

Getting into x-country

1st December



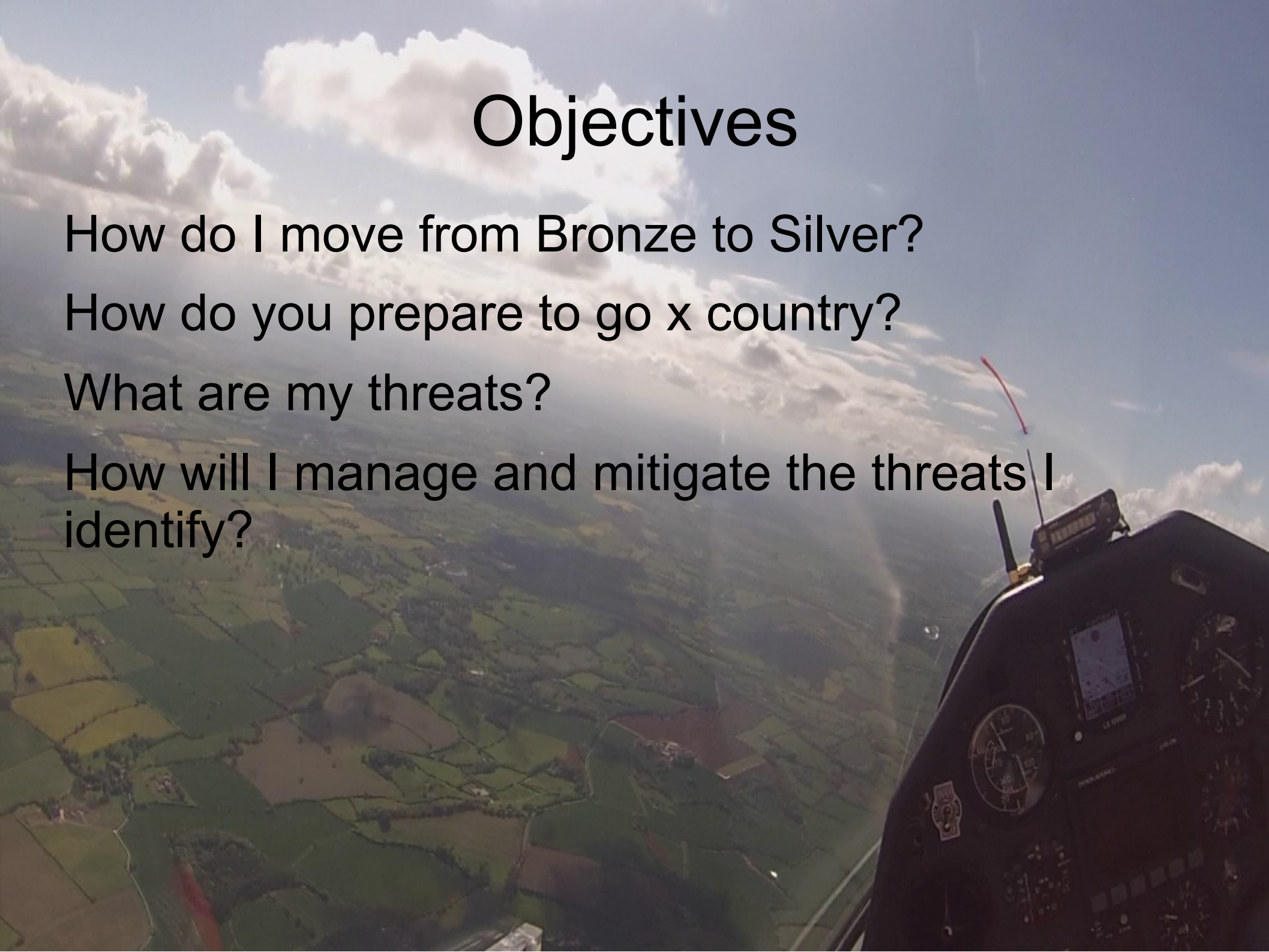
Objectives

How do I move from Bronze to Silver?

How do you prepare to go x country?

What are my threats?

How will I manage and mitigate the threats I identify?







