

<b>FF license: FF-A Sitfly beginner</b>	
Name: _____	
Dropzone: _____	Number of jumps: _____

## Requirements

Have sufficient basic stability and altitude awareness in a belly-to-earth orientation. 25 jumps is an absolute minimum. 50-100 jumps is recommended.	<input type="checkbox"/>
Deployment system must be either bottom-of-container (BOC) or pullout.	<input type="checkbox"/>
BOC spandex is tight and in good shape. Pilot-chute is completely hidden.	<input type="checkbox"/>
Bridle from BOC to container is protected from the relative wind.	<input type="checkbox"/>
Flap main container stays closed under all circumstances. No velcro.	<input type="checkbox"/>
Closing loop main container is sufficiently tight.	<input type="checkbox"/>
Flap reserve container stays closed. No velcro.	<input type="checkbox"/>
Risers are well protected from the relative wind.	<input type="checkbox"/>
Riser covers remain closed. No velcro.	<input type="checkbox"/>
The leg straps should either remain in place by themselves. If not, a butt strap is mandatory.	<input type="checkbox"/>
Hard helmet is mandatory.	<input type="checkbox"/>
Expert AAD is mandatory.	<input type="checkbox"/>
At least one audible altimeter is mandatory.	<input type="checkbox"/>
Be able to turn the audible altimeter on.	<input type="checkbox"/>
Be able to set the warning altitudes of the audible altimeter.	<input type="checkbox"/>
Briefed about shorter freefall time and altitude awareness.	<input type="checkbox"/>
Briefed about sitfly exits and basic body position.	<input type="checkbox"/>
Briefed about corking and spinning.	<input type="checkbox"/>

## Limitations & permissions

- May do solo sitfly jumps.
- Only sitfly is allowed. No headdown.
- Only solo sitfly jumps or jumps with someone who has at least an FF-C license are allowed. The FF-C licensee is responsible for the safety of the jumps. Sitfly jumps with an FF-B licensee are not allowed.

Name + Signature freefly initiator	Signature licensee
Declares that the licensee fulfills the requirements for this license.	Declares to comply with the limitations and permissions of the license