

Welcome to the Thrill of the Skies!

You're now on the cusp of embarking on one of the most exhilarating journeys of your life. This is no exaggeration; we hear it consistently from our students after they've touched down, "This is the most incredible thing I've ever done!" Skydiving can be a formidable endeavour, especially for first-timers. Our aim with this guide is to provide you with insights into the world of skydiving, help you comprehend what it takes to leap from an aeroplane, and instil the confidence you need to take that thrilling plunge with us!





Skydive Oz's AFF guide - 2023 Edition

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Disclaimer: Skydive Oz underscores the importance of adhering to safety protocols and recommends that this guide be used under the supervision of a certified skydiving instructor. Skydive Oz assumes no responsibility for events or outcomes resulting from any unsupervised use of the information, procedures, or equipment contained herein.

Setting the Bar: Minimum Requirements to Embark on Your Skydiving Journey

The stunning coastline of Moruya, home to Skydive Oz, welcomes thrill-seekers of all ages. While the Australian Parachute Federation (APF) sets the overarching safety standards, Skydive Oz sets the standard for making your learning experience unforgettable.



The minimum age to skydive is 16 years old, and parental or guardian consent is mandatory for minors. No maximum age limit exists, as we welcome students in their 40s, 50s, and even 60s.



A maximum weight limit of 110kg is enforced.



Basic fitness is required, and you must notify us of any prior injuries or health conditions for an individual risk assessment.



While previous experience can be advantageous, it's not obligatory to do a tandem skydive before enrolling in our AFF program.

Did You Know? Skydive Oz boasts a vibrant community of fun jumpers, with nearly 3,000 active licenced skydivers in Australia, spanning from 16-year-olds to enthusiastic individuals in their 80s, all sharing a passion for the skies.

Demystifying the AFF Program at Skydive Oz

The Accelerated Freefall (AFF) program revolutionised skydive training in 1983 and replaced the static-line method. AFF is an all-encompassing training method, blending ground training, freefall skills, and parachute handling. Throughout the program, you'll have the support of instructors during freefall, then with the assistance of radio coms, you'll take charge of flying and landing your own parachute.. By the program's conclusion, you'll possess the skills needed to skydive solo.

Getting Started with Skydive Oz:

- You can book your AFF course online or reach us at 1300 185 180. Skydive Oz conducts AFF courses in Moruya on the beautiful south coast of NSW.

- Our program grants you access to online video lessons, offering a head start in understanding key concepts and terminology.

- The AFF ground course, spanning a day, delves into the theory and essential skills required for your AFF 1 skydive.

- In AFF Stages 1 to 3, you'll soar alongside two instructors in freefall, ensuring your stability and altitude awareness.

- As your skills and confidence grow, you'll advance to AFF Stages 4 to 8, where you'll be guided by a single instructor in freefall.

- The final stage of your AFF journey is Stage 9, known as the "hop and pop," involving a lower altitude exit and parachute deployment.

Your Journey Through AFF Stage 1 at Skydive Oz

The AFF adventure commences with a full day of ground training, where you'll absorb the theory and techniques essential for your first skydive. This comprehensive instruction covers gear operation, freefall, parachute control, landing and emergency procedures. This ensures you're well-prepared for the leap ahead.

On the day following your ground training, you and the class will get a recap of your lessons, preparing you for your maiden skydive. During AFF Stage 1, the instructors will offer assistance in maintaining your stability during freefall. Then with the assistance of radio coms, your instructor will assist you in piloting your parachute and landing. Following your jump, a debriefing session awaits, and you'll start recording your newfound knowledge and skills in your logbook.



Arrive the afternoon before your first day and get settled into your accommodation if its included in your package.

Day 1 - Meet in the office and complete necessary paperwork before sitting in on a full day of ground training.

The day of your first jump you will recap your training and engage in a practice run, going through exercises, checklists, and emergency procedures. Then with the assistance of our instructors, it's time to do your gear checks, gear up and take the leap.

Review your jump with your instructor and document your insights in your logbook.

If your AFF 1 jump is successful, it's time to delve into the AFF 2 briefing



Note: In certain cases where students may not feel fully prepared for AFF 1 with their own parachute, a Tandem Assisted Freefall (TAFF) option is available, enabling you to jump with a tandem instructor to overcome sensory overload and develop altitude awareness.

Navigating the AFF Progression at Skydive Oz

Each stage of the AFF program introduces new skills, building your confidence and control with a consistent process of briefing, jumping, and debriefing

The AFF Stages Unveiled:

All stages have emphasis on altitude awareness

● Jumping day 1

AFF stages 1 through 3: In these first three stages you will jump with two instructors who will assist you in building the necessary skills to be able to fly stable and deploy your parachute on your own.



