

*THE ULTIMATE GUIDE TO*  
**LEARNING  
TO SKYDIVE**



**EVERYTHING YOU NEED TO KNOW  
TO GET YOUR LICENCE IN AUSTRALIA**

**SKYONE™**

## INTRO

# WELCOME TO THE SKY!

You are one step closer to living one of the most blissful experiences in your lifetime. You may think we exaggerate, but the truth is that we hear it from our students after landing all the time... "this is the best thing I have ever done!"

Skydiving can be quite intimidating though, especially for first-timers. We hope this guide will help you understand what's involved in learning to jump out of planes and give you the confidence to take the plunge with us!



**Phil Onis**  
DIRECTOR

Pilot, AFF and Tandem  
instructor with over  
39,000 skydives since 1971



**Cindi Hemmila**  
CHIEF INSTRUCTOR

AFF and Tandem  
instructor with over 12,000  
skydives since 1985

Family-owned and operated for over 50 years, SKYONE is the most experienced skydiving operator in Australia with 11 locations across the country..

## AS SEEN ON







AFF LEARN TO SKYDIVE GUIDE - 2024 EDITION

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### *Disclaimer*

SKYONE makes no representations or warranties of any kind, express or implied, about the accuracy, completeness, reliability, suitability or availability of the information, processes, training methods, gear or safety protocols contained herein. This guide must not be used to attempt any skydiving or aviation activity without the supervision of a qualified operator, and SKYONE shall not be liable for any events or outcomes resulting from such use.

## #1 MINIMUM REQUIREMENTS TO LEARN TO SKYDIVE

# WHAT ARE THE REQUIREMENTS TO LEARN TO SKYDIVE?

The Australian Parachute Federation is the body regulating Skydiving. They set the overarching rules and operational standards that every dropzone in Australia must adhere to. These are designed with the safety of both staff and customers in mind.

### AFF minimum requirements



16 years old is the minimum age to skydive and all minors must have written consent from parents or guardians. There is no maximum age though, we often get students in their 40s, 50s, and even 60s.



110kg is the maximum weight allowed.



Basic fitness is required. You must let us know of any previous injuries or health conditions for an individual assessment of potential risks.



No previous experience required. Although it helps knowing what to expect and can help in avoiding sensory overload, you are not required to do a tandem skydive before signing up for AFF.

### Did you know...

There are close to 5,000 active licensed skydivers in Australia. From 16 years old to people in their 80s, and all walks of life, at SKYONE we have a vibrant community of fun jumpers that share a passion for flying.

## #2 THE AFF PROGRAM EXPLAINED

# ACCELERATED FREEFALL (AFF)

AFF arrived in Australia in 1983, becoming the most popular training method and replacing static-line. It is a comprehensive teaching method, involving ground training, freefall skills, and parachute handling. During the course you will be accompanied by instructors in freefall, but you will be flying and landing your own parachute, with radio and visual assistance from the ground. By the end of the course you will have gained the skills required to skydive solo.

### AFF Program with SKYONE

- **Sign up online**

Book your AFF course online or contact us on 1300 759 348

- **Access to online theory**

It will give you the opportunity to get familiar with some of the

- **AFF ground course**

This is a one-day course going through the theory and skills required to successfully complete your AFF 1 skydive.

- **Jumping with 2 instructors**

AFF Stages 1 - 3: you will be accompanied by two instructors in freefall, helping you maintain stability and altitude awareness.

- **Jumping with 1 instructor**

AFF Stages 4 - 8: as you gain skills and confidence you will be accompanied by just one instructor in freefall.

