casual clothes, jumpsuits are considered unnecessary as they are only in freefall for a few seconds
- Frappe hats for all round vision
- Large, docile accuracy canopies

*Style and accuracy competitors at the highest level wear different rigs for the two disciplines. Intermediates can compromise to reduce the amount of equipment that they need.*

judges will mark the place of first touchdown and measure the distance from the centre of the target. The winners are the teams and individuals who score the lowest. This is a great spectator sport as the accuracy target can be surrounded by a crowd who can see the action clearly as it happens.

**Philosophy**

Classics are great disciplines to become involved in and provide excellent experience for improving parachuting skills in general. They are the only disciplines that can be performed completely individually and this makes training as flexible as you like.

**Al Macartney**


**Accuracy**

Accuracy is both a team and an individual event. There are five in a team, with the top four scores counting and the worst being thrown away. All five jump consecutively, a few seconds apart from 3,500 feet, all have to land on the same target. Thus, you must work as a team to ensure that you don't get in each other's way.

Large, accuracy ram-air parachutes are used, most commonly a '252' (this is the size in square feet). Such parachutes have a relatively slow forward speed. This makes it easier to judge the angle of approach, which




# Canopy Formation



Canopy Formation (CF) is about 'precision collisions' with your main canopies. This goes against your training about steering as far away from others as possible! But if you're willing to open your mind to new ways of thinking, a wealth of new opportunities awaits. Guessing where the canopies are going to be and getting there in time is what it's all about. The game is played while we are all moving and, at first, is a little tricky. The convention is that you dock from below so the last people to join a formation will generally be the ones at the bottom.

Photos by Gary Wainwright



CF is often used for 'demos' (or displays) to a crowd of people

### Group exits

With talented people you can exit as close as a 4-way FS team by split second timing in the sub-terminal air and the placing of your pilot chutes into the slipstream. You'll be close enough to hear the crack and feel the material of the other canopies as they lift off their backs; they fill your whole field of vision. When starting out, a more conservative exit technique is used!

### Rotations

The most popular competition event is called 4-way rotations. This event is really 'more balls than brains!'. You build a 4-stack formation as quickly as possible, then rebuild with each jumper stalling their canopy off the top and re-docking on the bottom as

many times as possible. Precision, consistency and brute force are what this event is about. Deceptively simple to grasp, extremely difficult to master. When you get it right, your canopy (or body) will clip the tails of the other canopies. When you're in the formation and you feel and hear the contact on the tails, you know it's going right. Too close and, at best, you'll bounce off and upset the balance of the formation or, at worse, you'll end up practising your cutaway drills!

### Sequential

This event is more like canopy chess - this can best be likened to FS (Formation Skydiving) as it is building different formations using the parachutes. A delicate

touch and mental engineering of the entire dive is required for this event. Rather than just building a straight stack the grips may be taken on the end cells and the centre cell.

Competitions include 2-way sequential, a natural place to begin learning this discipline, and 4-way sequential.

### Speed

This event is like drag racing; it's all about speed in building a single formation as quickly as possible. There are four different formations in the dive pool but only one to build on each dive. Complete formations have to be held for a minimum of five seconds. So you don't get any bonus points for looking pretty or holding longer than required.



**““ The 100-way weighed eight tons and was more than 300 feet high and 200 feet wide!**

### Large formations

The numbers may not be as big as with FS formations but the physical size definitely is. Big formations are very fragile and won't tolerate the big hits and aggressive docks that smaller formations can take. The Royal Marines hold the world record 24-stack, where the parachutes are directly in-line with each other. This was set many years ago before the game changed and the French realised the future lay in engineering diamond shaped formations. This allowed the size of formations to grow tremendously, with the current record standing at 100, set by an international group at Lake Wales, Florida and the 24-stack being confined to the history books. To put it into perspective, the 100-way weighed eight tons and was more than 300 feet high and 200 feet wide!

### Engineering

The construction and break-down must be orchestrated to ensure the formation flies. Breaking it is just as organised as the build.

### If it goes wrong

There are a lot of lines and material around! Remaining calm, using logical thinking and keeping an eye open for the early warning signs are hot tips. Most problems do work themselves out.

### Just for fun

Perhaps the most enjoyable type of CF is when two or three people have fun hooking up in small stacks, downplanes, pendulums and side-by-sides. The BPA runs coaching roadshows to teach CF, offering free kit hire and skills coaching from national champions.

### Adrian Bowles



Photo by Keith MacBeth



Photo by Bruno Brokken

### Did you know...?

The world record canopy formation is 100, set in November 2007 using PD Lightning canopies, at Lake Wales, Florida, pictured on the left almost complete

### CF skydivers tend to jump:

- A Protec helmet, frappe hat, cycling helmet, or a modified full-face helmet with no visor, all protect and allow easy communication by shouting
- Gloves to prevent line burns
- CF canopies which are 7-cell, with extra reinforcement, designed to open on heading
- Some use radios
- Red front centre lines for easy identification, all are made of Dacron which is wider and easier to grip than the more fashionable microline
- Canopies with 'retracting' pilot chutes which are pulled onto the top skin of the canopy so they are not trailing behind the canopy, risking entanglement
- Rigs which have been optimised specially for CF and adjusted for long periods of hanging in the harness
- Pack jobs which look peculiar with no deployment bag and may have risers hanging out



# Canopy Piloting

“ With the development of more efficient canopy design, a new and exciting discipline has now evolved

Parachute technology has hugely advanced in the last ten years. Design, shape, manufacturing processes and the fabrics used have all developed radically. The resulting canopies are incredible flying machines. The limiting factor, for both performance and safety, is the person in control. Canopy Piloting, a really exciting event for spectators, has evolved as a result.