**GOT YOUR DUCKS
IN A ROW??**

Preparation

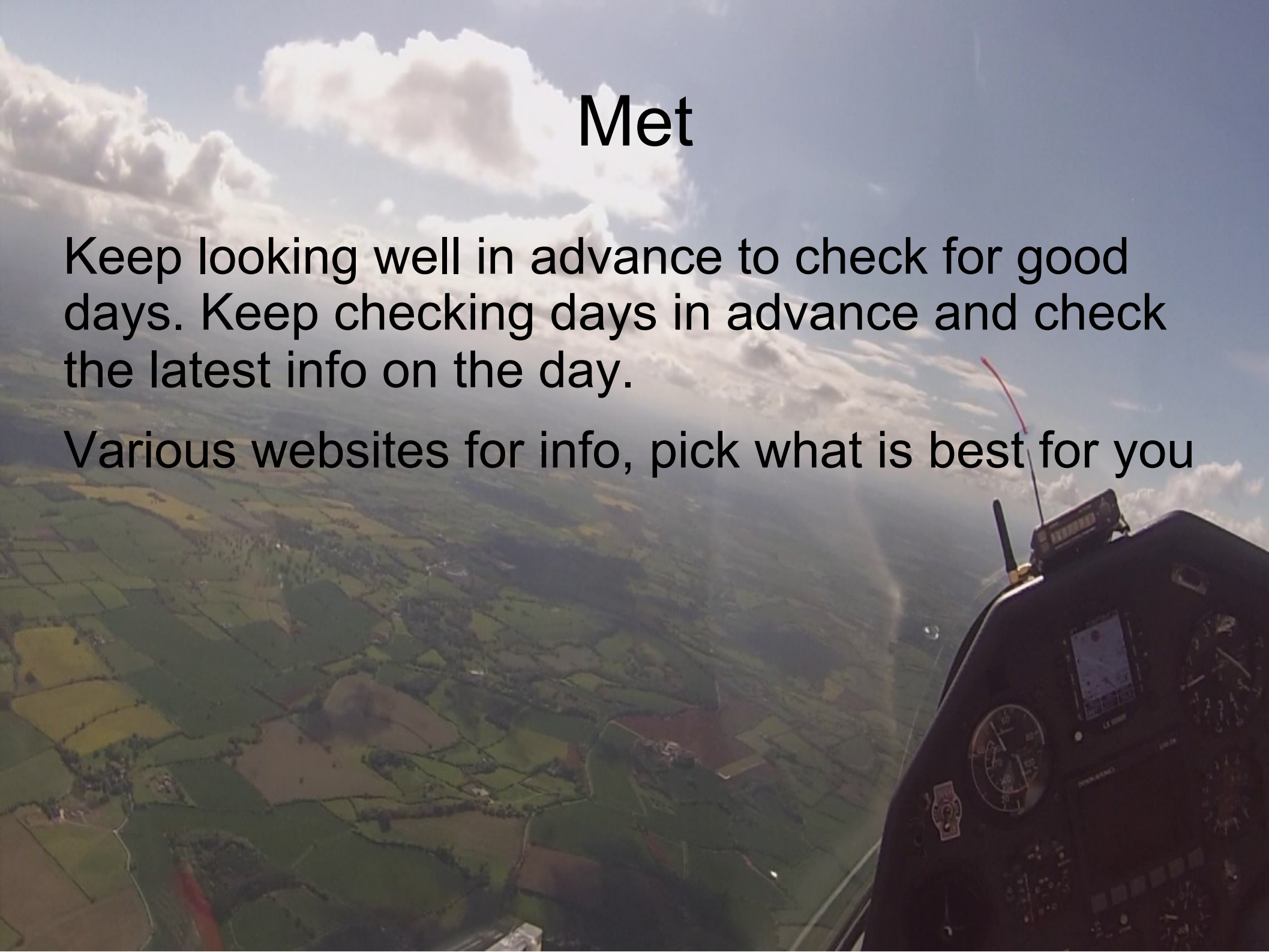
A large amount of the threats can be mitigated by thorough preparation, making notes and practice.



Met

Keep looking well in advance to check for good days. Keep checking days in advance and check the latest info on the day.

Various websites for info, pick what is best for you



Airspace

Notams

Are airways open

Frequencies i.e. Perth and Dundee



Map

- Up to date map
- Folded with task drawn on
- Possible diversion airports
- Landmarks to look out for



Navigation software

Practice using it at home

Set mini tasks to practice going through start line and TP's

Think about what info you want displayed



Trailer



Out landing

Be prepared, phone, contact numbers, crew, what season are fields in



Hydrate and eat



Pee Systems



Get to the club early

- Get your trailer checks done
- Rig early, DI, check all your gadgets and clean your glider
- Have breakfast and check latest met
- Relax and watch sky



Get to know the performance of your glider

Getting to know the performance of your glider is not as easy as you think, it takes a lot of final glides to make a believer of you but fortunately this is something we can practice on just about every flight.







Visualisation

- Mentally play the flight in your head
- Use major landmarks like Perth as a stepping stone and to judge distance and progress
- Now you know how far you can glide mentally work out your next moves
- You know you will feel nervous!



ICL

- Builds confidence
- Like minded people
- Plenty of crews for landouts
- Improves your flying skills and expands your horizons
- If nothing else BBQ and beer!







At the end of the day

Do look at your traces, de-brief by yourself and with other pilots, look at BGA Ladder to see what other people did



Final thoughts

Practice Practice Practice

Set goals on each flight no matter how minor you think they are.....its all learning and its all a piece of the jigsaw