- **Jumping solo**

AFF Stage 9: this is the last jump of the AFF program, a lower altitude exit and parachute deployment, also known as “hop and pop”

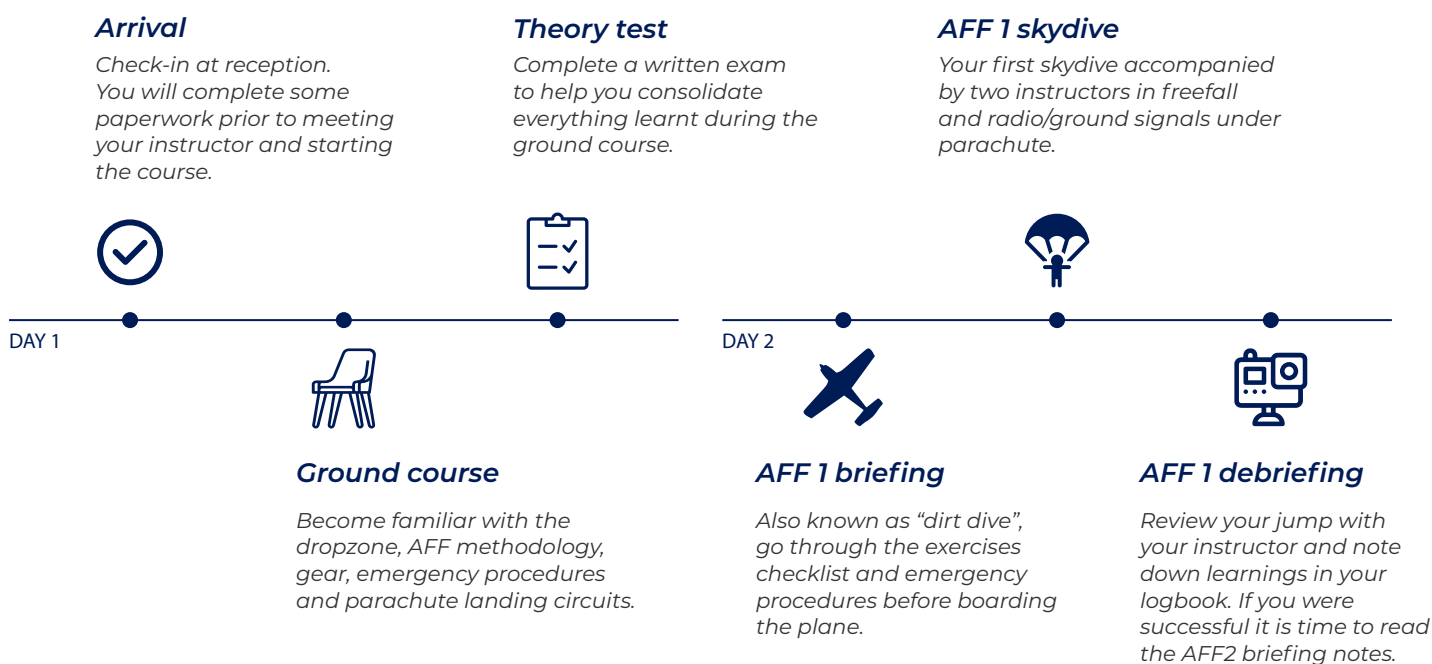


### #3 AFF STAGE 1

# GROUND COURSE AND YOUR FIRST SKYDIVE

The program starts with a full day of ground training, where you will learn the theory and skills necessary to perform your first skydive. This training covers essential topics such as gear operation, parachute control, and emergency procedures. This comprehensive instruction is designed to prepare you for your first jump.

On the day after your ground training, you will receive another briefing from two instructors who will summarize and review what you learned in preparation for your first skydive. During AFF Stage 1, your instructors will provide assistance to keep you stable while freefalling, but you will use your own parachute. Following your jump, you will have a debriefing session and begin recording your newly acquired knowledge and techniques in your logbook.



## Did you know...

Sometimes students are not ready to perform AFF 1 flying their own parachute. In such cases, you can start with a TAF (Tandem Assisted Freefall), jumping with a tandem instructor to help overcome sensory overload and learn to maintain altitude awareness.



