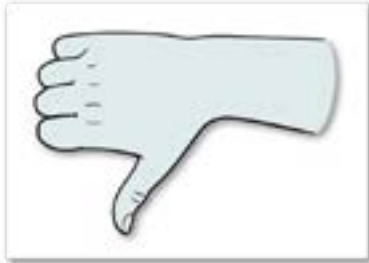


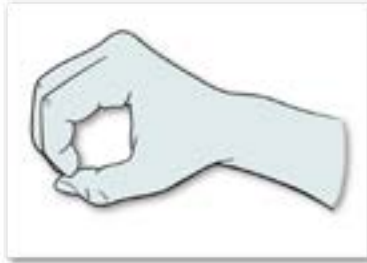
Appendix A

FREEFALL HAND SIGNALS

pelvis forward (arch)



circle of awareness
(altitude check)



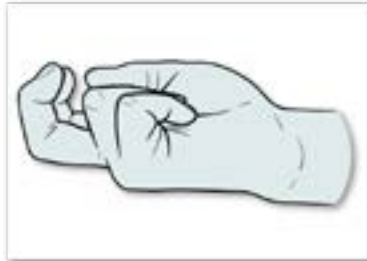
OK



deploy the parachute (pull)



legs in (retract legs slightly)



extend legs six inches and hold



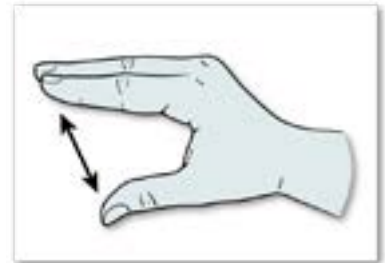
open hand
(release pilot chute)



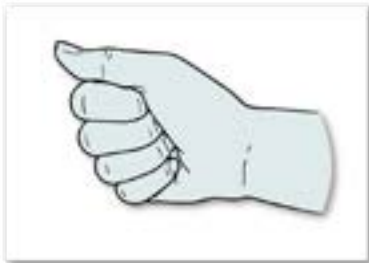
check arm position



knees together slightly
—or— toe taps



perform the practice deployment
sequence



relax (breathe)

