

SURVIVAL SKILLS

A Parachutist Infographic

Most skydiving accidents occur when jumpers forget the foundations of safety. So, let's get back to the basics. Whether you have 50 jumps or 15,000, the survival skills you learned as a student will help keep you safe throughout your skydiving career.

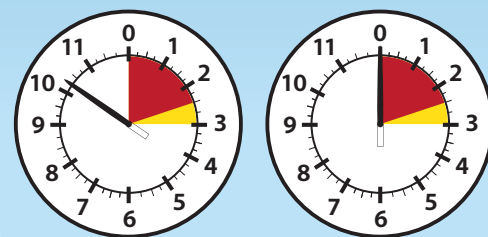
Make sure to check your altimeter on the way up!



Altitude Awareness in Freefall

Check your altimeter:

- Every 5 seconds (approximately every 1,000 feet).
- Every time you complete a maneuver.
- Any time you are in trouble and facing difficulty or uncertainty. This helps you combat cognitive tunneling (fixating on the problem).
- Whenever you are uncertain of your altitude.



Helpful Hints:

Is the altimeter working properly? Check it against other altimeters on the way up. Better to discover it's not working properly on the way up than on the way down.

Know your exit altitude. It might be different from the last jump.

Pull Priorities



- 1** Pull
- 2** Pull at your planned altitude
- 3** Preferably pull stable (You must comply with 1 and 2 first!)

Your number-one priority on any given skydive is to PULL! Although it is important to pull at your planned altitude, if you burn past it, you must still PULL. And though it's best to be stable when you pull, NEVER sacrifice altitude for stability. Whether you are on your back, head down or completely cattywampus, when you are below your planned altitude you must begin your deployment procedures! Getting stable is your lowest priority.



Are you above your planned deployment altitude?

Yes

No

Is something wrong on the skydive?

Yes

No

Clear your airspace and PULL!

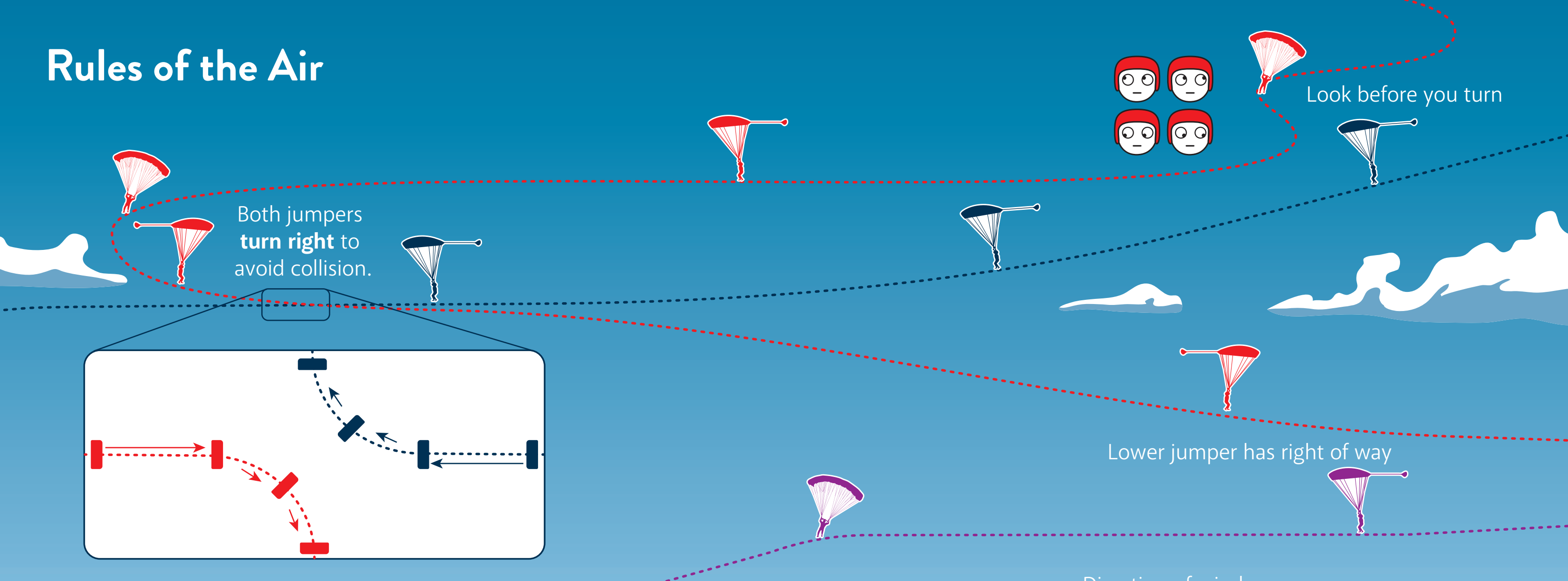
You can pull at any time (clear the airspace above you first)!

- If your altimeter stops working
- If you get injured
- If you have a gear problem
- Or for any other hiccup

Enjoy the rest of your skydive

It doesn't matter whether you are stable. It doesn't matter whether you are spinning. It doesn't matter whether you are on your back! If you are low and do not have a good canopy, GET ONE OUT!

Rules of the Air



Landing Priorities

ABC—Easy as 123