### Did you know...?

There are currently 22 basic freestyle manoeuvres and a further 112 possible combination moves listed in the pool!

The 2010 CP Nationals swoop pond, as seen from above! By Dougie Macpherson



The 2010 CP Nationals, by Julia Severin

Parachute technology has advanced greatly in recent years. Previously landing safely under a good parachute was just something everyone had to do after a freefall jump. It was almost taken for granted. The first ram-air parachutes were large and forgiving.

The modern sport of skydiving has unfortunately seen an increase in accidents resulting from human error under a fully functional parachute. With the development of smaller, faster and more radical canopies, basic individual piloting and landing skills were no longer enough. As a result, the sport has had a change of focus towards landing parachutes safely in every condition. Canopy progression systems and canopy schools are now considered a must in order to develop individual skills to land safely every time. Ongoing canopy instruction reinforces and develops the basic skills learnt during initial training.

### BPA canopy progression system

Introduced in 2005, the BPA Canopy Progression System gives the UK skydiver a clear, concise system to reach defined skill levels and obtain current internationally recognised licences. It consists of two basic levels, Canopy Handling 1 and 2, (CH1 & CH2), and two advanced levels, Canopy Piloting 1 and 2 (CP1 & CP2). These progression systems introduce the jumper to essential knowledge and skills at an early stage in their skydiving career. Free manuals for both are available from BPA dropzones and [bpa.org.uk](http://bpa.org.uk).

### Canopy handling 1 & 2

Basic canopy skills such as flat turns, landing in the target area and using a variety of toggle and riser inputs are augmented with written tests.

### Canopy piloting 1 & 2

These grades further develop the range of control inputs mastered by the pilots who also have to pass written tests. CP1 is mandatory for those wishing to carry out high performance or swoop landings. CP2 is only

needed if you want to enter an official BPA Canopy Piloting event.

### Canopy Piloting competitions

With the development of more efficient canopy design, a new and exciting discipline has now evolved. Started by a few pioneers experimenting with radical speed-inducing inputs, the discipline of canopy piloting has developed into a highly competitive, spectator-friendly sport. Competition in this event is very technical and a highly advanced level of piloting is required. International canopy piloting competitions currently consist of three events: speed, distance and zone accuracy.

### Speed

A course is laid out on the ground or over water with a 1.5-metre-high entry gate, 10 metres wide, showing the start of the 75 degree, 70-metre carving course, which ends with an exit gate. Both have electronic sensors, activated by the jumper as he/she passes between each gate. The speed is measured and the competitor's cumulative score is recorded over three rounds. To score, the jumper must fly cleanly through each gate and remain within the course.

### Distance

A course is laid out on the ground or over water with a 1.5-metre-high entry gate, 10 metres wide. The competitor must break through the sensor on the entry gate and then fly for as far as possible before making contact with the ground. The distance is then measured from the entry gate to the first point of contact with the surface of the course. The current world distance record is 181.70 metres, and the British (and European) record is 167.73 metres.

### Zone accuracy

This is split into two sections; a water course and an accuracy course laid out on the ground. The competitor must break through the sensor on the entry gate and then score as many water points as possible and finally land in the

correct zone. In order to receive a perfect score (100 points) the competitor must make contact with the water through each water gate, then land in the correct zone on the shore. The high scoring zone is only two metres in length and the competitor is penalised if a stand-up landing is not achieved.

### Competition freestyle

The most recent event to be added to the canopy piloting competition circuit is freestyle. This is a very spectator-friendly event where the canopy pilot defines and performs any number of freestyle tricks and moves during the landing process. Points are awarded for the approach to the course, the execution, degree of difficulty of the move and the landing itself. The tricks can be chosen from a set pool of moves or the competitor can define a new move as long as it is declared to the judges beforehand and it is landed properly. The moves include for example a 'Blindman' where the competitor faces backwards in the harness during landing.

**Brian Vacher**  
Coach, Safe Flight School

### Canopy pilots tend to wear:

- Tight clothing
- Trousers with a large pocket for the removable deployment system
- Digital visual and audible canopy specific altimeters
- Weight belt(s)
- Hard aerodynamic helmet
- Protective clothing, eg. knee-pads





Photo by Lorraine Dixey

Just done something awesome?

# Tell the world!

If you are reading this *Skydive Starter* magazine, the chances are you have just jumped out of a perfectly good aeroplane! It's likely to be on your list of the most memorable, incredible, awe-inspiring things you have ever done. Close your eyes and relive those moments - wow!

**What next?**

Well, of course we look forward to you trying our awesome sport again very soon, and as you can see this magazine can guide you a little further. But in the meantime why not share your experience?

**Why?**

If you've taken part in a charity or fundraising event then extra publicity, in papers, news websites, magazines, radio and even TV, will go a long way for the cause. You deserve it too; this is something special. You made that huge leap, why not shout it from the rooftops?

**How?**

Editors need news, especially exciting stuff for local papers - give them a story on a plate. You don't have to be JK Rowling, just a few pertinent paragraphs will be great.

**Heading**

Make it bold and to the point; tell the story in a line: 'Teachers raise £1,000 by skydiving'; 'Mum jumps for cancer awareness'.

**Story**

The five magic Ws - 'What, When, Where, Who and Why' - will ensure you tell the full story. Add 'How' for a really complete picture. Keep to the point, make it interesting and relevant to the media you are aiming at. Make one sentence or paragraph a quote, this is a super way to make the account more personal. Don't write more than a page. End with your contact details - email and mobile.

**Links**

It helps to include links to relevant organisations, eg, British Parachute Association ([bpa.org.uk](http://bpa.org.uk)), the drop zone, your charity, workplace, sports centre, local area, etc.

