



British Skydiving
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britishskydiving.org

FREESTYLE/FREEFLYING (FF) COACH APPLICATION
(For Coaching Freestyle/Freeflying Grades FF1 & FF2)

DETAILS OF APPLICANT

TITLE_____SURNAME_____

FORENAME(S)_____

BRITISH SKYDIVING MEMBERSHIP NUMBER_____LICENCE NUMBER_____

ADDRESS_____

POST CODE_____E-MAIL ADDRESS_____

CHIEF INSTRUCTOR’S (CI) or INSTRUCTOR EXAMINER’S SECTION

I certify that the above-named applicant fulfills the requirements listed below:

(a) Holds a British Skydiving C Licence and Freestyle / Freeflying grade 2 (FF2) or equivalent.
(b) Has a minimum of 300 descents and 3 hours of Freefall time.
(c) Has been involved in Skydiving for a minimum of 2 years.
(d) Is fully familiar with the current FF Manual.
(*e) Is at least;

i. Has attended a UK Coaching Course on `Coaching Methods and Communication`, or
ii. Has specific teaching or coaching qualifications, or
iii. Has attended a Methods of Instruction lecture, given by a British Skydiving Advanced Instructor, or
iv. Has attended a Military Methods of Instruction Course.

Give details of which of the above is applicable_____

CIs/IEs NAME_____SIGNATURE_____DATE_____

EVALUATOR’S SECTION

Evaluator’s Name (See `2` on reverse of this form)_____LICENCE NUMBER_____

Advanced Instructor’s Name (if different from above)_____

I/We certify that the above-named applicant has been evaluated in accordance with British Skydiving requirements (see back of this form) for Freestyle / Freeflying Coach status and I/We recommend the applicant as an FF Coach.

SIGNED (Evaluator)_____DATE_____

SIGNED (Advanced Instructor) if Evaluator is not Advanced Instructor_____

BRITISH SKYDIVING MEMBERS CODE OF CONDUCT

*****TO BE COMPLETED BY INDIVIDUAL MEMBER APPLYING FOR A COACH RATING*****

I have read, understood and agree to abide by the [British Skydiving Members Code of Conduct](#)

SIGNED_____PRINT NAME_____DATE_____

PAYMENT DETAILS

This **fully** completed application should be returned to British Skydiving HQ.

Coaching Application Fee: **£10.00**

You do not need to provide your payment details with this form. Once your application has been received, an invoice will be emailed to you. Please follow the instructions in the email and make payment for the Coaching fee online.

Our office will be notified when you have paid, and your rating will be processed. Please allow up to 10 working days from payment for your Coach rating to be actioned.

FREESTYLE/FREEFLYING GRADES (FF1 & FF2)

1. QUALIFICATIONS

- a) The recommendation of a Chief Instructor or Instructor Examiner
- b) Holds a British Skydiving C Licence and Freestyle / Freeflying grade 2 (FF2) or equivalent.
- c) Has a minimum of 300 descents and 3 hours of Freefall time.
- d) Has been involved in Skydiving for a minimum of 2 years.
- *e) Is fully familiar with the current FF Manual.

Is at least;

- i. Has attended a UK Coaching Course on `Coaching Methods and Communication`, or
- ii. Has specific teaching or coaching qualifications, or
- iii. Has attended a Methods of Instruction lecture, given by a British Skydiving Advanced
- iv. Instructor, or
- v. Has attended a Military Methods of Instruction Course.

2. EVALUATION

Evaluation will be made by an Advanced Instructor who is an FF coach, or an FF coach nominated by an Advanced Instructor, or an FF2 or equivalent jumper of a proven high standard nominated by an Advanced Instructor and acceptable to the Head of Safety, Training & Competitions.

3. GROUND SCHOOL EVALUATION

This will include the full ground training phase of two complete FF 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 FF 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 FF Coach is in no way responsible for the deployment of the student's canopy.

Always, if in doubt, refer back to an Instructor.

7. RENEWALS

British Skydiving Coaches ratings expire on the 31 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 the coach is current in all aspects of the rating. Once a coaching rating has expired, the FF 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 UK Coaching Courses can be obtained from www.ukcoaching.org/
UK Coaching: 0113-274-4802 Membership enquiries: 0113-290 7612