

AFF – accelerated learning in freefall



Accelerated learning in Free Fall (AFF) is the most successful skydive teaching programme available worldwide. Amongst many reasons this is because the candidate receives personal one-on-one tuition on the ground, and in the sky there is not the mad rush of trying to complete tasks from low altitude exits. Rather, we see people relaxing into and enjoying the new environment because there is ample time to adjust to being 'in the sky'. This state of relaxation allows the candidate to absorb the in-air instruction from the instructors, to practice, and thus to learn whilst actually in free-fall.

AFF is operated at PSC on a pre-booked basis in order to provide students with a professional and personalised service.

To participate you will attend a ground school training of approx 6-7 hours that includes some practical drills and exercises to prepare for the jumps. It will always be the responsibility and the prerogative of your course instructor to assess your readiness to begin the skydiving.

COMMITMENT:

It is important that someone embarking upon the AFF programme should be able to make a time and money commitment of completing the programme inside of 2 to 8 weeks. There are a number of reasons for this – related to the efficacy of your learning and safety.

We do understand that you can't know for sure before you start whether you are built for the sport, but we prepare with optimism ☺

GOAL:

The aim of the AFF programme is simply for you to be considered a Safe and Independent Skydiver

STRUCTURE:

The AFF programme is a course of 10 levels over approximately 10-12 jumps. The first 3 levels are completed under the direct supervision of 2 instructors, with the balance handled by one instructor.

Before each jump you will be briefed by your instructor on the requirements of the particular dive and you will spend time practising the exit, sequence, hand signals and pull drills. After the dive, time will be spent with your instructor(s) de-briefing and filling out your logbook. Thus instruction occurs one-on-one pre, during and post the skydive.

GENERAL:

All instructors have a *minimum* of 1000 jumps and are trained and rated by the Parachute Association of SA, a section of the Aero Club of SA, regulated by the Civil Aviation Authority and affiliated to the International Aviation Federation (FAI).

In other words, the highest international standards are subscribed to and applied. All equipment, where appropriate, conforms to the United States Dept of Transport FAA technical standard and it is law that all free-fall student equipment must be equipped with an automatic activating device (AAD). Our operations are primarily weekend based.

PRICE and PAYMENT:

As of **May 2017** our pricing structure for the programme is:

Total price for the AFF course: R13 400.00 (excludes any repeat jumps)

The total is made up over 10 levels:

- **LEVEL 1** (including the ground school and administration) = R2750.00 per person per jump
- **LEVEL 2 + 3** = R1 950.00 per Level, per jump per person
- **LEVEL 4 TO 7** = R1 350.00 per Level per jump per person
- **LEVEL 8 TO 10** = R450.00 per Level per jump per person

We only accept eft payments. Prices include all administration, aircraft fees, instructor fees, equipment for the jump and repack fee. For an edited video (DVD) of any one jump, an additional cost of R740.00 for that jump. Payment is made on an 'as you go' basis as follows:

- The full amount of R2750.00 is payable (per person) to secure your booking for Level 1.
- Payment to be made to : *P Lawson T/A Pretoria Skydiving Club*
ABSA Bank [Sinoville branch] Savings account: 9063301602
- Please use your name as a reference and email a PoP to the club at: *greatfun@mweb.co.za*
- PoP copy also to be presented on the day of your course please

CONTACT US:

If you have any questions at all about details of the course structure, or with regard to technicalities of individual skydives and coaching, please feel free to contact us via the options listed below, or at the DZ.

Hettie:

- +2712 543 0377 and / or +2783 777 3535 between 09:00-17:00, or
- *greatfun@mweb.co.za* and *info@skydivepretoria.com*
- Directions to the club: *www.iloveskydiving.co.za*
- Facebook: Pretoria Skydiving Club

ADDITIONAL INFORMATION and FREQUENT QUESTIONS

- We work on a tight schedule and can only accommodate limited amount of clients per day, thus we request that you always arrive 60 minutes prior to your allocated jump time
 - Should you be late you run the risk of forfeiting your payment for that jump
- The final time confirmation for your jump will be the Friday morning before your jump.
- The max allowable mass of an AFF student is an athletic 95kg
- We may request that you weigh-in in front of us should we feel that your weight is a safety concern
 - Should your mass be above limit you run the risk of forfeiting your payment for that jump
- Jump training for first time jumpers begins on a Saturday at 07:00 and it is common (but not guaranteed) that you will complete your first jump late Saturday afternoon
- We highly recommend that all first time jumpers get their first 2x jumps complete on the first day, or at least first weekend, of their training.
 - Just trust us on this one – it really works 😊
- As a student jumper you must be prepared to be at the club the entire day for each time you schedule to jump. Bring a book
- At times it is necessary and appropriate to repeat a level, in which case the jump will need to be re-done and paid for

Q How do I go about starting the AFF programme?

A You will need to book a week in advance. The number of students doing a Level 1 skydive are limited to 4 per day. Instruction begins just after 07:00 on a Saturday morning. This is in order for the instructors to give sufficient attention to each participant.

Please note that we cannot guarantee what time you will jump as there are factors that we cannot control (eg weather, airport traffic and so on). We thus request that you schedule the whole day to be on the drop zone, at least until 19:00 that evening

Q: What is the maximum age to start the AFF course?

A : We request that you supply all necessary information regarding your age, weight general health and fitness level before making your booking. Any person over the age of 40 years is advised to visit us over a weekend so that our instructor can meet with you and assess your suitability to start the course.

Q: How old must I be before I can skydive?

A: You must be at least 16 years old. Persons younger than 18 years will require written and signed consent from their legal guardian

Q Is the jump course ground school sufficient to learn how to skydive?

A Yes. You will learn everything you need to, in order to perform a safe skydive. You will not learn everything about skydiving, which is actually impossible – but you will learn increasing amounts by engaging with the sport and spending time at the drop zone

Q How often do I have to jump?

A While you are a student, an absolute minimum of 1x per month but really we need for you to be pushing harder than that – for your own safety. The more you skydive, the quicker you will learn, and become more confident. Jump 'currency' is a very important safety factor in our sport and therefore it is important to jump as often as possible to remain current.

Q. I wear contact lenses / glasses, can I jump with them?

A. Yes, you will get a pair of goggles which protect your eyes in freefall

Q. What about head protection?

A. Students are required to wear a hard helmet which will be issued to you with your parachute

Q When is the club open to jump?

A We typically only jump at weekends and most public holidays.

Q: What facilities does the club offer?

A: We have a canteen serving food, a bar (not open until jumping is completed), braai area, swimming pool, showers and toilets. A reasonably limited number of your friends and family are welcome to come along. We have some overnight accommodation too (dormitory style)

Q: What happens after AFF?

A: Completing the AFF programme is just the beginning of the rest of your life. There is so much to learn in and about the sport thereafter. The specific next step is to qualify for your A Licence (internationally recognised). This will require you to have 25 jumps logged in total and to have completed some additional skills training

Q: What equipment do I need to start skydiving?

A: None of your own. Our club provides all the equipment you will need while you are a student. Once you progress off student status you will need to consider buying your own equipment.

Q: How much will that the equipment cost me?

A: This is an extremely rough guide. Before you buy any equipment speak to your instructors at the DZ: You can buy good used equipment for around R10,000 – this will include a harness, a main parachute, and a reserve parachute but not an AAD. An AAD will price between R2000 and R12000 depending on its age. A helmet will cost between R500 and R1500, and altimeter in the range of R800 – R1200 and jump suit between R1000 and R3000