**Photos**

A picture tells a thousand words and will really help sell your story and catch readers' interest. Send one or two photos with your release. Hopefully you had an in-air cameraflyer and can share freefall photos but, if not, a ground shot, wearing your kit, would be almost as good. List who is who on any photos and include the photographer's name.

**Who and where?**

You will already have an idea of where to send it to in your area: your local newspaper, regional or national press - even TV if you've done something extra special. Also try further afield: charity websites, work noticeboards, company newsletters, social networking sites, anywhere there is an interest.

The relevant email address will be printed in the newspaper and on their website. If in doubt pick up the phone, explain you have a story and ask to whom you should send it.

Your basic press release can easily be tweaked to make it applicable to the different medias by varying the quote.

**Easy option**

If you are short of time or not sure what to write, then to make it easier there is a photocopyable template on the facing page. Fill it in and fax, post, or scan and email to your chosen contacts with your photos. Keep in touch with the reporter and make sure you get a copy when you hit the papers!

**And finally**

We hope you enjoyed your first experience of skydiving, that this article helps you get the coverage you deserve, and that you continue in this amazing sport. Good luck!

**Weed Stoodley, BPA Council Member**

A DAREDEVIL from Windsor was one of 50 women, pictured above, to jump out of an airplane to raise money for charity.





# British Parachute Association

www.bpa.org.uk

BPA Limited. Wharf Way, Glen Parva, Leicester, LE2 9TF

Tel: 0116 278 5271 Fax: 0116 247 7662 Email: skydive@bpa.org.uk

Patron: HRH The Prince of Wales

A company limited by guarantee. Registered in London No. 875429. VAT reg. No. 239 469 620

To the Editor of \_\_\_\_\_

Dear Editor

We believe that this achievement by a local person is a good news story likely to be of interest to your readers. Our new skydiver has kindly agreed to us making this approach and is prepared to provide further details should you so wish. And if you or a colleague would like to visit your local Drop Zone to experience skydiving first-hand - perhaps with a view to producing an article or photo-spread on our exciting sport in your locality - then I'm sure you will receive a warm welcome.

Kind regards

**Martin Soulsby**

**Chairman, British Parachute Association**

## Leap of faith - first ever skydive!

On (date) \_\_\_\_\_ Mr/Mrs/Miss/Ms/etc \_\_\_\_\_

Of (address) \_\_\_\_\_  
\_\_\_\_\_

Occupation \_\_\_\_\_ Tel/mob \_\_\_\_\_

Email \_\_\_\_\_

Completed their first skydive at \_\_\_\_\_ Parachute centre \_\_\_\_\_

Tel \_\_\_\_\_ Website \_\_\_\_\_

Photo(s) attached YES/NO

Photo caption (names from left to right) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Motivation for the jump was: charity/birthday/anniversary/other

Brief details \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Quote \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Amount raised (if applicable) \_\_\_\_\_ Charity/event \_\_\_\_\_

Other interesting facts/info \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Notes for editor:** Approximately 250,000 skydives are made over the UK annually, at 26 locations countrywide. Women make up 43% of the 45,000 making their first jump each year. 5,000+ full time BPA Members include people from all walks of life, aged from 16 to 76. UK sportspeople are at the pinnacle of skydiving internationally, some even being multiple World Champions. See www.bpa.org.uk and skydivethemag.com



# SKYDIVE Langar.co.uk



**Static  
Line  
Training**



**Accelerated  
Freefall  
Training**



**Tandem Skydive**

**From your  
First jump  
to your 10,000th  
We'll take you  
further and faster!**

**Top-class instructors and coaches in  
all skydiving and parachuting disciplines  
Come and join us!**



**Freestyle**



**Canopy  
Formation**



**Formation  
Skydive**



**Freestyle**

**Langar Airfield, Langar, Nottingham NG13 9HY**  
**☎ 01949 860878 Email: info@skydivelangar.co.uk www.skydivelangar.co.uk**





Photo by Joanne Dawson

## Dive doctor

### I am always very scared in the aeroplane

Don't worry, this is quite normal. Even if everyone around you seems unafraid, they are probably all scared to some extent. Some people are just better at maintaining their external 'cool'. Talking to others about the 'F' word (Fear) may make you feel better.

Things will improve with experience. Read the article on page 25. Practise slow breathing to calm yourself down. Keep jumping as much as possible, try to do as many as you can on the one day or weekend. Try and eliminate as many rational causes of your fear as possible, such as any uncertainty about your equipment or drills and, eventually, the irrational fear will lessen too.

### When will I qualify? It's taking forever!

Try not to lose heart. Everyone around you has gone through the same thing, they are just the ones who stuck at it. If you only ever show up at the dropzone once every two months, do a bit of a retrain, then leave after an hour if the weather is no good, you cannot expect to progress. You need to spend lots of time at the DZ - you may have poor luck with the weather, but eventually you will get there. It will be worth it in the long run. Apply yourself to the sport as much as possible when not jumping and you'll find your jumps themselves are better.

If your parachute centre is full-time and you can take a week off, you will find yourself progressing more quickly. Even better if there is a progression week planned, this is a great way to boost your jumping career while making new friends.

### I get bored waiting for the right weather

Spend your time on the ground constructively. You will only be bored if you allow yourself to be; there is lots to do. Learn to pack, go through your next jump until it is second nature, revise your emergency procedures, practise the exit from the mock-up, use a mirror (or a friend) to look at your position, read skydiving articles and magazines, watch skydiving videos, talk to other jumpers, practise packing again, watch experienced jumpers under canopy, just immerse yourself in the whole scene.

