

AFF FAQ's

FEELING ADVENTUROUS?

DO YOU WANT A LIFE-CHANGING EXPERIENCE?

INTERESTED IN EXPOSING YOURSELF TO NEW EXPERIENCES?

WELL, IF YES IS YOUR ANSWER TO ANY OF THE ABOVE, EXPOSURE TO THE WORLD OF FREEFALL WILL OPEN A NEW WORLD OF EXCITEMENT TO YOU!

Started in the USA in the 1970's, AFF has actually been around for quite a while. The objective of the teaching method is to provide in-air instruction in order to allow you to become a safe and independent skydiver as quickly as possible. Having the instructors coach you into the correct body position during freefall help you "find your wings" quickly.

WHAT IS ENTAILED IN THE AFF PROGRAMME?

The Accelerated Freefall Programme is the most popular international method for learning to skydive. Known as AFF, this teaching method allows you to experience a freefall in excess of 30 seconds from the very first jump.

During your first jump, referred to as a Level 1, you may reach speeds of up to 200 km/h whilst being held by two AFF Instructors. Each of these instructors have a minimum of 1000 skydives and have been through several training and evaluation courses in order to gain their rating.

In addition to having the instructors assist you with these objectives, a strong recommendation is to have another skydiver on each jump who records the freefall on digital camera. This provides additional assistance with which to evaluate and learn from. You will then learn how to turn, move forwards, and backwards, how to deploy your parachute in a stable face to earth position and fly your canopy to a perfect landing. On your 8th skydive you should be ready to jump solo! The ground school typically takes about 4 -6 hours to complete and you will receive a student logbook with the key points of the ground school and AFF Programme detailed therein. Topics ranging from equipment to landing are covered.

AFF Level 1 jump: On this first AFF jump, you exit the aircraft at 11,000ft with two AFF instructors who will maintain a grip on you from the moment you leave the aircraft until your parachute begins opening. The instructors will monitor and assist you throughout the Freefall as you perform a sequence previously rehearsed on the ground. They will correct your free fall position and control through out the skydive. You freefall for about 40 seconds, pull your own ripcord (if you don't your instructor will assist you), at 5'000ft, you will open your own parachute, check it and then control it down to the landing. If the weather conditions permit, you should perform the jump that same day.

Each freefall is then debriefed and logged in your logbook. The subsequent freefalls need to occur as close to one another as possible, with some students doing 3 on their first day and 4 on the second.

Levels 1-3: These dives will focus on altitude awareness, stability, body position and successful ripcord pulls, while introducing basic maneuvers such as turns and forward movement. By Level 3 one instructor does release you in order to allow you to turn and freefall whilst facing that instructor.

Levels 4-7 have one instructor to assist you in learning solo skills such as turns on eading, back and front loops, more advanced forwards movement and combining maneuvers.

On AFF Levels 6 and 7 typically you will be doing a front somersault out of the plane on your 6th skydive with an instructor jumping out with you but no longer holding on to you. The instructor no longer holds on to you but flies with you instead, letting you dive or somersault out the plane by yourself.

Level 8 sees the student doing solo skydives. Level eight, nine and ten are a minimum of three solo jumps: Two are Instructor assigned task jumps, while the third is a low altitude "hop and pop".

The AFF student will need to successfully complete 8 levels (each level relates to a skydive, except Level 8, which consists of 3 separate skydives).

Before each level, the AFF instructor will brief the student what is expected of him/her on the level. Once the jump has been completed, the AFF instructor(s) will de-brief the student, and deliver a pass/fail verdict. The student then either repeats the jump, or advances to the next level.

A TOTAL OF 25 FREEFALL JUMPS ARE REQUIRED BEFORE OBTAINING AN INTERNATIONALLY RECOGNIZED A-LICENSE.

What follows thereafter is really up to you. There are many different disciplines available to cater for a variety of needs. Team-orientated people usually choose formation skydiving, whilst something like sky-surfing might appeal to others. Irrespective of what you chose to pursue each discipline has a clear path of skills to practice with the assistance of another skydiver who has a coach rating in that particular discipline.