

Recurrency Training: Section 5-2 (page one)

A. Students

1. All students who have not jumped in 30 days or more should receive refresher training:
 - a. Review all standard procedures which were-or should have been-previously acquired.
 - (1) physical skills
 - (2) theoretical knowledge
 - b. Practice emergency procedures in a harness simulator under the guidance of a rated USPA Coach, Instructor, or Instructor Examiner.
 - c. A student should repeat reserve deployment training once each month until obtaining a USPA A License, including the use of a harness simulator and the pull of an actual reserve ripcord while in the training harness.
2. IAD or static-line method students on freefall status but not yet cleared for freefall self-supervision who have not jumped within the preceding 30 days should make at least one satisfactory jump in their initial training method, with a successful practice deployment, under the direct supervision of an appropriately rated USPA Instructor, before returning to freefall status.
3. IAD and static-line method students cleared to self-supervise in freefall but who have not jumped in the preceding--
 - (1) 30 days: should make at least one jump under the direct supervision of a USPA Instructor until demonstrating the ability to start and stop turns, maintain altitude awareness, and maintain stability during deployment
 - (2) 60 days: should make at least one satisfactory jump in their initial training method, with a successful practice deployment, under the direct supervision of an appropriately rated USPA Instructor, before returning to freefall status
4. AFF students cleared to self-supervise in freefall but who have not jumped in the preceding 30 days should make at least one jump and demonstrate the ability to start and stop turns, maintain altitude awareness, and the ability to maintain stability during deployment, with a currently rated AFF Instructor.

B. Licensed skydivers

1. Skydivers returning after a long period of inactivity encounter greater risk that requires special consideration to properly manage.
2. Care should be taken to regain or develop the knowledge, skills, and awareness needed to satisfactorily perform the tasks planned for the jump.
3. Jumps aimed at sharpening survival skills should precede jumps with other goals.

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C. Changes in procedures

1. If deployment or emergency procedures are changed at any time, the skydiver should be thoroughly trained and practice under supervision in a harness simulator until proficient.
2. Ground training should be followed by a solo jump which includes several practice sequences and deployment higher than normal.
3. The jumper should repeat ground practice at short intervals, such as before each weekend's jump activities, and continue to deploy higher than normal until thoroughly familiar with the new procedures.

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D. Long lay-offs

1. Jumpers should receive refresher training appropriate for their skydiving history and time since their last skydive.
 - a. Jumpers who were very experienced and current but became inactive for a year or more should undergo thorough training upon returning to the sport.
 - b. Skydivers who historically jump infrequently should review training after layoffs of even less than a year.
2. Skydiving equipment, techniques, and procedures change frequently.
 - a. During recurrency training following long periods of inactivity, jumpers may be introduced to new and unfamiliar equipment and techniques.
 - b. Procedures change to accommodate developments in equipment, aircraft, flying styles, FAA rules, and local drop zone requirements.
3. Returning skydivers require thorough practical training in the following subject areas:
 - a. aircraft procedures
 - b. equipment
 - c. exit and freefall procedures
 - d. canopy control and landings
 - e. emergency procedures

A License

USPA A-license holders who have not made a freefall skydive within—

1. 60 days: should make at least one jump under the supervision of a currently rated USPA instructional rating holder until demonstrating altitude awareness, freefall control on all axes, tracking, and canopy skills sufficient for safely jumping in groups

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2. 90 days: should make at least one jump beginning in Category D with a USPA AFF Instructor or in Category B with a USPA IAD Static-Line, or Tandem Instructor before proceeding to unsupervised freefall

B License

USPA B-license holders who have not made a freefall skydive within the preceding 90 days should make at least one jump under the supervision of a USPA instructional rating holder until demonstrating the ability to safely exercise the privileges of that license.

C and D License

USPA C- and D-license holders who have not made a freefall skydive within the preceding six months should make at least one jump under the supervision of a USPA instructional rating holder until demonstrating the ability to safely exercise the privileges of that license.