Ask instructors for any help you need and use the time to make friends. You may be surprised how well people react if you just start a conversation. No one is going to pretend that it is all really easy, but you will save time and money by practising everything you learn on the ground, something your instructors will encourage you to do anyway. Dropzones can seem the most boring and frustrating place to be when you are not jumping, but it is surprising what you can achieve with a positive attitude.

### How come the instructors say it is too cloudy for me to jump, yet the experienced jumpers are going up?

If you are a static-line student, you will most likely be jumping from 3,500 feet and you could be getting out of the aircraft a fair way from the target before spending about four minutes under canopy. In the case of AFF, you are opening even higher. This gives you quite a chance to go through any bits of cloud that are floating around. Cloud can be very disorientating. If you were to fly into one after opening before you have worked out where you are, you could find yourself heading off in completely the wrong way and be unable to reach the target.

If you are a student on freefall or an AFF

### Why do I have to use the radio when I'm sure I could do better myself?

The British Parachute Association (BPA) rules state that a student on a square canopy must have a radio for at least the first three jumps.

Some parachute centres have local conditions which increase the length of time for which a radio is to be used. For example, if there is a hazard that, though not dangerous enough to prevent parachuting, is still enough of a risk for students to benefit from a radio, especially in the event of a sudden wind change.

Under a square canopy the potential for traveling a long distance and getting yourself into trouble is quite considerable. So, even though the radio cannot make you do the right thing, it can certainly tell you to! Similarly for landing, even though a student canopy is by design reasonably forgiving, it is nevertheless much better to flare at the correct height and, for this, the radio is invaluable.

In summary, the Club Chief Instructor (CCI) at your centre will have a radio policy and it will be there to help you and keep you safe. Even if you are made to carry a radio, if you are doing well under canopy, you will be spoken to less and less. When you are given an instruction, try and work out why, then you will not just carry out the action, but also increase your understanding of canopy control.

consolidation student, your jump must be watched. If this is being done through telemeters from the ground, clouds will naturally mean that your jump is not seen and you may have to repeat it - extra expense!

Experienced jumpers are more likely to suss out where they are quickly and the odd bit of cloud may be less of a problem. Trust your instructors to have your best interests at heart. They want you to jump possibly more than even you do!



# SPEED MATTERS...

# VISCO II

VISUAL ALTIMETER



Combine with L&B's OPTIMA<sup>1</sup> for total altitude awareness!

### FEATURES:

- Visual altimeter
- Digital accuracy
- Datalogging for review
- Back-lit face
- Hand or wrist mounted
- Accessories available
- Long lasting batteries
- Playback of jumps
- Freefall speed measurement
- Standard or Metric

### FLIGHT PERFORMANCE



LARSEN & BRUSGAARD

[www.L-and-B.dk](http://www.L-and-B.dk)

Ledreborg Alle 28 • 4000 Roskilde • Denmark • +45 46 48 24 80 • Fax » +45 46 48 24 90 • l-and-b@L-and-B.dk

# BH Brokers

Mortgage & Insurance Planning

We work closely with leading Life Insurers, providing factual evidence to support a change in underwriting. We look to improve cover for individuals involved in unique sports and unusual occupations. Skydiving is no exception.



# 01604 696 295

[Info@bhbrokers.co.uk](mailto:Info@bhbrokers.co.uk)

BH Brokers is a trading style of Lee Harrison which is an appointed representative of Intrinsic Mortgage Planning Ltd who are authorised and regulated by the Financial Services Authority.

# It's Game, Set, and Match...

# ...when I'm wearing my Wings



## Sunrise Manufacturing

6520 FORT KING ROAD • ZEPHYRHILLS, FL 33542

TEL 813-780-7369 • FAX 813-788-2799 • [SALES@SKYDIVEWINGS.COM](mailto:SALES@SKYDIVEWINGS.COM)

MANY STOCK RIGS AVAILABLE ONLINE • SHORT DELIVERY TIME (SEE OUR WEBSITE)



# DROP ZONES



## BPA Affiliated DZs in the UK

### 1 Black Knights

**Black Knights Parachute Centre**  
Hillam Lane, Cockerham,  
Lancashire LA2 0DY  
DZ: 01524 791820  
T: 01772 717624  
Mob: 07501 223151/2  
info@bkpc.co.uk  
bkpc.co.uk  
*Turbine Porter*

### 2 Bridlington

**Skydive GB**  
East Leys Farm, Grindale Road,  
Bridlington, E Yorkshire YO16 4YB  
01262 228 033 / 07595 952 802  
info@skydivegb.com  
skydivegb.com  
*Cessna 206*

### 3 Cark

**North West Parachute Centre**  
Cark Airfield, Flookburgh,  
Nr Grange-over-Sands,  
Cumbria LA11 7LS  
DZ: 01539 558 672  
T: 01229 889 516  
skydive-northwest@totalise.co.uk  
skydivenorthwest.co.uk  
*PAC 750XL*

### 4 Chatteris

**North London Skydiving Centre**  
Chatteris Airfield, Nr Stonea,  
March, Cambs PE15 0EA  
DZ: 01354 740 810  
T: 0871 664 0113  
info@ukskydiving.com  
ukskydiving.com  
*Twin Otter, Nomad*

### 5 Cornish

**Cornish Parachute Club**  
Perranporth Airfield,  
Higher Trevellas, St Agnes,  
Cornwall TR5 0XS  
01872 553 352 / 07790 439 653  
cornishparachuteclub@hotmail.co.uk  
cornishparachuteclub.co.uk  
*Cessna 206, guest aircraft*

### 6 Dunkeswell

**Skydive UK Ltd**  
Dunkeswell Airfield, Dunkeswell,  
Devon EX14 4LG  
01404 890 222 / 07718 638 000  
info@skydiveukltd.com  
skydive99.com  
*Beech 99*

