



# **BASIC FREESTYLE/FREEFLYING (BFF) COACHES (FF1 ONLY)**

## **1. QUALIFICATIONS**

- a) The recommendation of a CI.
- b) Hold FF1 or equivalent
- c) A minimum of 300 freefall descents and 3 hours of freefall time.
- d) Two years involved in Skydiving.
- e) Be at least a;
  - i) Category System Basic Instructor, or
  - ii) Has attended a Sportscoach UK Course on `Coaching Methods and Communication`, or
  - iii) Has specific teaching or coaching qualifications, or
  - iv) Has attended a Methods of Instruction lecture, given by a Advanced Instructor, or
  - v) Has attended a Military Methods of Instruction Course.
- f) Is fully familiar with the current FF Manual.

## **2. EVALUATION**

Evaluation will be made by an Advanced Instructor who is an BFF or FF coach or a BFF or FF coach nominated by an Advanced Instructor, or an FF1 or equivalent jumper of a proven high standard nominated by an Advanced Instructor and acceptable to the Safety & Technical Officer (STO) and/or Chief Operating Officer (COO).

## **3. GROUND SCHOOL EVALUATION**

This will include the full ground training phase of two complete FF1 levels, one of which should be a one on one and the other a group of three or four.

All applicants are strongly advised to use an FF video in their coaching programme.

## **4. IN AIR EVALUATION**

This should be one of the one on one FF1 jumps, it should include the whole of the following:

- i) The brief and dirt dive, from the twenty-minute point.
- ii) The climb to altitude.
- iii) The skydive where the Evaluator will make typical student errors.
- iv) The debrief.
- v) Logbook entries, which should include any corrective training required.

## **5. THE EVALUATOR'S TASK**

The `in air` phase as already stated would include typical student mistakes. The candidate should not only be aware of these mistakes but should attempt to correct them in the air by use of signals or other means.

On the ground the candidate should make good use of training aids and have a good coaching manner.

The candidate should demonstrate a good knowledge of the basic principles of teaching and coaching.

## **6. SAFETY**

The candidate should not attempt to take on the role of an Instructor.

In air Instructors operate to different criteria to FF Coaches, this should always be remembered.

The candidate should not try to change a student's emergency procedures, unless they break British Skydiving rules, in which case they should refer to an Instructor.

The BFF Coach is in no way responsible for the deployment of the student's canopy.

Always if in doubt refer back to an Instructor.

## **7. CODE OF PRACTICE FOR BRITISH SKYDIVING INSTRUCTORS AND COACHES**

BFF Coaches should have read the Code of Practice for British Skydiving Instructors and Coaches (Form 288) and are expected to adhere to its principles.

## **8. RENEWALS**

British Skydiving Coaches ratings expire on the 31<sup>st</sup> March each year but may be renewed up to six months after that date. To renew a coaching rating the coach must satisfy a Chief Instructor, that he/she is current in all aspects of the rating. Once a coaching rating has expired the coach may not exercise the privileges of that rating until the rating is renewed.

## **NOTE**

- i) FF Coaching Courses/Evaluations may be held at any PTO, provided all the above criteria is met.
- ii) Details of Sportscoach UK Courses can be obtained from Sportscoach UK, Leeds.  
Tel: 0113 274 4802, Fax: 0113 275 5019, e-mail: [coaching@sportscoachUK.org](mailto:coaching@sportscoachUK.org)

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