

Snake River BASE Academy

Higher Education for Lower Freefall

Safety Skills Training: Object Avoidance

The leading cause of fatal and critical injury BASE accidents is object strike. Object strike is most likely to occur during an off heading opening from a solid, slider down object. This course offers training in the critical safety skills for jumping solid (generally cliffs and buildings), slider down (lower than 600') objects. This is excellent preparation for many legal cliff jumps in the Western USA.

Students enrolling in this course should own their own BASE gear and be comfortable with unsupervised packing.

Safety Skills Training courses are available only to students who have completed or audited a Snake River BASE Academy First Jump Course (Traditional FJC, Private FJC or Deathcamp).

Day 1: Deep Brake Settings Customization

Introduction: 20 minutes

Lecture: BASE Skills Progression: 30 minutes

Unpacked jumps: Lecture and discussion, 30 minutes

To allow back to back loads on the student's own canopy for DBS customization

Unpacked jumps: As appropriate to conditions, Rollover, TARD and TARD over.

Deep Brake Settings: Lecture, 30 minutes

Reasons for customizing DBS, process for finding custom settings

DBS customization: Repeated unpacked jumps, adjusting the DBS between loads. Student performs brakes-set flight and riser turn drill to evaluate brakes and stall point. This usually takes around 5 jumps.

DBS installation: 1 hour

Installation and bar tacking of custom DBS (as a third setting on the control line).

DBS use: Lecture and discussion, 30 minutes

When to use which brake setting

Day 2

Post Opening Priorities Review: Lecture, 40 minutes

Object Avoidance Techniques: Lecture, 40 minutes

Riser stall, toggle turn, double and single riser techniques

Object avoidance drills

Floater jumps with correction, repeated until perfect (can take upwards of 20 jumps), students are encouraged to experiment with different techniques

Day 3

Object avoidance drills

Intentional 180 offheadings from pack job, with correction, repeated until perfect (can take upwards of 20 jumps), students are encouraged to experiment with different techniques

Day 4

Running exit practice: 1 hour

Pool session, running exits from board until students can exit stable at a full sprint

Running exits: Handheld go and throw, stowed with delay

Running exits from launch plank on bridge, usually around 5-10 jumps to perfect

Cliff jumps: Cliff jumps from legal cliff exit points with running exits.

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