

Titel Informationen zur Fallschirmsprungausbildung beim FSC Südpfalz e.V.

Änderungshistorie

Version	Freigabedatum	Autor	Änderungsgrund
00	16.11.2014	Jens Paul	Erstellung für die Saison 2015
01	06.03.2015	Jens Paul	Korrektur Höhenabbausprünge
02	07.11.2015	Jens Paul	Aktualisierung der Ausbildungstermine für die Saison 2016
03	30.11.2015	Andreas Zwetsch	Aktualisierung Ausbildungsleiter
04	04.07.2016	Andreas Zwetsch	Unterrichtszeiten eingetragen
05	28.11.2016	Andreas Zwetsch	Aktualisierung der Ausbildungstermine für die Saison 2017
06	22.10.2017	Andreas Zwetsch	Aktualisierung der Ausbildungstermine für die Saison 2018
07	09.12.2018	Andreas Zwetsch	Aktualisierung der Ausbildungstermine für die Saison 2019 / Änderungen TEXT
08	22.12.2019	Andreas Zwetsch	Aktualisierung der Ausbildungstermine für die Saison 2020
09	05.12.2020	Andreas Zwetsch	Aktualisierung der Ausbildungstermine für die Saison 2021
10	08.01.2022	Andreas Zwetsch	Aktualisierung der Ausbildungstermine und Preise für die Saison 2022

Weitere Dokumente (können unterstützend hinzugezogen werden)

Dokument-Nr.	Titel
2021/2022	USPA SIM

Verweise zu gesetzlichen Vorgaben, Verbandsvorgaben, internen Vorgaben

Gesetzliche Vorgaben	<ul style="list-style-type: none"> keine
Verbandsvorgaben	<ul style="list-style-type: none"> Ausbildungshandbuch des Deutschen Fallschirmsportverbandes, Version 5.1
Interne Vorgaben	<ul style="list-style-type: none"> keine

Informationen zum vorliegenden Dokument

Bezeichnung	Beschreibung
Zielgruppe	<ul style="list-style-type: none"> Interessierte an der Fallschirmsprungausbildung Interessierte am Schnupperkurs
Inhalt	<ul style="list-style-type: none"> Ablauf der Fallschirmsprungausbildung beim FSC Südpfalz e.V. Voraussetzungen zur Teilnahme an der Fallschirmsprungausbildung Ausbildungspreise Ausbildungstermine

Learning skydiving with AFF

Skydiving training by AFF method (AFF is short for Accelerated FreeFall) is the fastest and by now also most popular way to learn skydiving.

The training is structured in seven levels, each level contains particular learning objectives that must be met by the student. For each level, one jump is planned; if the student does not meet the learning objectives, the level must be repeated (re-jump).

After the groundschool (theoretical training with practical exercises on the ground, duration: 1.5 days), the student can already jump from 4,000 m (approx. 13,000 ft.) on the second day of groundschool with two specially trained, highly experienced instructors. Both instructors are holding the student on both arms and legs while still in the plane; once the student gives the sign, all three exit the airplane together.

During freefall, the student performs particular drills and receives hand signs from the instructors to improve his/her body position. At the appropriate altitude, the student deploys his/her parachute independently. Not before the main parachute opens, the instructors let the student go.

With each level, more tasks are added to the level briefing. From the fourth level on, the student will continue jumping with only one instructor. Under the open canopy, the student will be guided by instructions from the instructor with the help of a radio set, to ensure a safe landing in the designated landing area.

As soon as the seventh level has been completed successfully, the student is allowed to exit the airplane on his/her own, without being accompanied by an instructor. The student continues with solo jumps until he/she has achieved the number of jumps required to take the final exam for his/her license.



Requirements for participating in skydiving training

Skydiving is a sport that can be learned by (almost) everyone. The requirements are easily be fulfilled by most:

- Average physical fitness
- Minimum age of 14 years at the start of the training (underage candidates need to bring a declaration of consent by their legal representatives)
- Body height: at least 1.5 m (4'11"), body weight: at least 40 kg (99 lbs)
- At a body weight of more than 105 kg (232 lbs) without clothing or a body height of more than 1.95 m (6'4"), extra consultation is needed
- Medical/fitness certificate issued by a doctor (we provide a pre-printed form)

Before acquisition of the license, we also need proof of the participation in a first-aid course or immediate life-saving measures course (a copy of your driver's license is equivalent).

So, no worries – you don't need to be able to run a marathon to start skydiving...



Skydiving training at FSC Südpfalz e.V.

