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## GUIDELINES FOR OBTAINING SKYSURFING GRADE 1 (SS1)

### 1. Introduction

Skysurfing Grade 1 (SS1) is designed to teach skydivers all the necessary skills for flying in a controlled manner with a skysurfing board.

### 2. Eligibility

Skydivers must have completed at least a-e of the Formation Skydiving (FS) requirements in addition to being able to perform the following skills; maintain a stand up position for 15 consecutive seconds, perform a controlled 360 degree turn in both directions whilst in a stand up position, perform a straight body position forward and backward loop starting and returning back to a stand up position and return back to a stable (belly to earth) position within 3-5 seconds from a fast side or back spin of at least 2 revolutions per second. The skydiver must also hold a British Skydiving 'C' Licence. Appropriate and safe skydiving equipment should be used during all SS descents.

### 3. SS1 Requirements

In order to obtain Grade 1 in Skysurfing (SS1) the skydiver must be introduced to SS by a CI nominated SS2 grade skydiver or equivalent of proven SS instructional ability, have received a full safety brief and demonstrated the ability to:-

- a) Jump a board of at least 3 feet in length and deploy in a "stand up" position
- b) Perform a stable "surfing down the slipstream" type exit
- c) Perform a controlled 360 degree turn in both directions whilst upright on the board
- d) Perform a controlled back or front loop on the board
- e) Demonstrate forward movement by tracking whilst upright on the board

### 4. The Ten Suggested Levels

- a) Introduction. A novice to skysurfing should firstly familiarise themselves with flying with a board attached to their feet. On many training programs this means spending the initial board jump/s flying in a "belly to earth" with the board tucked up behind them for canopy deployment.
- b) Only when a novice is confident enough of maintaining heading control whilst in a "belly to earth" position should they attempt to stand upright on their board. On many very small beginner boards it is not advisable to deploy in an upright body position.
- c) Once a skysurfer is competent in controlling a small beginner sized board, in demonstrating good, safe deployments and achieving upright body flight, they may progress onto a slightly larger board (ie 3 feet or slightly longer). With a board of this size it is often crucial that the skysurfer deploys in an upright position, since a "belly to earth" deployment position could lead to a board and canopy entanglement.

- d) Often early skysurfing exits are haphazard and cumbersome; attempts should be made to perform a good “surfing down the slipstream”. A good position in the door prior to exiting can have a significant effect.
- e) Controlled 360-degree turns are one of the most elementary moves that a skysurfer should master. Skysurfing turns are usually initiated by dropping one hand slightly lower than the opposite hand or by twisting slightly in the direction of the turn.
- f) Once a 360-degree turn has been accomplished in one direction the skysurfer should work on performing one in the opposite direction.
- g) A back-layout loop is the next move that a skysurfer should try performing. In general, most skysurfers find back layout loops easier to complete than front layout ones. It is important to retain a straight body whilst performing any skysurfing layout loop. The hips are where most of the energy comes from in completing successful layout loops.
- h) A front layout loop is achieved by kicking the board backwards whilst upright and letting the body fall forwards. As with back layout loops it is important to try and retain a straight body position, a slight arch is acceptable.
- i) Tracking is achieved by bending the front leg and tilting the upper torso over the front of the board. The board should be at approximately 45 degrees or more in relation to the ground, the arms are usually swept behind and to the side of the body to aid the forward motion. Tracking on smaller boards does not yield the significant forward motion that is achieved whilst skysurfing with a larger board.
- j) Once all aforementioned skills have been accomplished, the skysurfer might want to try and perform them all on a single skydive, preferably with a camera flyer to provide evidence for the attainment of the SS1 award.

**Notes:** It is highly recommended that the following guidelines are adhered to whilst working toward and beyond your SS Grades:

- extra attention is paid to altitude awareness and a higher deployment altitude is used to help compensate for the possibility of a canopy malfunction or board/ canopy entanglement.
- an audible altimeter is used, in addition to a visual altimeter.
- an SS skydiver’s equipment is deemed suitable for skysurfing descents by a suitably experienced, CI nominated person, in particular a BOC or pullout deployment is used, and all container flaps are firmly closed. It is advisable not to jump small, highly loaded elliptical canopies on early skysurfing jumps due to the dangers of experiencing line twists whilst the feet are fastened onto a board.
- a newly qualified SS1 skydiver should not partake in jumping with larger groups until they have relevant experience jumping with just one other skydiver or skysurfer.

#### 4. Exit Altitudes

The recommended exit altitude while demonstrating the ten suggested exercise levels are upwards of 10,000 ft. Different PTOs may have different policies on when SS skydivers should exit, thus check with the appropriate PTO on their applicable exit order patterns.

