

CATEGORY D

Exit and Freefall	Date _____	I _____	• 90-degree rear riser turns _____
Canopy	Date _____	I _____	with brakes set (2) _____
Emerg. Review	Date _____	I _____	• 90-degree rear riser turns _____
Equipment	Date _____	I _____	with brakes released (2) _____
Spot. and A/C	Date _____	I _____	• 180-degree rear riser turn _____
Adv. Criteria	Instructor _____	Lic.# _____	with brakes released _____
• Solo exit, stable	_____	_____	• 360-degree rear riser turn _____
w/in 5 secs.	_____	_____	with brakes released _____
• 90-degree FF turns	_____	_____	• Stand-up landing _____
w/in 20 degrees (4)	_____	_____	• Land w/in 50m (asst.) _____
_____	_____	_____	• Operate AAD _____
• 180-degree FF turns	_____	_____	• Observe jump run _____
w/in 45 degrees (2)	_____	_____	• Category quiz
• 360-degree FF turns	_____	_____	Date _____ I _____
w/in 45 degrees (2)	_____	_____	

Note:

Prior to freefall self-supervision (typically after the first jump in Category E), all students must meet the standards listed in the USPA BSRs. Clearance to freefall self-supervision requires the endorsement of an appropriately rated USPA Instructor (signature in logbook). Under the supervision of a USPA Instructor, a USPA Coach may train only the freefall portions of Categories E-H.

CATEGORY E

Exit and Freefall	Date _____	C/I _____	• Jump without FF supervision _____
Canopy	Date _____	I _____	• Barrel roll _____
Emerg. Review	Date _____	I _____	• Backloop _____
Equipment	Date _____	R/I _____	• Frontloop _____
Spot. and A/C	Date _____	I _____	• Land w/o asst. w/in 50m _____
Adv. Criteria	Instructor _____	Lic.# _____	• Calculate opening point _____
• Stability recovery w/in	_____	_____	• Participate w/jump run _____
5 secs. (2)	_____	_____	• Category quiz
	_____	_____	Date _____ I _____

CATEGORY F

Exit and Freefall	Date _____	C/I _____	• 180-degree turns in	_____
Canopy	Date _____	I _____	deep brakes (4)	_____
Emerg. Review	Date _____	I _____	_____	_____
Equipment	Date _____	I _____	• Braked approach	_____
Spot. and A/C	Date _____	I _____	• Land 25m w/o asst. (2)	_____
Adv. Criteria	Instructor _____	Lic.# _____	_____	_____
• Tracking sequence	_____	_____	• Pack w/asst.	_____
w/in 30 degrees (3)	_____	_____	• Check other jumper's gear	_____
_____	_____	_____	• Select spot	_____
• Clear and pull (5,500')	_____	_____	• Spot w/min. asst.	_____
• Clear and pull (3,500')	_____	_____	• Category quiz	Date _____ I _____

CATEGORY G

Exit and Freefall	Date _____	C/I _____	• Redock w/adj. fall rate (2)	_____
Canopy	Date _____	I _____	_____	_____
Emerg. Review	Date _____	I _____	• Break-off at alt. w/o prompt	_____
Equipment	Date _____	R/I _____	• Track 50' w/in 10 degrees	_____
Spot. and A/C	Date _____	P/I _____	• Reverse canopy turns (4)	_____
Adv. Criteria	Instructor _____	Lic.# _____	• Land 20m w/o asst. (2)	_____
• Redock from 10' w/o asst. (2)	_____	_____	_____	_____
_____	_____	_____	• Pack w/o asst.	_____
_____	_____	_____	• Spot w/o asst.	_____
_____	_____	_____	• Category quiz	Date _____ I _____

CATEGORY H

Freefall	Date _____	C/I _____	• Track 100' w/in 10 degrees	_____
Canopy	Date _____	I _____	• 90-degree front riser turns (2)	_____
Emerg. Review	Date _____	I _____	• 180-degree front riser turns (2)	_____
Equipment	Date _____	R/I _____	<i>(Front riser turns may be waived if too difficult.)</i>	_____
Spot. and A/C	Date _____	P/I _____	• Land 20m w/o asst. (3)	_____
Adv. Criteria	Instructor _____	Lic.# _____	_____	_____
• Swoop and dock	_____	_____	• Replace closing loop	_____
w/min. asst. (2)	_____	_____	• Assemble 3-ring	_____
• Break-off at alt. w/o prompt	_____	_____	• Category quiz	Date _____ I _____