## #4 ROADMAP TO COMPLETE AFF

# AFF STAGES 2 - 9

In each stage you will learn new skills to give you more confidence and control, following the same process: brief, jump, debrief.

| x2 Instructors | Aims        |  | Manoeuvres  |  |
|----------------|-------------|--|---|--|
|                | AFF Stage 2 | Forward movement, heading awareness, arm and leg awareness, turns. | Extended practice pull, forward and backward trim, introduction to turns, awareness checks.                           |  |
|                | AFF Stage 3 | Hover control, heading maintenance.                                | Arm and leg trim confirmation, height awareness, general awareness.   |  |
| x1 Instructor  | AFF Stage 4 | Consolidation, longer solo freefall time.                          | Arm and leg trim confirmation, height awareness at 5,000 feet, wave and solo pull by 4,000 feet.                      |  |
|                | AFF Stage 5 | Turns and docking, 360 turns, forward movement using legs.         | Forward movement and docking, 360 turn followed by pin, opposite 360 turn and pin, pull completed by 4,000 feet.      |  |
|                | AFF Stage 6 | Consolidation, solo exit, 180 turn.                                | Solo exit, turns and pins with increased separation, 180 turn, wave, and pull.  |  |
|                | AFF Stage 7 | Backloops, recovery from instability, tracking.                    | Dive solo exit, backloop, locate and tracking, stop track by 5,000 feet to flare, wave and pull.                      |  |
|                | AFF Stage 8 | Fast and slow fall, tracking consolidation.                        | Dive exit, fast fall to JM's level, slow fall to JM's level, 180 turn and S track, flare, wave, and pull.             |  |
| Solo           | AFF Stage 9 | Hop and pop, orientation for exits at lower heights.               | Solo exit from 4,500 feet, dive exit, three to five second delay, sub-terminal opening, pull completed by 3,500 feet. |  |







## #5 APF SKYDIVING LICENCES

# SKYDIVING LICENCES EXPLAINED

After completing AFF you will have logged at least 9 skydives, still considered a student, but allowed to do solo jumps. At this point you can start working on the

### APF Licences

#### Certificate A

You will require a minimum of 14 jumps with 10 witnessed accuracy landings within 30m radius of target and you must complete the 'A' licence exam. This is the first skydiving licence.

#### Certificate B

50 skydives, learn to pack your own parachute, certified by CI for flatfly with up to 10 parachutists, at least 10 witnessed landings within 25m radius of target. Allowed to jump in big groups, freeflying and tracking.

#### Certificate C

100 skydives, at least 10 witnessed landings within 10m radius of target. Allowed to jump camera at CI's/DZSO's discretion

#### Certificate D

200 skydives, at least 20 witnessed landings within 5m radius of target, spotting. Wingsuit, Coach.

#### Certificate E

500 skydives, at least 20 witnessed landings within 1m radius of target.

### Ratings & Endorsements

#### B-Rels

This is a table of 8 coached jumps designed to teach students how to fly safer with others. It is a good idea to start your B-rels after AFF, so you can get signed off to fun jump with others.

#### Star Crest (min. required B licence)

A series of 3 jumps designed to teach skydivers how to fly with bigger groups. You will have to enter 5th or later into a formation of a minimum of 8 skydivers. Holding a star crest will allow you to build up your skills with bigger groups and participate in bigger formation skydives.

#### Wingsuit Crest (min. D licence requirement, DZ jump limit may apply)

Required to perform this discipline: Complete the Wingsuit Training Table Parts A, B and C to the satisfaction of a Wingsuit Coach.

#### Display General (min. B licence requirement)

This rating allows skydivers to participate in special descents landing outside of drop zones.



## #6 YOUR EQUIPMENT

# SKYDIVING GEAR

You will become familiar with the required skydiving gear during your Ground Course and AFF Stage 1. The standard set of gear for skydiving students consists of an open face helmet, goggles, altimeter, jumpsuit and skydiving rig. All the required gear to complete your AFF jumps is included.



### Helmet

Students use open face helmets, with a radio pocket for the early stages of AFF, in case you need to receive instructions under canopy.



### Altimeter

You will use an analog altimeter to monitor height in freefall and under canopy. Each unit represents 1,000 feet. Later on you may transition to wrist-mounted digital altis and an audible altimeter in your helmet.



### Rig

The "rig" consists of a harness and container, with the main parachute, reserve parachute, and AAD. During your ground course you will learn how to operate your gear and perform pre-jump checks.



### Goggles

You will be provided with a pair of clear goggles, with an oversized option to wear over prescription glasses if required.



### Jumpsuit

Wearing a jumpsuit provides another layer of clothing, it makes "taking grips" or "docking" easier, and prevents potential snagging hazards caused by streetwear like hoodies or loose t-shirts.