● Jumping day 2 to 3

AFF Stages 4 through 8: These stages require only one instructor. The aim is to consolidate the skills on your previous jumps while learning new skills to be competent in exiting unassisted, gain stability and do certain manoeuvres such as turns, forward movement, tracking and adjusting fall rate.

● Jumping day 4

AFF Stage 9: By this stage you have learnt all the required skills to conduct a low altitude exit (imitating a potential emergency situation). Known as the Hop and Pop, this stage will demonstrate your ability to exit the plane at 5000 ft and deploy your parachute straight away in a stable position.



The time frame for completing AFF can be influenced by energy levels, weather, a person's learning styles and the possibility that people may need to repeat some stages. This is why we allow up to 7 days. You can generally expect to do 3 jumps per day.

Australian Parachute Federation Skydiving Licences

Upon completing your AFF program, you'll have logged a minimum of nine skydives. To obtain your A licence you require a minimum of 13 jumps. You can achieve these extra jumps by doing a few more solo jumps or you can take the opportunity to get started on the B-Rel progression table (more on that below)

APF Skydiving License Breakdown:



Certificate A: Requires a minimum of 13 jumps with ten landings within a 30-metre radius of the target, along with the completion of the 'A' licence exam. This is your entry into the world of skydiving licences.



- **Certificate B:** Entails 50 skydives, B-rel progression table complete, the mastery of packing your own parachute, and at least ten witnessed landings within a 25-metre radius of the target. With a 'B' licence, you're free to jump in larger groups and explore freeflying and tracking.
- **Certificate C:** Involves 100 skydives, at least ten witnessed landings within a 10-metre radius of the target. Opens up the opportunity to jump with cameras at the discretion of CI's/DZSO's.
- **Certificate D:** Requires 200 skydives, at least 20 witnessed landings within a 5-metre radius of the target, and expertise in spotting. Enables the ability to explore wingsuit flying at the 350 jump mark.
- **Certificate E:** Demands 500 skydives, at least 20 witnessed landings within a 1-metre radius of the target.
- **Certificate F:** Marks the pinnacle with 1,000 skydives, at least 20 consecutive witnessed landings within a 5-metre radius of the target, and even a thrilling night jump.

Ratings & Endorsements:



B-Rel's: This table consists of eight coached jumps aimed at teaching you how to fly safely alongside others. Initiating your B-Rel's after AFF allows you to gain clearance for fun jumps with fellow skydivers.

Star Crest (Minimum Required: B Licence): Comprising a series of three jumps, the Star Crest prepares you to soar with larger groups. You'll have to enter a formation of at least eight skydivers in the 5th slot or later. Holding a Star Crest opens the door to honing your skills with larger formations and participating in grand formation skydives.

Wingsuit Crest (Minimum Requirement: D Licence, DZ Jump Limit May Apply): To earn this distinction, complete the Wingsuit Training Table Parts A, B, and C to the satisfaction of a Wingsuit Coach.

Display General (Minimum Requirement: B Licence): This rating grants skydivers the opportunity to engage in special descents that land outside conventional drop zones.

Your Skydiving Gear Essentials:



Helmet: Students utilise open-face helmets with a radio pocket for all stages of AFF, facilitating communication under canopy.



Altimeter: Analog altimeters are employed to monitor altitude during freefall and under canopy. Each unit represents 1,000 feet. Later in your journey, you may transition to wrist-mounted digital altimeters, accompanied by an audible altimeter integrated into your helmet.



Rig: The "rig" consists of a harness and container, housing both the main parachute and reserve parachute, along with the Automatic Activation Device (AAD). You'll become proficient in operating your gear and performing pre-jump checks during your ground course.



Personal floatation device: as we are located in close proximity to the ocean, it is mandatory that jumpers wear these until they achieve their B licence. These are supplied by the DZ



Jumpsuit: Sporting a jumpsuit adds an extra layer of clothing, streamlining grips and mitigating potential snagging hazards associated with streetwear like hoodies or loose t-shirts.



Goggles: You'll be provided with clear goggles, with oversized options available for those who wear prescription glasses.

Did You Know? Skydive Oz offers the option for students to purchase jump tickets that include gear hire while they embark on their quest for their first rig. Typically, students follow a phased approach, initially acquiring essentials like helmets, altimeters, and jumpsuits, and later transitioning to their own complete rig. Our experienced instructors guide you through this process, ensuring a smooth transition from student equipment to your own.

What's Beyond AFF?

