

# **Snake River BASE Academy**

*Higher Education for Lower Freefall*

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## **Bridge Day First Jump Course**

The Bridge Day FJC is taught at Bridge Day, during the 3rd week of October, in Fayetteville, West Virginia. The Bridge Day FJC is intended as a more comprehensive introduction to BASE than the standard "Bridge Day Survival" style courses traditionally offered at Bridge Day. In addition to the basic skills needed for a successful Bridge Day experience, such as packing, exits and canopy flight, this course covers BASE history, ethics and culture, as well as malfunction and object avoidance theory. In order to attend this course, students must be registered for Bridge Day (registration is conducted separately).

Upon successful completion of this course, all students will receive a discount coupon good for \$100 off the price of any other course. This is intended to encourage students to pursue a more complete training program at a later date.

## **Syllabus**

### **Day 1:**

#### **Risks of BASE:**

Exercise: Letter to Family

Discussion: Insurance

#### **Exits:**

Video: Lemmings (Will Forshay) Exits

Simulated Exit Practice

Packing: Demonstration and Discussion

Discussion and video: BASE Ethics

Discussion: BASE Community

Discussion and Video: Recognizing skillful BASE jumps

Discussion: BASE History

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**WWW.SNAKERIVERBASE.COM**

PO Box 2493 • Twin Falls, ID 83303 • USA • +1.208.420.2602

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## Day 2:

Packing Practice

Hand Held and Stowed deployment techniques

Video: Lemmings (Will Forshay) Landings

Landing Area Preview

Discussion: Heading Correction and Object Avoidance

Discussion: Flight Patterns

Discussion: Bridge Day Etiquette

Discussion: Bridge Day History

Video Fest

## Day 3:

Final Packing

Discussion: Basic object assessment

Discussion: Understanding weather conditions

Discussion: Jumper Safety Briefing

## Saturday: Bridge Day

Supervised jumping and de-brief.

Course cost includes packing video, packing tools, course reader, log book and t-shirt.

Cost for this instruction is \$350.

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