### 7 Headcorn

**Headcorn Parachute Centre**  
Headcorn Airfield, Headcorn,  
Kent TN27 9HX  
01622 890 862  
info@headcornparachuteclub.co.uk  
headcornparachuteclub.co.uk  
*Cessna Caravan, Islander*

### 8 Hibaldstow

**Target Skysports**  
Hibaldstow Airfield, Hibaldstow,  
Brigg, N Lincs DN20 9NN  
DZ: 01652 648 837  
T: 0113 250 5600  
info@skydiving.co.uk  
skydiving.co.uk  
*Dornier G92 twin turbine, SMG-92 single turbine, Cherokee 6*

### 9 Hinton

**Hinton Skydiving Centre**  
Hinton Airfield, Steane, Brackley,  
Northants NN13 5NS  
01295 812 300  
info@skydive.co.uk  
skydive.co.uk  
*PAC 750XL*

### 10 Jersey

**Skydive Jersey Ltd**  
States Airport, St Peter,  
Jersey JE3 7ZR  
01534 747 410  
info@skydivejersey.net  
skydivejersey.net  
*Airvan, guest Turbines*

### 11 Langar

**British Parachute Schools**  
Langar Airfield, Langar,  
Nottingham NG13 9HY  
01949 860 878  
info@skydivelangar.co.uk  
skydivelangar.co.uk  
*2 Cessna Grand Caravans, guest aircraft*

### 12 Lewknor

**London Parachute School**  
The Byre, Woods Farm,  
Easthamstead Rd, Wokingham,  
Berks RG40 3AE  
0845 130 7194  
info@londonparachuteschool.com  
londonparachuteschool.com  
*Islander, Cessna Grand Caravan*

### 13 Netheravon

**Army Parachute Association**  
Airfield Camp, Netheravon,  
Salisbury, Wiltshire SP4 9SF  
01980 628 250  
generalenquiries@netheravon.com  
netheravon.com  
*2 Cessna Caravans, guest aircraft*

### 14 Paragon

**Paragon Skydiving**  
Errol Airfield, Grange, Errol,  
Perthshire PH2 7TB  
01821 642 454  
billy.gollan@btinternet.com  
paragonskydiving.co.uk  
*Cessna 182*

### 15 Peterlee

**Peterlee Parachute Centre**  
The Airfield, Shotton Colliery,  
Co Durham DH6 2NH  
0191 517 1234  
enquiries@skydiveacademy.org.uk  
skydiveacademy.org.uk  
*Airvan, Cessna 182*

### 16 Salisbury

**Skydive Southcoast Ltd**  
Hangar 3, Old Sarum Airfield,  
Old Sarum, Salisbury SP4 6DZ  
01722 323 628  
info@skydivesouthcoast.co.uk  
skydivesouthcoast.co.uk  
*Cessna 206*

### 17 The Silver Stars

**Silver Stars**  
29 Regt, Duke of Gloucester  
Barracks, South Cerney, Cirencester  
Gloucestershire GL7 5RD  
DZ: 01285 868111  
T: 07716 792942  
info@silverstars.me.uk  
silverstars.me.uk  
*Finist SMG*

### 18 St Andrews

**Skydive St Andrews**  
Osprey Road, Fife Airport,  
Glenrothes KY6 2SL  
0845 189 5865  
skydivestandrews@mail.com  
skydivestandrews.co.uk  
*Cessna 185, Turbo Cessna 206*

### 19 Strathallan

**Skydive Strathallan**  
Strathallan Airfield,  
Nr Auchterarder,  
Perthshire PH3 1LA  
DZ: 01764 662 572  
T: 07836 201953  
kbrady@btinternet.com  
skydivesthathallan.co.uk  
*3 Cessna 206, guest Turbine*

### 20 Swansea

**Skydive Swansea**  
Swansea Airport, Fairwood,  
Swansea SA2 7JU  
07779 019 655  
info@skydiveswansea.co.uk  
skydiveswansea.co.uk  
*Turbine Islander*

### 21 Swindon

**Skydive London**  
Redlands Airfield, Redlands Farm,  
Wanborough, Swindon SN4 0AA  
01793 791 222  
info@skydivelondon.co.uk  
skydivelondon.co.uk  
*Airvan*

### 22 Tilstock

**The Parachute Centre**  
Tilstock Airfield, Whitchurch,  
Shropshire SY13 2HA  
01948 841 111  
skydive@theparachutecentre.com  
theparachutecentre.com  
*Airvan*

### 23 UK Para Beccles

**UK Parachuting**  
Beccles Airfield, Ellough,  
Beccles, Suffolk NR34 7TE  
01502 476 131  
jump@ukparachuting.co.uk  
ukparachuting.co.uk  
*Cessna Caravan*

### 24 UK Para Sibson

**UK Parachuting**  
Sibson Airfield, Wansford,  
Peterborough PE8 6NE  
01832 280 490  
skydive@ukparachuting.co.uk  
skydivesibson.co.uk  
*Cessna Caravan*

### 25 Weston

**Skydive Weston**  
RAF Weston on the Green,  
Bicester, Oxon OX25 3TQ  
01869 343 201  
skydiveweston@fsmail.net  
skydiveweston.com  
*G92 Dornier, guest aircraft*

### 26 Wild Geese

**Wild Geese Skydive Centre**  
Movenis Airfield, 116 Carrowreagh  
Rd, Garvagh, Coleraine,  
Co Londonderry, N Ireland BT51 5LQ  
028 2955 8609  
jump@skydivewildgeese.com  
skydivewildgeese.com  
*Cessna 206, Cessna Caravan*

## BPA Overseas Affiliated DZs

### Cyprus

**Cyprus Parachute Centre**  
CJSATC, BFPO 58,  
Dhekelia Garrison, Cyprus,  
0035 724 744337  
info@skydivecyprus.com.cy  
skydivecyprus.com.cy  
*PBN Piston Islander*

