

APPENDIX C

**RECOMMENDED MILITARY FREE-FALL
PROFICIENCY AND REFRESHER TRAINING PROGRAM**

MFF parachuting skills are highly perishable. MFF personnel maintain these skills through regularly scheduled training periods to develop the necessary degree of proficiency. Otherwise, mission capability and parachutist safety will suffer.

Proficiency

Commanders conduct oxygen training jumps below 18,000 feet MSL to eliminate the need for prebreathing. They conduct proficiency jumps as a part of other training operations, such as field training exercise or Army Training and

Evaluation Programs (ARTEPs), to take advantage of available training assets. They follow a minimum program consisting of eight parachute jumps per quarter (Figure C-1). They do not plan more than four proficiency jumps for any one day. Figure C-2 depicts a suggested 30-day predeployment training program.

JUMP NUMBER	TYPE OF JUMP
1	HALO/administrative–nontactical
2	HALO/combat equipment/oxygen
3	HALO/combat equipment/night
4	HALO/combat equipment/night/oxygen
5	HAHO/administrative–nontactical
6	HAHO/combat equipment/oxygen
7	HAHO/combat equipment/night
8	HAHO/combat equipment/night/oxygen

Figure C-1. Minimum quarterly training guide.

DAY	SUBJECT	SCOPE	CLASSROOM HOURS	PRACTICAL HOURS
1	Familiarization With Free-Fall and HAHO Equipment	Review	1	
	Emergency Procedures	Review of emergency procedures, cutaway procedures, malfunction types, and emergency landings	1	
	Ram-Air Canopy Control and Characteristics	Review	1	
2	Airborne Operations	12,500 H/A-NT poised exit door 12,500 H/A-NT poised exit ramp 12,500 H/A-NT		8
3	Airborne Operations	12,500 H/CE 12,500 H/CE		8
4	Oxygen Review and Procedures	Review	1	1
	Airborne Operations	17,500 H/O 17,500 H/CE/O		8
	Night Operations	Review night airborne operations	1	
5	Airborne Operations	17,500 H/CE/O 12,500 H/A-NT/N		8
6	Commander's Time	Weather day as needed		
7	Commander's Time	Weather day as needed		
8	HAHO	Planning and organizing, formations, communications, canopy control, group leaders, emergency procedures, use of compass	2	
	HAHO Computations	HAHO formula, spotting techniques, control, NAVAIDs, DZ marking day and night, and support equipment	2	4

Figure C-2. Suggested 30-day predeployment training program.

DAY	SUBJECT	SCOPE	CLASSROOM HOURS	PRACTICAL HOURS
9	Airborne Operations HAHO	12,500 S/A-NT 12,500 S/A-NT 12,500 S/CE		8
10	Airborne Operations HAHO	12,500 S/CE 12,500 S/CE/N 12,500 S/CE/N		8
11	Airborne Operations HAHO	12,500 S/CE/O 12,500 S/CE/O 12,500 S/CE/N		8
12	Airborne Operations HAHO	12,500 S/CE/N/O 12,500 S/CE/N/O		8
13	Commander's Time	Weather day as needed		
14	Commander's Time	Weather day as needed		
15	Airborne Operations HAHO	17,500 S/CE/O 17,500 S/CE/O	8	
16	Airborne Operations HAHO	17,500 S/CE/N/O 17,500 S/CE/N/O	8	
17	Airborne Operations HAHO	17,500 S/O/N 12,500 S/CE	8	
18	Airborne Operations HAHO	12,500 S/CE 12,500 S/CE 12,500 H/CE	8	
19	Airborne Operations HAHO	17,500 S/CE/O/N 12,500 S/CE	8	
20	Commander's Time	Weather day as needed		
21	Commander's Time	Weather day as needed		
22	Airborne Operations HAHO	17,500 S/CE/O/N 12,500 S/CE		8
23	Airborne Operations HAHO	12,500 S/CE 12,500 S/CE		8
24	Airborne Operations HAHO	17,500 S/CE/O/N 12,500 S/CE		8

Figure C-2. Suggested 30-day predeployment training program (continued).