### Did you know...

Once you complete your AFF course you can buy jumps with gear hire included, while you look for your first set of gear. Students typically do it in phases, buying a helmet, altimeter and jumpsuit first, and eventually your first rig. Your instructors will help you through this process. This initial period requires a higher financial commitment, but once you complete your training and purchase your first set of gear skydiving becomes much more affordable.



## #7 WHAT AFTER AFF?

# COME FOR THE CHALLENGE, STAY FOR THE FUN

Completing AFF is a great achievement! But the real fun starts once you are licensed. You will join a vibrant community of fun jumpers, make life-long friends, and discover exciting new disciplines and pathways as you build up your skills:



### **"Belly" or flat flying**

Relative flying in a belly-to-earth position, taking docks and making formations.



### **Freeflying**

Faster discipline in a head down or head up position, requiring higher experience and skills than belly flying.



### **Wingsuit flying**

Wingsuits allow you to truly fly like a bird. You can stay longer in the sky with a lower descent rate, increased glide ratio and horizontal speeds.



### **Canopy piloting**

Swooping, flocking and canopy formation are the most popular canopy piloting options.



### **Big ways**

Very often requiring multiple planes and oxygen supply, with big ways you can experience sharing the sky with dozens or even hundreds of other fun jumpers.



### **Coaching and instruction**

Becoming a coach, AFF or Tandem instructor are popular career pathways to enjoy the sky while helping newcomers.

But everyone starts here...



## FREQUENT QUESTIONS

### **How many tandem skydives do I need to do before signing up for AFF?**

Although sometimes can be beneficial to know what to expect, you are not required to have any previous experience before AFF Stage 1.

### **How long does it take to complete the AFF course?**

You can complete it in just a few days, or weeks. It is not recommended to leave more than 2 weeks between AFF stages and we recommend you do at least 2 jumps each time you come out.

### **Do I have to pay for the full course upfront?**

You can complete the AFF course and get your skydive licence at your own pace, there is no need to pay for the full course upfront. PAYG is a good option if you are not sure about it, but you can get a better value with an AFF package.

### **What is the total cost to obtain the A licence?**

You will need to complete AFF and a minimum of 10 witnessed landings within the A licence accuracy requirements. This typically takes between 15 and 25 jumps, about \$2,900 to \$3,800.

### **Do I need to buy my own gear after completing the AFF course?**

You can buy jump tickets with gear hire while you put together your first set of gear. Your skydiving instructors will be able to guide you through the process.

### **Can I fly a wingsuit after AFF?**

Under the current APF regulations you will need a minimum of 200 jumps, a D licence, and completing the wingsuit crest with a qualified coach. Some dropzones may have additional requirements, like a higher number of minimum jumps before you are allowed to fly a wingsuit.

### **Is the APF licence valid if I travel overseas?**

Yes, your APF licence will be valid in other countries. Bear in mind that other federations like the USPA or BPA may have different requirements to the APF, and you will be required to purchase temporary or visitor memberships before you can jump.

### **Can I jump with other licensed skydivers after AFF?**

Once you complete your B-rel table and get signed off by your Chief Instructor you will be allowed to do 4-ways with other licensed skydivers. The Star Crest will prepare you to safely jump with bigger groups.

### **Can I wear an action camera to film my skydives after AFF?**

You will be required to have a minimum of 100 skydives and a C licence before you can be signed off to wear a snag-free helmet-mounted camera, at the discretion of the CI/DZSO.

Got more questions? Call **1300 759 348**







# SKYDIVING GLOSSARY

*Skydiving is full of technical words and slang that can be very confusing for first-timers. Here is a list with some of the most common terms you will need to*

## AAD

AAD stands for Automatic Activation Device. An AAD is a back-up safety device that has saved thousands of lives over the last 30 years. It measures altitude and speed. If a skydiver goes below the threshold altitude at high speed it will trigger the deployment of the reserve parachute automatically. Some situations when this could occur is if a skydiver loses consciousness in freefall or is unable to manually operate the gear.

## Altimeter

“Altis” are one of the most important devices used in skydiving. We use altimeters to maintain altitude awareness throughout the jump. There are visual wrist altimeters, both digital and analog, as well as audible altimeters with pre-set alarms at different altitudes.

