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## GUIDELINES FOR OBTAINING INDIVIDUAL STYLE GRADE 1 (IS1)

### 1. Introduction

Individual Style Grade 1 (IS1) is designed to teach skydivers all the necessary skills in order that Grade 1 can be awarded and be able to complete a 'Style Set' in a controlled manner.

### 2. Eligibility

Must be at least Category 8 and ideally should be a Grade 1 skydiver in Canopy Handling (CH1).

### 3. IS1 Requirements

In order to obtain Grade 1 in Individual Style (IS1) the skydiver must be introduced to IS by a Chief Instructor (CI) nominated IS1 Grade skydiver or equivalent of proven IS instruction ability, received a full brief for each descent (including Aircraft and Free fall emergencies) and has demonstrated the following:

- a) Complete a 'Full Series' with precision in 16 seconds.

### 4. The Ten Suggested Levels

- a) **Intro: Exiting the AC (under instruction), Heading Awareness and Free Fall Drift.** The Novice should be introduced to the Exit words of command, these will be given from the Pilot via DZ Control. ('Running in, Standby and Exit'). The skydiver must then exit under instructions given, after exit, maintenance towards a pre-designated target should be shown. (The skydiver must be briefed on free-fall drift).
- b) **Intro: Spotting for IS.** The Novice must be fully briefed on spotting the AC (both down / into wind) in order not to overshoot the target heading. The skydiver must self-spot, exit and maintain a heading towards the target.
- c). **Turns.** The skydiver must demonstrate individual 360 degree turns, starting and stopping on a reasonable ground heading (min of two).
  - i Combined alternate 360 degree turns. (Left / Right) once, on heading.
  - ii Two pairs of 360 degree turns, on heading.

- e) **Backloops.** The skydiver must demonstrate 2 x backloops, starting and stopping on a reasonable heading as well as not over rotating after each backloop.
- f) **Combining Turns and Backloops.** The skydiver must demonstrate the following over two separate jumps:
  - i A backloop followed by 2 x 360 degree turns.
  - ii Turn, backloop turn (once).
- g) **Half Series.** The skydiver must spot and complete a 'half series' with precision in 8 seconds (2 x 360 degree turns and a backloop).
- h) **Qualifying Jump.** The skydiver must spot and complete a 'full series' with precision in 16 seconds (the series must be nominated before the descent is made).

*N.B.(1) Assistance will be given, if required, after (b), to ensure spot is correct. No spotting assistance will be given on (g) and (h).*

*N.B.(2) While demonstrating (g) and (h), at no time must the skydiver overshoot the ground target heading (i.e. telemeters/ground to air video) this will automatically require a re-jump to complete the exercise.*

*N.B.(3) Upon successful completion of the programme the skydiver may be awarded IS1 Grade 1 (IS1). This should be given by an Advanced Instructor in the form of a sticker in the skydiver's British Skydiving Licence.*

## 5. Exit Altitudes

The recommended altitudes while demonstrating the ten exercise levels are as follows:

- a) Minimum altitude for (a) and (b), 7,000 ft. AGL.
- b) Minimum altitude for (c) until (d, ii), 8,000 ft. AGL.
- c) Minimum altitude for (e) until (g), 9,000 ft. AGL.
- b) Minimum altitude for (h), 10,000 ft. AGL.