

CSPA SKILLS PROGRESSION GRID

Progression of each of the 6 areas are independent of each other, however all stages must be completed prior to receiving your CoP.

PREPARATION Section 2	EQUIPMENT Section 3	IN-FLIGHT Section 4	FREEFALL Section 5	CANOPY CONTROL Section 6	TECHNICAL KNOWLEDGE Sections 2 - 6
PRE-LEVEL.....First Jump Introduction.....SSI					
Physical rehearsal	Components and function Activation of reserve <Emergency procedures Endorsement>	Seating and movement Assisted exit	Wide spread arch	Canopy identification Flight control check Guidance response Observation of surface winds Landing techniques Ground Control Assisted	Unusual situations: in-flight under canopy on ground
Student Progression to Solo.....Jump Master or PFFI					
Relaxation Mental Rehearsal Recall and Awareness Self-evaluation Self-directed instruction	Altimeter setting and mounting Gearing-up procedures and adjustments Setting audible altimeter Setting AAD Full Gear Checks Packing: introduction	Pre-exit handles check Verbal Review Ground Orientation Spotting - Observed Spotting assisted Pilot briefing Spotting unassisted	Box position Observation circle Altimeter use Activation Heading control Arm exercise Leg exercise 90/180 Turn left/right (Vertical axis rotational control) 360 Turn left/right (Vertical axis rotational control)	Spiral Turns (Full glide turns) above 2000' Ground Control - Partial Assistance Observation of drift Ground Control – Unassisted Rear riser turns Basic Landing pattern Flat Turn Turbulence	Box position Unusual situations in freefall Theory models: spotting freefall control freefall math canopy flight (straight, turns, stalls) freefall control 360° turns
SOLO Check-out ... Jump Master, PFFI					
<i>Goal Setting</i>	<i>Component Identification</i>	<i>Ride the Slide</i>	<i>Solo Check-out Jump</i>	<i>Basic Landing pattern</i>	<i><Solo Emergency Procedures Review></i>
SOLO CERTIFIED					

PREPARATION	EQUIPMENT	IN-FLIGHT	FREEFALL	CANOPY CONTROL	TECHNICAL KNOWLEDGE
Novice Progression - The Basics.....Coach 1					
Warm-up & Stretching Concentration Anticipation Solo dirt dive (Sequence preparation)	Packing: assisted Packing: unassisted (observed) Packing: clearing entanglements Equipment Inspection while packing	Exits (e.g. dive, rear float) Exits (e.g. poised, front float) Intentional unstable exit WDI, Meteorological Report	Back loop(360° lateral axis rotation) Front loop (360° lateral axis rotation) Barrel Rolls R/L (360° longitudinal rotation) Delta, Delta Dive	Rear riser spirals (above 2000') Line of Flight Approach Set-up assessment Front riser turns Flat turns Set-up assessment with line of flight	Theory models: freefall control-back loops line of flight approach freefall control-front loops freefall control-rolls <Night Endorsement> [optional training]
Novice Progression - Advanced.....Coach 2					
Fitness Dive planning Relaxation - advanced Mental training techniques	<Packing Endorsement> Deployment control techniques Accessory equipment Jumpsuit selection Use of weights	Dive to delta exit Floater track exit Rate one turn Downwind spotting Spotting for FS 1:1 tight exits Rehearsal with relaxation	Basic Solo Free Style, Artistic and Inverted Flight E.g. French roll, stag, T, daffy, sit, stand-up Combined manoeuvres Style and manoeuvre series 1:1 Formation Skydiving Pin practice with proximity Break off procedures Level control Docking procedures	Stall practice & Recovery (above 2000') Stall turns Angle control on approach Assessing/critiquing a canopy approach Riser manoeuvres Front Riser Spirals Rear Riser Flare/Stalls (above 2000 feet) Avoidance techniques	<water endorsement> <not required for CoP> Model for accuracy approach Advanced FS body position (mantis) <Sport Canopy Review A> <Emerg. Procedures Review A>
A - CoP completed					

PREPARATION	EQUIPMENT	IN-FLIGHT	FREEFALL	CANOPY CONTROL	TECHNICAL KNOWLEDGE
Intermediate Skydiver Progression.....Coach 2 / Coach 3 / Competition Development Coach					
Memorization Group Dirt diving Dive planning (review) Stress control Self-directed skill development Dirt diving - review Goal setting techniques review: SMART, short, long term goals	Variations to packing techniques (LIST variations) Routine maintenance Storage practices Equipment seminar	1:1 tight exits (variations) (LIST variations) Exit order Small group exit, no grips Small group exit, with grips First formation exits Large aircraft loading and spotting	Freefall grips Turn and dock Side slide and dock Diagonal dock Super positioning Relativity control Flying base Partner sequential Advanced solo skills E.g. Sit/Inverted 360 deg Flat track Group FS Long swoop Floater tracking Recovery <Group Endorsement>	Riser flared landing Assessing weather Assessing terrain FS approach/rules, group approach S-turn Sashay Parallel canopy flight Large group pattern approach	Model for three turn types Model for group freefall Model for group exits FS rules and courtesies in freefall Equipment servicing Maintaining the fall rate Safety for Group FS Equipment characteristics and selection <Sport Canopy Review B> <Emerg.Procedures Review B>
B-CoP completed					