



20 Back-Fly Exit

Pre-requisites

Prior to learning back-fly exits in the tunnel, you'll need to be comfortable with the following:

- The neutral back-flying position
- Controlling your heading
- Forward and backward movement
- Up and down movement

In the beginning, while you are learning these maneuvers, your instructor will be more hands-on in assisting you to the exit door. Once you can comfortably perform all of the back-flying maneuvers, you'll be able to utilize these skills to fly yourself toward the doorframe and complete the exit procedure with little instructor assistance.

Objectives

The primary objective is to be able to safely and successfully exit the wind tunnel, controlling your back-flying position throughout, with minimal hands-on assistance from the tunnel instructor.

Preparation

You will start in the center of the wind tunnel in a neutral back-flying position. First, using your heading adjustment skills, you will first need to rotate yourself so that your feet are pointed toward the doorway, adjusting your altitude so that you are approximately 2-3 feet above the net (staying low will ensure that when your feet pass the doorframe they do not fall too far down to the floor).

Once you are positioned correctly, adjust your position to fly backwards (feet first) toward the doorframe. When your feet break the plane of the doorway, the lack of airflow will cause your feet to drop down to the door edge. This will begin the rotation of your body from a horizontal position to a vertical position. To finish the exit, you will extend your arms slightly and tilt your head back, creating a "cup" with your upper body area so that lift is created placing you upright. You can use your hands on the doorframe to steady yourself as you stand up.

It is important that the speed of your exit is slow throughout so that you can maintain control at all times.

Technique and Drills

In order to be successful in exiting the wind tunnel with minimal assistance from your instructor, you should aim to do the following:

- Exit the wind tunnel going feet first with your feet landing on the edge of the doorframe.
- When you reach the doorframe ensure you stop the backward movement.
- Once your feet are on the floor at the doorframe, extend your arms to gain lift.
- As you stand up, keep your legs bent and aim to be vertical in a squatting position.
- Once you are vertical at the door, stand up and grasp the doorframe with your hands for stability if necessary



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Post-Flight Questions / Suggestions

- How did your performance match the initial objectives?
- Were you able to maintain control throughout the exit procedure?
- What can you improve on during the next session?
- Do you still require assistance from the instructor for the exit?

What Skill is Next?

Once you are comfortable with your back-flying position, maneuvering yourself, and entering and exiting the tunnel while back flying, the next skill you will learn is the belly-to-back barrel roll transition.