### RAPA

**Rhine Army Parachute Assoc.**  
Flugplatz, Bielefelder Strasse,  
33175, Bad Lippspringe, Germany  
0049 5254 982 2378  
jspl-comdt@atgg.mod.uk  
*Turbine Islander, Quest Kodiak, Dornier G92 on call*

## Parachuting Societies

### BCPA

**British Collegiate Parachute Association**  
Ailwyn McGeoch, BCPA Chairman  
07969 484801  
mail@bcpa.org.uk  
bcpa.org.uk  
*A community for university skydivers*

### POPS

**Parachutists Over Phorty**  
Dick Barton, Top POP  
9 Mansion House Mews, Pickwick  
Road, Corsham, Wilts SN13 9BB  
01249 701805 / 07860 559112  
dbarton@fsmail.net  
pops.org.uk

### SOS

**Skydivers Over Sixty**  
Contact: Niels Hansen  
Flat 14, 21 Victoria Sq, Clifton,  
Bristol BS8 4ES  
nielsnhsn@yahoo.co.uk



## Rigs & Things Paraservice

For all your skydiving needs!!

Great service. Great products. Great prices.  
That's what sets us apart!!!

### Pay less...



## Skydive more!!!

[www.para-service.com](http://www.para-service.com)

Email: [info@para-service.com](mailto:info@para-service.com)

Toll free: 1-877-TOP-RIGS

Phone: 1-239-282-8834

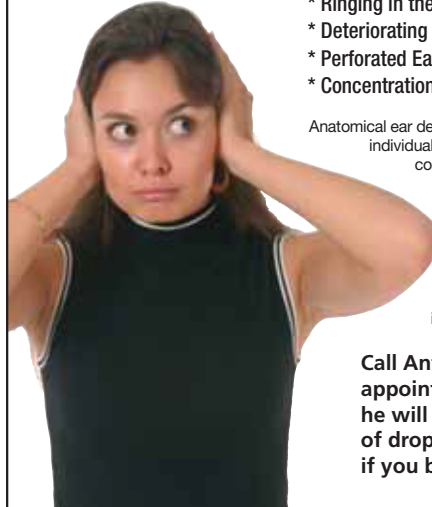
Fax: 1-239-283-6241

# HARD TO BEAT

## Are you often near aircraft and wind tunnel noise?

### Have you experienced:

- \* Ear Problems?
- \* Ringing in the Ears?
- \* Deteriorating Hearing?
- \* Perforated Ear Drum?
- \* Concentration Loss from Sound Distraction?



Anatomical ear defenders are moulded to fit the individual's own ears, providing a comfortable custom fit. With proper care, Custom Made Ear Defenders will last for years, proving inexpensive in the long term. Specifically manufactured to fit your ears perfectly, allowing you to enjoy skydiving and tunnel flying in comfort.

Call Antone to book an appointment for a fitting, he will come to your choice of dropzone or wind tunnel if you book with a friend.

### Custom Made Ear Protection

For more details call Antone on:  
01305 264021 or 07971 679363  
[info@customearprotection.co.uk](mailto:info@customearprotection.co.uk)  
[www.customearprotection.co.uk](http://www.customearprotection.co.uk)

Custom Ear Protection, 99 High Street, Fordington,  
Dorchester DT1 1 LD. Established 1995



PUSHING THE LIMITS...

PHOTO | KEITH CREECH | DESIGN | CAPTAIN



## infinity

THE ONE YOU'VE BEEN HEARING ABOUT

- ▶ INTEGRATED FEATURES - NOT ADD-ONS
- ▶ CLEAN, EFFICIENT DESIGN
- ▶ INNOVATIVE FLOATING LATERALS
- ▶ LIQUID SKY DESIGN RIGS AVAILABLE
- ▶ Wingsuit Options Available
- ▶ NO CHARGE for Black Hardware!



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

P.O. BOX 3370 | SUNRIVER, OR 97707 | [VSE@VELOCITYRIGS.COM](mailto:VSE@VELOCITYRIGS.COM) | V. (253) 445-8790 | F. (253) 445-8792

# Velocity





# About the



The British Parachute Association (BPA) is a not-for-profit body run by its members for its members. It was formed in 1961 to govern, organise and facilitate sport parachuting in the UK and represents the interests of all UK skydivers, as well as being our voice in the international skydiving community

## BPA Operations Manual

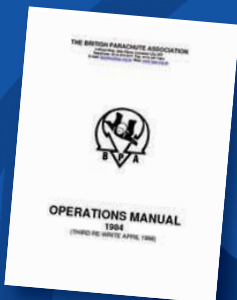
With a sport as potentially hazardous as skydiving, the need for a clear set of safety rules is obvious. The BPA established its Operations Manual in 1984, which is approved by the Civil Aviation Authority (CAA), the controlling body for UK airspace. Hence, you can only train to skydive in the UK at a BPA Affiliated Centre. This means training methods, equipment and instructional qualification is standardised throughout the UK.

There is a well-established progression system designed for parachutists to gain the skills they need. The BPA's safety system and instructor courses are widely respected both nationally and internationally.

There are around 26 of these BPA Affiliated Centres in the UK, plus two in Germany and Cyprus. All are run in accordance with the Operations Manual, shown on page 53.

## National and international representation

The BPA is the National Governing Body for sport parachuting in the UK, and is affiliated to the FAI, the Fédération Aéronautique Internationale, or World Air Sports Federation, through the Royal Aero Club of the UK. The BPA represents the interests of skydivers in the UK through the FAI's International Parachuting Commission. The BPA is recognised by the government's official agencies for sport such as UK Sport.



them for up to a year or until they progress to freefall. At that stage, membership is converted to full status, with the cost of *Skydive the Mag* included in the membership subscription. Should individuals wish to receive the magazine before they convert to full membership, a magazine-only subscription is available, which is a good way to keep in touch with the sport. See page 3.