DAY	SUBJECT	SCOPE	CLASSROOM HOURS	PRACTICAL HOURS
25	Airborne Operations HAHO	12,500 S/CE 12,500 S/CE 12,500 H/CE		8
26	Airborne Operations HAHO	17,500 S/CE/O/N 12,500 S/CE		8
27	Commander's Time	Weather day as needed		
28	Commander's Time	Weather day as needed		
29	Airborne Operations HAHO	12,500 S/CE 12,500 S/CE		8
30	Airborne Operations HAHO Review	17,500 S/CE/O/N Course review of all instruction	2	8
<p>LEGEND:</p> <p>H – HALO A-NT – Administrative-nontactical N – Night O – Oxygen CE – Combat equipment (including weapon) S – Standoff (HAHO)</p>				

Figure C-2. Suggested 30-day predeployment training program (continued).

NOTE: Commanders, remember that for safety and parachutist confidence, parachutists require a jump refresher before executing night combat equipment jumps after prolonged periods of non jumping. You may not be able to include the eight jumps depicted in Figure C-1 in the quarterly training plan; however, follow the intent of the progression where possible. For example, after a 3-month layoff, an element should make a daylight jump prior to a night combat equipment jump.

NOTE: Units can fulfill oxygen training requirements at altitudes below 18,000 feet MSL. A mission profile that is consistent with prebreathing requirements can be flown without requiring the coordination with or the presence of USAF physiological technicians. Training missions using full oxygen equipment can be flown at altitudes below 13,000 feet MSL. Flights at these altitudes would be consistent with any altitude's oxygen use requirements. These training mission profiles might occur in areas where airspace

restrictions are in force or when there are not enough aircrew personnel.

Currency

Currency does not equate to proficiency. Do not consider MFF airborne operations to meet pay requirements as proficiency jumps unless the mission profile follows a tactical insertion profile. MFF jumpmaster currency standards are outlined in Chapter 11.

Minimum MFF HALO currency standards are—

- Current flight physical and an Air Force chamber card.
- An MFF parachute jump with rifle, oxygen mask, and combat equipment within the last 3 months.

Minimum MFF HAHO currency standards are—

- Current flight physical and an Air Force chamber card.
- An MFF parachute jump with rifle, oxygen, and combat equipment, with parachute opening above 10,000 feet AGL within the last 6 months.

Parachute Requalification and Refresher Training

Previously qualified MFF parachutists who, after meeting medical and USAF chamber currency requirements, do not meet the proficiency and currency requirements listed above, will undergo the following training to become requalified:

- Attend emergency procedures class and suspended harness drills.
- Attend combat equipment rigging (combat pack and weapon) class.
- Attend canopy control and grouping under canopy class.
- Perform one daylight jump without combat equipment stressing a stable exit, maintaining heading, and pulling the rip cord at the prescribed pull altitude while maintaining heading (plus or minus 500 feet).
- Perform one daylight jump with rifle and combat equipment, executing a stable exit, making a left and right turn, stopping on heading, and pulling the rip cord at the prescribed pull altitude (plus or minus 500 feet) while maintaining heading and landing within 50 meters of the group leader.

- Perform one night jump with rifle, combat pack (rucksack), and complete oxygen system, executing a manual parachute activation at the prescribed pull altitude (plus or minus 500 feet) and landing within 50 meters of the group leader.

HAHO Requalification and Refresher Training

Previously qualified MFF parachutists who do not meet proficiency and currency requirements will, after becoming current as an MFF parachutist, undergo the training outlined below. The intent of the following recommendations is to build upon the training progression listed in the previous paragraphs. In addition, the intent is to provide safe training and increase parachutist skills, ability, and confidence, culminating in a HAHO night combat equipment oxygen jump.

The parachutist performs one MFF ram-air parachute jump with combat equipment from not higher than 13,000 feet AGL with opening not lower than 10,000 feet AGL. He must land within 100 meters of the group leader.

The parachutist performs one MFF ram-air parachute jump with combat equipment and complete oxygen system with opening not higher than 18,000 nor lower than 16,000 feet AGL. He must land within 100 meters of the group leader.

Training progression continues with a daylight combat equipment jump at altitudes above 18,000 feet MSL, depending upon the availability of USAF physiology technicians. For familiarization purposes, prebreathing can still take place below 18,000 feet MSL.