## Airspeed

Speed of flight through the air, different to ground speed.

## BOC

Bottom of container, where the pilot chute is placed.

## Break off

To come out of a skydiving formation in order to build horizontal separation prior to parachute deployment.

## Closing loop

The closing loop holds the container's closing flaps together once the pin is routed through, to keep the main parachute in the container, until the pin is released using the pilot chute.

## Exit weight

Total weight of a skydiver when they leave the aircraft, their body weight plus all gear and equipment.

## Ground speed

Speed of an aircraft or canopy relative to the ground. Ground speed is very important for navigation, especially under canopy. If a skydiver is flying with an airspeed of 20 knots but faces a 20 knots headwind, their ground speed will be zero, which means they are not moving horizontally relative to the ground. Ground speed is very important when planning landing patterns to safely make it back to the dropzone.

### *Jump run*

The line of flight followed by the aircraft when the door opens and skydivers start jumping out. It is expressed in degrees. So, a 45-degree jump run means the plane will be flying northeast. Jump run is planned based on the wind direction at different altitudes. It would normally place skydivers upwind, so when they are under the canopy they can “make it back” to the dropzone.

### *Manifest*

Prior to a skydive, all jumpers have to put their names on a list or manifest, so staff at the dropzone know who is going on each flight or “load”. The person working at manifest is in charge of coordinating the flights and skydivers taking part in each load.

### *Pilot chute*

Small round parachute that extracts the deployment bag with the main parachute.

### *Rig*

Skydivers refer to the parachute system as “rig”. It is the full “backpack” which normally consists of a container, main parachute, reserve parachute and AAD.

### *Terminal velocity*

The speed at which the drag produced by the relative air matches the pull of gravity, resulting in a constant fall rate.

### *Wing Loading*

The ratio of skydiver exit weight by the surface of the parachute. Weight normally in pounds and surface in square feet. So, for example, a geared-up skydiver that weighs 150 pounds and flies a 100sqft canopy has a wing loading of 1.5 lbs/sqft.



## **READY TO FLY?**

We hope this guide was useful to understand the AFF course and the roadmap to becoming a skilled skydiver. Check out our AFF packages and locations, we hope to see you soon!

**Cindi Hemmila - Chief Instructor**

# AFF PACKAGES

## AFF STAGE 1

from

**\$495**

- APF student membership
- Pre-course online training
- Full day ground training
- AFF Skydive 1 with two instructors or TAFF
- First jump certificate
- All gear and training materials

## FULL AFF COURSE\*

from

**\$2,399**

- APF student membership
- Pre-course online training
- Full day ground training
- All 9 AFF Skydives
- First jump certificate
- All gear and training materials

## 'A' LICENCE PACKAGE\*

from

**\$3,199**

- APF student membership
- Pre-course online training
- Full day ground training
- All 9 AFF skydives
- 6 additional solo jumps with gear hire
- A licence course and exam
- All training materials

## 'B RELS' PACKAGE\*

from

**\$4,799**

- APF student membership
- Pre-course online training
- Full day ground training
- All 9 AFF skydives
- 12 additional jumps with gear hire  
(8 of which can be B-rel coached)
- A licence course and exam
- All training materials

## AIRLIE BEACH 'A' LICENCE HOLIDAY PACKAGE\*

**\$3,399**

Includes up to 14 days of accommodation\*\*

## AIRLIE BEACH 'B RELS' HOLIDAY PACKAGE\*

**\$5,199**

Includes up to 28 days of accommodation\*\*

\* Quoted prices for AFF course , 'A' Licence and 'B Rels' packages based on students achieving the practical requirements of each jump. Total cost may increase if one or more stages need to be repeated.

\*\* Accommodation available for course duration only. Student must be available to jump 6 days per week.

Pricing valid as of September 2024 - please check our website for up to date pricing.



## OUR LOCATIONS

We currently run AFF courses at 6 of our locations. Find more information on our website or call us on 1300 759 348 with any questions you may have.

[skyone.com.au/skydive-licence](https://skyone.com.au/skydive-licence)

● AFF Course available





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