## BPA Council

A committee of up to 15 elected members, called the Council, sets the BPA's policy. These unpaid volunteers are elected each year by the full (voting) members. Members of Council are Directors of British Parachute Association Ltd, a company limited by guarantee, according to its legal governing instrument, the Memorandum & Articles of Association. The Council, in turn, elects a Chair, Vice Chair and Committee Chairs, etc, from their own number. The Council usually meets six times a year and the minutes of its meetings and those of the BPA Committees are published on the BPA website to keep members up-to-date with everything that is going on.

## BPA Committees

Council Members also serve on Committees:

### Communications

Facilitates the flow of information and news for members and potential skydivers

- Directs the BPA's *Skydive the Mag* and its website
- Publishes *Skydive Starter* magazine
- Steers the BPA and *Skydive the Mag* websites
- Publishes the BPA e-newsletter
- Publishes the BPA Skydiving Calendar
- Plans the AGM and associated events

### Development

Develops the sport and BPA membership

- Encourages membership recruitment and retention
- Improves the BPA's services and systems
- Develops the functionality of the BPA website
- Extends the BPA's influence

### Competitions

Encourages and supports competitive skydiving and the pursuit of excellence

- Selects host Centres and writes the rules

for British Open National and Grand Prix / UK Skydiving League competitions

- Selects the British team for World Championships and other FAI international sport parachuting meets
- Allocates of funding for our top-level athletes
- Arranges coaching for non-seniors
- Co-ordinates judging and judges
- Seeks sponsorship

Committees of appropriately qualified members oversee other areas:

### Safety and Training

Consists of: every Club Chief Instructor (25-30 members)

- Updates the BPA Operations Manual
- Sets rules for skydiving
- Reviews incident reports and takes action as necessary
- Clears equipment for use
- Sets criteria for instructor ratings: new, advanced and examiners
- Sets criteria for demonstration events
- Assesses new parachuting activities

### Riggers

Consists of: every UK rigger qualified for two years (approximately 50 members)

- Parachute manufacture, assembly, modification and repair
- Certificates new riggers and qualifies reserve parachute packers.

### Pilots

Consists of: every qualified jump pilot

- Considers aircraft issues for parachute dropping
- Certificates new jump pilots
- Incident reporting
- Aircraft safety



## Joining the BPA

Every British sport parachutist must be a member of the BPA. Initially the 45,000 or so people a year who make their first jump join as provisional members, which covers





# BPA staff



British Parachute Association

The BPA employs staff for the day-to-day running of the Association



**Technical Officer - Tony Butler**  
Responsible for the BPA's technical operations with particular reference to advising on, and monitoring adherence to, the Operations Manual



**Membership Services - Karey Goodwin**  
Karey's will often be the welcoming voice when you telephone the BPA Office, and she looks after membership renewals.



**PA to BPA Officers - Trudy Kemp**  
Trudy is PA to our Technical Officer and National Coach & Safety Officer, and she arranges BPA instructor courses.



**National Coach & Safety Officer - John Hitchen**  
John looks after instructor training courses and safety matters within the sport.



**Membership Services - Sue Allen**  
Sue provides a range of membership services including National & International FAI Certificates.



**Stock Controller - Dave Lucas**  
Dave is responsible for the post room and stores at the BPA Office.



**Secretary-General - Martin Shuttleworth**  
Martin is Secretary to the Council, office manager, co-ordinates the BPA website and AGM Day, and assists with PR..



**Financial Administrator - Jon Gretton**  
Jon is responsible for administering the BPA's finances and preparing the BPA's financial accounts that are included each year in *Skydive the Mag*.



**Administration Secretary - Helen Lucas**  
Helen looks after e-mail enquiries sent to the general BPA e-mail account. She also covers magazine mailing, pilot cards and the AGM Day exhibition and dinner.





## ***Congratulations,*** ***you've made your first step to becoming a qualified skydiver!***

Whoever you choose to continue your training with, make sure they really put their students first. These days, more and more drop zones seem to lose interest once they have sold you that first jump. Do your research, talk to other students and gather opinions, visit different drop zones and then make an informed choice.

As one of the UK's longest established centres, we've been training parachutists since 1964. We take pride in developing individuals into fully-fledged, confident and safe skydivers. With the majority of students coming to us by way of recommendation you can feel safe in the knowledge that you'll immediately be made welcome and part of the crowd.

If you've got the desire to succeed then we've got the time, facilities and attitude to help you make it happen.

*For more information go to [www.bkpc.co.uk](http://www.bkpc.co.uk), phone for a chat, send us an email or simply just pay us a visit. We look forward to welcoming you soon to our friendly drop zone.*

- No hidden charges for continuation training, kit hire, packing and formation skydiving coaching.
- Extra student open weeks to help you quickly progress.
- Discounted RAPS / AFF courses for Tandem jumpers\*
- Buy 10 get 1 free ticket deal
- Credit/Debit cards accepted
- Café - Freshly prepared hot meals, snacks and drinks served all day.
- Camping / caravanning / bunkrooms / club room plus bathrooms and hot showers on the DZ
- 10 minutes from J33 M6 - The most accessible drop zone in the North West.

\*Proof of current BPA student membership required.