First, we begin with the groundschool, our training on the ground. Here you learn everything you need to know for a safe jump for 1.5 days. Starting with getting to know the dropzone and the equipment, through behavior in freefall, to the point of flying the canopy and landing safely.

Potential emergency situations and how to resolve them will also be covered during the groundschool, so that you will be prepared for any possible situation and are able to enter the plane with a good feeling.

In the afternoon of the second day, it is already time: Together with two experienced skydiving instructors, we will fly you to 4,000 m of altitude (approx. 13,000 ft) for your first skydive.

During the following level jumps, you will, accompanied by two, soon only one, instructor, not only learn to be stable in freefall, but also to perform rotations around each body axis – turns, flips and barrel rolls.

After 7 successful levels – ideally after 7 jumps – you will be cleared to jump „free solo“, meaning jumps without the supervision of an instructor. 16 additional training jumps follow afterwards (solo jumps from 4,000 m, low altitude jumps from 2,000 m, 1,500 m and 1,200 m and five jumps with a coach to practice formation skydiving), before you can acquire your license with two exam jumps and a theoretical test. During your skydiving training, you will also learn how to pack a parachute system.



Training costs

In the following table, all costs of the training steps up to the acquisition of the license are made transparent. Of course, everything is included in those fees: Jumping tickets, gear rental and other equipment rental!

Value	Indication	Description
500,00 €	First Jump Course incl. AFF Level 1	Basic package with 1,5 days of groundschool and first AFF-Level jump, accompanied by 2 instructors
260,00 €	AFF Level 2	AFF Level jump, accompanied by 2 instructors
260,00 €	AFF Level 3	AFF Level jump, accompanied by 2 instructors
185,00 €	AFF Level 4	AFF Level jump, accompanied by 1 instructor
185,00 €	AFF Level 5	AFF Level jump, accompanied by 1 instructor
185,00 €	AFF Level 6	AFF Level jump, accompanied by 1 instructor
185,00 €	AFF Level 7	AFF Level jump, accompanied by 1 instructor
35,00 €	Packing course	Instruction for packing of a parachute system
50,00 €	Solo 1	Solo jump from 4,000 m
50,00 €	Solo 2	Solo jump from 4,000 m
50,00 €	Solo 3	Solo jump from 4,000 m
50,00 €	Solo 4	Solo jump from 4,000 m
50,00 €	Solo 5	Solo jump from 4,000 m
50,00 €	Solo 6	Solo jump from 4,000 m
50,00 €	Solo 7	Solo jump from 4,000 m
50,00 €	Solo 8	Solo jump from 4,000 m
50,00 €	Solo 9	Solos jump from 2,000 m, low altitude training jump
40,00 €	Solo 10	Solos jump from 1,500 m, low altitude training jump
40,00 €	Solo 11	Solos jump from 1,200 m, low altitude training jump
90,00 €	Coaching jump 1	Instruction jump for formation skydiving (4,000 m) with 1 coach
90,00 €	Coaching jump 2	Instruction jump for formation skydiving (4,000 m) with 1 coach
90,00 €	Coaching jump 3	Instruction jump for formation skydiving (4,000 m) with 1 coach
90,00 €	Coaching jump 4	Instruction jump for formation skydiving (4,000 m) with 1 coach
90,00 €	Coaching jump 5	Instruction jump for formation skydiving (4,000 m) with 1 coach
315,00 €	Exam package	Theoretical test, two exam jumps, packing exam, license fees
3.090,00 €		Total sum until acquisition of license

The prices are including the assistance by the instructors during the training as well as the use of the educational resources for preparation for license tests proportionally.

Special offer

When you book the whole skydiving training package upfront or directly after the first jump, you get the package for

2.940,- € only!

You save 150,- € compared to single purchase!



Groundschools 2022

At FSC Südpfalz e.V. the dropzone operates every Friday from 2 p.m., every Saturday and Sunday from 9 a.m. as well as on bank holidays, days between a bank holiday and the weekend.

AFF level jumps usually only take place on Saturdays and Sundays.

While training jumps are possible on each jumping day, first-jump courses are only happening on fixed dates. The FJC starts on the first day at 9 a.m. and ends on the second day at about 6 p.m. On the second day, we also start at 9 a.m. and end the theoretical part at 12.30 p.m. This season we offer first-jump courses in English language on the following dates:

- Please ask our CI Andreas



Registration for skydiving training or first-jump course

Interested? Write an e-mail to our chief instructor Andreas Zwetsch (Andreas.Zwetsch@fsc-suedpfalz.de). He will provide you with the entry form and all necessary information about the training. We are looking forward to welcome you to your skydiving training.

PS: Of course, you can also gift the skydiving training to someone else, just ask us about a gift certificate!

