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BIRD-MAN INSTRUCTOR'S CHECK LIST

This checklist is meant as a help tool for the trained BIRDMAN Instructors only. It is not a complete First Flight Course and should not be used as one.

GO	NO GO	
<input type="checkbox"/>	<input type="checkbox"/>	<p>Confirms that student meets minimum experience and currency requirements</p> <ul style="list-style-type: none"> • Has student fill out BM waiver and pays any fees (OPTIONAL)
<input type="checkbox"/>	<input type="checkbox"/>	<p>Confirms that student has recommended equipment</p> <ul style="list-style-type: none"> • Correct wingsuit (fit and type) • Main parachute • Deployment method • Altimeter
<input type="checkbox"/>	<input type="checkbox"/>	<p>Properly assembles suit onto student's rig and helps wear the equipment</p> <ul style="list-style-type: none"> • Equipment checks, wings, zippers, altimeter
<input type="checkbox"/>	<input type="checkbox"/>	<p>Flight Plan and Training Sequence.</p> <ul style="list-style-type: none"> • Shows flight plan from the drawing or map explaining same time how training will proceed
<input type="checkbox"/>	<input type="checkbox"/>	<p>Shows/explains handle placement and pull sequence</p> <ul style="list-style-type: none"> • Main handle location • Cutaway handle location • Arm release handles (and LQRS if installed)
<input type="checkbox"/>	<input type="checkbox"/>	<p>Aircraft boarding sequence</p> <ul style="list-style-type: none"> • Usually boards first, jumps last • Wings need not be zipped (aircraft depending) • Zip into legs as soon as possible once seated • Make sure pilot (or manifest) knows there are wingsuit jumpers onboard • Zip into arms near jump run and get a suit/gear check • EMERGENCY EXIT techniques



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<p>[] []</p>	<p>Exit for specific aircraft type</p> <ul style="list-style-type: none"> • Check spot • Door position (both for the student and the BMI) • Exit count (ready, set, fly) • Arch into relative wind • Head high, eyes up to plane
<p>[] []</p>	<p>Recovery from instability</p> <ul style="list-style-type: none"> • Relax and arch • Roll out of bed technique • Sidespin recovery by “balling up” and cutting away the wings • Check altitude
<p>[] []</p>	<p>Turning technique 90 degrees from the flight line</p> <ul style="list-style-type: none"> • Explains how to turn • Check altitude • Locate (spots oneself)
<p>[] []</p>	<p>Practice touch sequence</p> <ul style="list-style-type: none"> • Relax and arch • Close leg wing until knees and heels are LOCKED • Reach behind to BOC with both arms symmetrically • Hold 2 sec. Repeat until comfortable • Return in opposite order (open arm wings, then legs)
<p>[] []</p>	<p>Second 90 degree turn parallel to flight line</p> <ul style="list-style-type: none"> • Check altitude • Turn • Locate
<p>[] []</p>	<p>Body position for the wingsuit 1-2-3</p> <ul style="list-style-type: none"> • One: Arms, carved out, same level with body, hands holding grippers or fingers pointing towards toes. • Two: Hips, body extended and straight • Three: Legs, pointed and straight, shoulder width apart • Simulate wind resistance on arm and leg wings • Perform “body position drill” both standing and laying down



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<p>[] []</p>	<p>Hand signals for body position and attention</p> <ul style="list-style-type: none"> • “Arms” (like AFF, then demonstrate yourself) • “Hips” (thumb up to signify desired effect) • “Legs” (two fingers extended, then point your own legs out) • “Check altitude & Locate” (AFF type “circle of awareness” signal) • “Direction” (point with open hand to the direction you want to fly) • “Pull” (one index finger pointed at student, used when too far or too low)
<p>[] []</p>	<p>Discuss 3D awareness</p> <ul style="list-style-type: none"> • Vertical. Altitude awareness during entire flight • Horizontal. Responsibility to spot and take corrective action if necessary. • 3-D. Other birdmen, parachutes, clouds, aircraft) • Personal responsibility to navigate back to DZ (if you see the rest of the flock going one way, FOLLOW THEM!).
<p>[] []</p>	<p>Collision avoidance, fall rate and flying techniques</p> <ul style="list-style-type: none"> • Basic fall rate and flying techniques • Arch to go down • De-arch to come up • Side slide, don’t turn entire torso in direction of another flier, EVER!
<p>[] []</p>	<p>Wave-off and PULL</p> <ul style="list-style-type: none"> • 1700 M / 5500 ft. • RELAX and pick a point in horizon • Wave-off, three heel clicks • LOCK knees and heels on third • REACH symmetrically with both hands to your B.O.C • THROW your PC using both hands symmetrically • CLOSE both arms, reach main lift web or risers • PRACTISE until fluent without thought
<p>[] []</p>	<p>Post-deployment</p> <ul style="list-style-type: none"> • Legs locked until landable parachute • Locate • Unzip arm zippers all the way up using thumb loops or grippers to hold tension • Unzip legs • Un-stow breaks • Practise until smooth



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<p>[] []</p>	<p>S.O.P for BIRD-MAN wingsuits in case of Malfunction</p> <ul style="list-style-type: none"> • Recognize type of malfunction • Legs stay locked and closed throughout the sequence • Stay altitude aware • Line Twists – Free arms and leg (if l.q.r.s.) and kick until out • Total -> Standard Emergency procedure legs closed • Zipper jam -> Cut away the wing
<p>[] []</p>	<p>Walk through the flight plan</p> <ul style="list-style-type: none"> • Together • Solo • Real time until smooth
<p>[] []</p>	<p>Flight plan</p> <ul style="list-style-type: none"> • Aerial Map, Drawing
<p>[] []</p>	<p>Boarding</p> <ul style="list-style-type: none"> • Order, gear check
<p>[] []</p>	<p>EXIT</p> <ul style="list-style-type: none"> • Spot • Exit performance
<p>[] []</p>	<p>Corrective hand signals if necessary</p>
<p>[] []</p>	<p>Flies within close proximity</p>
<p>[] []</p>	<p>Is aware of the environment and the student the entire jump.</p>
<p>[] []</p>	<p>Gives correct feedback / debrief and corrective training if necessary.</p>
<p>[] []</p>	<p>Signs log book correctly.</p>