*"Black Knights is a great drop zone, since moving Lancaster University Skydive Club there in November, we have had great student and experienced jumper progression alike and have been made very welcome by everyone."*

*Beth Richards, President  
Lancaster University Skydive Club*

**BLACK  
KNIGHTS**  
  
**PARACHUTE CENTRE**



# ADVERTISER INDEX

Aerodyne Research	flyaerodyne.com	+1 813 891 6300	IFC
Aerostore Corp	aerostore.com	+1 610 327 8555	11
Airkix	airkix.com	+44 (0) 1908 247772	35
Bev Suits	bevsuit.com	+1 610 285 6994	11
Black Knights Para Centre	bkpc.co.uk	+44 (0) 1772 717624	57
British Parachute Schools (Langar)	skydivelangar.co.uk	+44 (0) 1949 860878	50
Custom Made Ear Protection	customearprotection.co.uk	+44 (0) 1305 264021	54
Cypres	cypres.cc	+49 295 398 9947	20
Dr Margaret Clamp	mclamp@doctors.org.uk	+44 (0) 7802 850084	58
DZ Sports	dzsports.com	+44 (0) 1295 812101	18
Go Wear	go-wear.com	+44 (0) 1995 679356	18
Larsen & Brusgaard	l-and-b.dk	+45 46 48 2480	18, 52
Lee Harrison	bhbrokers.co.uk	+44 (0) 7921 567321	52
North London Skydiving Centre	ukskydiving.com	+44 (0)871 664 0113	24
Paragear	paragear.com	+1 847 679 5905	28
Para Service	para-service.com	+1 239 282 8834	54
Performance Designs	performancedesigns.com	+1 386 738 2224	27
Rainbow Design	rainbowsuits.com	+49 339 327 2461	20
Skydive Jersey	skydivejersey.net	+44 (0) 1534 747410	20
Skyshot Design	skyshotdesign.com	+44 (0) 203 287 8340	11
Sun Path	sunpath.com	+1 910 875 9002	4
Sunrise Manufacturing	skydivewings.com	+1 813 780 7369	52
The Jump Shop	thejumpshop.co.uk	+44 (0) 7939 030339	OBC
Tony Suits	tonysuits.com	+1 813 782 5484	24
United Parachute Technologies	uptvector.com	+1 386 736 7589	IBC
Velocity Sports Equipment	velocityrigs.com	+1 253 445 8790	54
Vigil	vigil.aero	+32 2 732 6552	8

## Skydiving & Sport Scuba Diving Medicals

# £50

### Dr Margaret Clamp MC Occupational Health

The Corner House  
Rectory Road, Colwick  
Nottingham NG4 2DU.

Mobile: 0780 2850084

Email: [mclamp@doctors.org.uk](mailto:mclamp@doctors.org.uk)

## The smart choice

With the **British Parachute Association Credit Card** you can enjoy more than just a great rate. We work hard to deliver our alumni a premium service credit card which excels at all levels, so you can expect first-class benefits from a great value credit card.

To apply, call us on  
**0800 028 2440** quoting 31CVLZXR



**0%** for **12 months\*** on balance transfers made in the first 90 days (3% handling fee)

**0%** for **3 months** on card purchases from the date your account is opened<sup>†</sup>

**15.9% APR**

typical rate (variable)

NO ANNUAL FEE | 24HR HELPLINE | ONLINE ACCOUNT MANAGEMENT

**mbna**

The credit card is issued by MBNA Europe Bank Limited, Registered Office: Stansfield House, Chester Business Park, Chester CH4 9QQ. Registered in England number 2783251. Credit is available, subject to status, only to UK residents aged 18 or over. You cannot transfer balances from another MBNA account. We will monitor or record some phone calls. MBNA's consumer credit activities are licensed by the Office of Fair Trading (OFT) and our general insurance activities are authorised and regulated by the Financial Services Authority (FSA).

<sup>†</sup> If you do not pay your balance in full we will use your payments to reduce lower rate balances before higher rate balances. If promotional rate balances are the same we will repay them in the following order: first, the one with the earliest expiry date; if the expiry dates are the same then the one which started first; if the expiry dates, and start dates are the same then the one with the lowest standard rate. Promotional rates will no longer apply from the beginning of any statement period during which you have breached your terms and conditions.

\* From the date your account is opened.



# SPORT VECTOR 3

39 Years Experience

51,000+

Harness & Container Systems

## MICRON M-SERIES

### STANDARD FEATURES

- Contoured Yoke
- Superior Pin Protection
- Full Pocketed Corners
- 100% Bridle Protection
- BOC, ROL, or Pull Out Deployment
- Choice of Large or Small 3-Ring Release
- Type 8 Large or Type 17 Mini Risers
- 19, 21, 23 inch Main Risers
- Riser Housing Inserts
- AAD Setup
- Up to Seven Color Center Flap
- Stainless Steel
- Center Line Main Pilot Chute with Leather Handle
- TruLok Toggles



Micron V-Split



M-SERIES V-Split



Micron Lighting



Micron V-Split



UNITED PARACHUTE TECHNOLOGIES

1645 LEXINGTON AVE. DELAND FL, 32724 [WWW.UPTVECTOR.COM](http://WWW.UPTVECTOR.COM)

P: +1 386 736 7589 F: +1 386 734 7537

BABY MICRON

Photos By: Max Haim





# Skydive Gear Starter Pack

**BARGAIN  
OFFER!**

FROM  
**£200**

Altimeters & Log Books  
Books, DVDs & Gifts  
Complete Parachute Systems  
Gloves & Goggles  
Jump Suits & Clothing  
Second-hand Equipment  
Skydive Bookings



Outlets across the UK or purchase online at:

[www.thejumpshop.co.uk](http://www.thejumpshop.co.uk)

For great service contact us

M: 07939 030 339 | 07539 224 974

E: [skydive@thejumpshop.co.uk](mailto:skydive@thejumpshop.co.uk)