

Training Day Checklist

This series of checklists is intended to be a starting place for team conversations and decisions about a training day. It is far from exhaustive, but it should introduce some great questions early in a team's season so they have less thinking to do later.

Remember that each team is very unique and the most important thing is that the plan works for the group. Don't be afraid to color outside the lines!

Morning Routine

Item	Before meet?	After Meet & Time needed
Gear Checks		
Goal Setting		
Pleasantries/Greetings		
Stretch/workout		
Coffee/Re-combubulation		
Prepping (walking, creeping, mockup)		
Gearing up		
Total Routine Time		

Target First Load	
- Routine Time	
Meet Time	

Other Topics

Who brings coffee?

Wearing matching sponsor Tshirts?

Who has the key to the team room?

When does the video guy have to be there?

Weather plan?

Who is in charge of telling the packers?

Training Day

Packing

Packing!	Packers!	Some of each!

After landing/Before Prepping Decisions

Activity	Before Prep	After Prep
Toilet		
Water		
Snacks		
Other		

Jump Pace Plan

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
20/40	☺		☺			☺		☺			☺		☺	☺		☺
20	☺		☺		☺		☺		☺		☺		☺		☺	
Back to back 20s	☺	☺		☺	☺		☺	☺		☺	☺		☺	☺		☺
Triple 20	☺	☺	☺		☺	☺	☺		☺	☺	☺		☺	☺	☺	
Quad 40	☺	☺	☺	☺			☺	☺	☺	☺			☺	☺	☺	☺
Psycho	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺
Other																

Notes:

Closeout Checklist

Activity	Before debrief	After debrief	Time required
Pay packers			
Manifest settle/plan			
De-jumpsuit			
Put away gear			
Visit rigger			
Get Beverage			
Video copying			

Additional closeout considerations

- Pass the rock/Feedback
- Upcoming calendar review
- Confirming travel details
- End of camp accounting
- Next camp plans/goals
- End of camp review
- Video distribution
- Record keeping/timing jumps

Normal Day Plan

Lunch Break (if any)	
Debrief time required	
Closeout time required	
Total end of day time	
Start time	
+ Target length of day	
Target leaving dz time	
-End of day time	
Landing from last load	
Anticipated number of jumps	
Hard Deck Leaving Time	
Hard Deck Last Load	

Last Day of Camp Plan

Lunch Break (if any)	
Debrief time required	
Closeout time required	
Total end of day time	
Start time	
+ Target length of day	
Target leaving dz time	
-End of day time	
Landing from last load	
Anticipated number of jumps	
Hard Deck Leaving Time	
Hard Deck Last Load	

Other

Who is in charge of distributing the videos?

How are we handling shared accounting?

Who is updating team records and how?

What is our party and socializing policy during training, if any?

What is the hard deck quitting time for the last day of camp? Will everyone have time to get home/catch planes etc?

Handy length of day estimator

Takeoff	20/40	20s	Double 20	Triple 20	Quad 40	Six 20
Meet	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM
1	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM
2	8:40 AM	8:40 AM	8:20 AM	8:20 AM	8:20 AM	8:20 AM
3	9:40 AM	9:20 AM	9:00 AM	8:40 AM	8:40 AM	8:40 AM
4	10:25 AM	10:05 AM	9:25 AM	9:20 AM	9:00 AM	9:00 AM
5	11:35 AM	10:55 AM	10:10 AM	9:45 AM	10:05 AM	9:25 AM
6	12:30 PM	11:45 AM	10:40 AM	10:10 AM	10:35 AM	9:50 AM
7	1:50 PM	12:40 PM	11:30 AM	11:00 AM	11:05 AM	10:35 AM
8	2:50 PM	1:40 PM	12:05 PM	11:35 AM	11:40 AM	11:05 AM
9	4:15 PM	2:40 PM	1:05 PM	12:10 PM	12:55 PM	11:40 AM
10	5:50 PM	3:45 PM	1:45 PM	1:10 PM	1:35 PM	12:15 PM
11		4:55 PM	2:45 PM	1:50 PM	2:15 PM	12:55 PM
12			3:30 PM	2:30 PM	3:00 PM	1:35 PM
13			4:40 PM	3:35 PM	4:30 PM	2:35 PM
14			5:35 PM	4:25 PM	5:25 PM	3:20 PM
15				5:20 PM		4:10 PM
16						5:05 PM
Close out	3:40 PM	3:30 PM	4:20 PM	4:25 PM	3:50 PM	4:10 PM
Day length	8.66666667	8.5	9.333333	9.416667	8.833333	9.166667
Close out	5:05 PM	4:35 PM	5:30 PM	5:15 PM	5:20 PM	5:00 PM
Day length	10.08333333	9.583333	10.5	10.25	10.333333	10
Close out	6:40 PM	5:45 PM	6:25 PM	6:10 PM	6:15 PM	5:55 PM
Day length	11.66666667	10.75	11.41667	11.16667	11.25	10.91667

This table assumes 20 minute dz operation with a five minute fuel load or delay about every seventy five minutes. Meeting time of 7:00am and closeout of 30 minutes.