# GUIDELINES FOR OBTAINING SKYSURFING GRADE 2 (SS2)

## 1. Introduction

Skysurfing Grade 1 (SS2) is designed to teach skydivers all the necessary skills for flying in a highly controlled manner with a skysurfing board.

## 2. Eligibility

Skydivers must have completed Skysurfing Grade 1 (SS1) and be introduced to SS2 training by a CI nominated SS2 Grade skydiver or equivalent of proven SS instructional ability and have received a full safety brief. Appropriate and safe skydiving equipment should be used during all SS descents.

## 3. SS2 Requirements

After receiving a full safety brief a skysurfer needs to demonstrate the following skills to obtain their Skysurfing Grade 2 award:

- a) Perform a controlled seated turn of 720 degrees (sit spin), starting and stopping on heading.
- b) Perform a controlled "helicopter" spin, rotating a minimum of 3 times 360 degrees but not exceeding 6 complete revolutions
- c) Perform a full 360-degree backloop or frontloop with a half twist from a standing position, under control.

## 4. The Ten Suggested Levels

- a) Introduction. Prior to learning a sit spin move a skysurfer should become competent at lowering their body down towards the rear of the board into a stationary sitting position and raising back on top of the board. This move should be done in a controlled manner, without a change of heading.
- b) Once a skysurfer can fly in a seated position they should work on fine tuning the body position. The knees should be bent and the skysurfer's bottom should be placed on the tail of the board, the arms are swept behind the skysurfer and are used to maintain balance. Standing back up on top of the board is done by raising the upper torso over the board and straightening the legs.
- c) Whilst trying to stay stationary in a seated position the skysurfer will have probably experienced some turning. Turning in control is the next progression stage. It is important that only small, minor deviations are made in the body position to execute turns, ie one arm slightly lower than the other or a small twist in the direction of the anticipated turn.
- d) In order to perform a 720-degree, sit spin the taking of a heading is essential, a good heading is the sun, since the skysurfer's line of vision is restricted to higher objects in the sky. Early turns should be done slowly, high speed is something that comes only after correct technique and posture has been learned.
- e) A helicopter spin is one of skysurfing's classic moves. There are several ways to start a helicopter spin, the most common one is to go through a sit position and push the board inverted with the legs, straightening the body and leaving the arms slightly wide of the body. Early attempts at a helicopter should just involve getting used to putting the board inverted and "hanging" momentarily, before bending the knees and going back through a seated body position to an upright position.

- f) The helicopter spin is a move that is a lot easier to start rotating than to stop rotating. Thus, work on only doing one or two spins before getting back on top of the board. To start the rotation on a helicopter, twist the body slightly and bring the arms in slowly to the sides of the body, reverse this procedure to stop the spin.

- g) The requirement for Skysurfing Grade 2 (SS2) is a helicopter spin of between 3 - 6 complete revolutions. This is a very short helicopter spin but shows excellent control in an initially tricky body orientation.
- h) Good control in a helicopter spin will help when trying to perform other inverted skysurfing moves such as a "Henhouse Surprise". Extra speed can be obtained in a helicopter spin by using a gradual movement of the arms in towards the body and also by maintaining a straight body with the board position very flat to the relative wind.
- i) The final requirement for Skysurfing Grade 2 (SS2) is to perform a 360-degree backloop or frontloop with a half twist from a standing position, under control. Loops with half twists are often done by looking in the opposite direction whilst halfway through the looping sequence and bringing an arm in slightly to aid the twist. It is easier to perform twists in loops if the body is kept in a straight position.
- j) Once all aforementioned skills have been accomplished, a skysurfer might want to try and perform them all on a single skydive, preferably with a camera flyer to provide evidence for the attainment of the SS2 award.

**Notes:**

It is highly recommended that the following guidelines are adhered to whilst working toward and beyond your SS Grades:

- extra attention is paid to altitude awareness and a higher deployment altitude is used to help compensate for the possibility of a canopy malfunction or board/ canopy entanglement.
- moves which the skysurfer finds more difficult to perform should be done at the higher end of the skydive and easier moves should be performed towards the lower end closer to the deployment altitude.
- an audible altimeter is used, in addition to a visual altimeter.
- a SS skydiver's equipment is deemed suitable for skysurfing descents by a suitably experienced, CI nominated person, in particular a BOC or pullout deployment is used, and all container flaps are firmly closed. It is not advisable to jump small, highly loaded elliptical canopies on early skysurfing jumps due to the dangers of experiencing line twists whilst the feet are fastened onto a board.
- a newly qualified SS skydiver should not partake in jumping with larger groups until they have relevant experience jumping with just one other skydiver or skysurfer.

**4. Exit Altitudes**

The recommended exit altitude while demonstrating the ten suggested exercise levels are upwards of 10,000 ft. Different PTOs may have different policies on when SS skydivers should exit, thus check with the appropriate PTO on their applicable exit order patterns.