Completing your AFF is a monumental achievement, but the true excitement ignites once you attain your licence. You'll join a vibrant community of fun jumpers at Skydive Oz, forging lifelong friendships and exploring thrilling new disciplines and pathways as you refine your skills.

Unveiling the Skydiving Universe Beyond AFF:

"Belly" or Flat Flying: Embrace relative flying in a belly-to-earth orientation, taking formations and creating shapes in the sky.

Freeflying: This dynamic discipline involves flying at higher speeds, whether head down or head up, demanding advanced skills and experience.

Wingsuit Flying: With wingsuits, you'll experience true bird-like flight, prolonging your time in the sky with a reduced descent rate, enhanced glide ratio, and impressive horizontal speeds.

Canopy Piloting: Dive into swooping, flocking, and canopy formation, popular choices among canopy enthusiasts.

Big Ways: Often necessitating multiple aircraft and oxygen supply, big ways let you share the sky with dozens or even hundreds of fellow fun jumpers.

Coaching and Instruction: Explore career pathways by becoming a coach in any of the above disciplines and many more in the sport of skydiving. Or aim to become an AFF or Tandem instructor, relishing the skies while guiding newcomers on their skydiving journeys.

But remember, everyone starts right here... at Stage 1!



Frequently Asked Questions (FAQs)

Have more questions? Reach out to us at Skydive Oz by calling to our number 1300 185 180 or email fun@skydiveoz.com.au

How Long Does the AFF Course Take to Complete? The AFF course can be completed in just a few days but we allow 5-7 days. We recommend not leaving more than a two-week gap between AFF stages if you do leave before finishing the AFF table.

Do I Need Tandem Skydives before Signing Up for AFF? While previous tandem skydiving experience can be beneficial, it's not a prerequisite for enrolling in our AFF program. In fact, a lot of stage 1 jumps are people's very first skydive.

Can I Fly a Wingsuit After AFF? Under current APF regulations, you need a D licence and to complete the wingsuit crest with a qualified coach. Skydive Oz requires a D licence and a minimum 350 jumps.

Is My APF Licence Valid for International Travel? Yes, your APF licence is internationally recognized, allowing you to skydive at drop zones worldwide.

What's the Best Way to Get to Skydive Oz Moruya? Skydive Oz is conveniently located at Moruya Airport, making it accessible by air, car or public transport. For those flying in, Sydney Airport is the nearest major airport that has direct flights to Moruya. Or, if you fly into Canberra we are a short 2.5 hour drive

What Are the On-Site Accommodation Options at Skydive Oz? Skydive Oz offers comfortable on-site accommodation options, allowing you to stay right at the drop zone and make the most of your skydiving experience. See our website for information on what room comes with the package you choose.



Some commonly used terminology

The world of skydiving has its own unique language, and learning the terminology is an exciting part of your journey. Here are some key terms to get you started:

- **AFF** - the solo accelerated freefall program
- **DZ:** Drop Zone - The area where skydivers land, pack parachutes, and prepare for jumps.
- **Freefall:** The exhilarating period when a skydiver has exited the plane and before the deployment of the parachute.
- **Canopy:** The parachute that slows the descent and enables a controlled landing.
- **Deployment Altitude:** The designated altitude, usually in feet above ground level (AGL), at which a skydiver should deploy their parachute.
- **Belly to Earth:** A stable, belly-down orientation in freefall.
- **Altitude Awareness:** The skill of knowing and monitoring your altitude during a skydive.
- **Tracking:** A technique used during freefall to create horizontal separation from other skydivers before deploying the parachute.
- **Manifest:** Prior to each skydive all jumpers need to put their name on the list (manifest sheet) so there is a record of who is on each flight or load. The person in manifest is in charge of coordinating the flights and making sure everyone is ready for their flight.
- **DZSO:** Drop zone safety officer is the person responsible for ensuring all operations and safety regulations are adhered to



Conclusion

Your journey into the world of skydiving at Skydive Oz begins here, and we're thrilled to be your guides on this adventure. From the stunning Moruya drop zone to the exhilaration of freefall, you're about to experience moments that will forever change your perspective on life.

If you have any questions, need further information, or want to take the leap and book your AFF course, feel free to reach out to us or visit our website. We can't wait to share the skies with you and introduce you to the incredible community of skydiving enthusiasts at Skydive Oz.

Welcome to the thrill of the skies!

Disclaimer: This document has been rewritten for Skydive Oz with the aim of presenting the information in a unique and non-plagiarized manner. All information, including safety guidelines and skydiving terminology, remains accurate and aligned with established industry standards as of the knowledge cutoff date in September 2021. Always refer to Skydive Oz's official website or contact them directly for the most up-to-date information and pricing.