



SCOTTISH GLIDING CENTRE

Training to Qualified Pilot level

Name Membership No.

The "Sim" column is for **optional** practice on the simulator.

Exercise	Brief	Taught	Sim	Attempts	Satisfactory	
					Initials	Mark 1 to 5

Pre-takeoff ABCD, CBSIFTBEC							
Lookout							
Effect of controls	Elevator						
	Ailerons						
	Rudder						
	Adverse yaw						
Aileron/rudder coordination							
Speed control							
Trimming							
Straight glide and scan cycle							

Turns: co-ordinated, steady airspeed and bank, good lookout							
Maintaining a heading, with steady attitude and speed control, in trim							
Turning onto headings, visually and using compass							
Steep turns (at least 45° bank)							
Sortie planning, situational awareness, local airspace							

Circuit planning	Theory brief						
Normal circuit (& pre-circuit checks)							
Zig-zag circuit							
Circuit modified – too high							
Too low; changed landing area/dirn.							
Flying without altimeter, ASI							
Circuit in a crosswind							

Exercise	Brief	Taught	Sim	Attempts	Satisfactory	
	Initials			Mark 1 to 5	Date	Sign

Airbrake/elevator coordination						
Approach control:	<i>Theory brief</i>					
Demos (<i>tick when done</i>)	Normal:		Undershoot:		Overshoot:	
½- ¾ airbrake, steady airspeed						
Fully held off landing						
Precision landing in defined area						
Approach through wind gradient						
Crosswind approach and landing						

Winch launching	<i>BGA safe winching info and quiz</i>					
Correct launch profile & speed control, drift correction						
Launch failure recovery, at height						
Launch failure – land ahead						
Launch failure – no room ahead						
Ultra-low cable break			<i>Demo only</i>			
Gradual winch power failure						
Too fast signal/abandon launch						
Crosswind takeoff						

Aerotowing	<i>BGA safe aerotowing info</i>					
Normal tow, inc. eventualities						
Ground roll and takeoff						
Recovery: out of position high/low						
Recovery: out of position laterally						
Recovery: divergent situation						
Low tow						
Aerotow signals & tug comms						
Launch failures (in motor glider)						
Crosswind takeoff						

Exercise	Brief	Taught	Sim	Attempts	Satisfactory	
	Initials			Mark 1 to 5	Date	Sign

Stalling	Theory brief					
HASSLL checks						
Slow flight and stall warnings: attitude, reducing airspeed, changing airflow noise, changing effects of controls, buffet, stick position						
Stall symptoms:						
Lack of effect of elevator						
Nose drop						
Mushing - no nose drop						
Steep stall						
Stall with wing drop						
Stall speed increasing in a turn						
High speed stall						
Reduced 'G' not always symptom						

Spinning	Theory brief					
Spin and recovery from under-banked, over-ruddered turn						
Spiral dive and recovery						
Changing effect of rudder at stall						
Spin off steep or thermal turn						
Spin off simulated winch launch failure (at height only)						
Spin avoidance; flight at critically low airspeed when level or turning						

The student must be able to recognise and recover from both spin and spiral dive. After that, concentrate on spin avoidance, by taking the aircraft to spin departure and recovering immediately (from the wing-drop stall), whilst noting handling habits to avoid, and correct handling to use. This can be done even in an aircraft that won't readily spin.

First solo						
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Exercise	Brief	Satisfactory	
	Initials	Date	Sign

Field selection and landing	Theory brief		
Field selection: understanding of criteria, selection of suitable field			
Field landing, using motorglider: pre-circuit check, good circuit with accurate handling (usually clear by final turn if safe landing is possible)			

Navigation	Theory brief		
NOTAMs (obtaining, understanding) and Weather briefing			
Full understanding of ½ mill chart and airspace			
Understanding of BGA turning points and badge rules			
Task planning using chart and moving map (competent with each)			
Navigation using chart and moving map device (competent with each)			
Uncertain of position or lost procedures			
Use of radio			

Qualification Prerequisites

Pre-solo essentials: <ul style="list-style-type: none"> • Medical req., age 14+, at least one launch method signed off • SGC pre-solo theory paper • Ground handling card complete 		
For Bronze: <ul style="list-style-type: none"> • 20 solo flights + 10 hrs total flying, or 50 solos • Bronze theory paper • Bronze general skills test (GST) 		
For Cross country endorsement (CCE): <ul style="list-style-type: none"> • Bronze completed and age 16+ • 1 hour solo flight • CCE test covering field selection/landing and navigation 		
Completed card handed in to SGC office		

Solo pilots may also work on exercises on the blue "post solo and/or post qualified" card.

Early trainee attempts at exercises will be with a specific pre-flight brief. Exercise is satisfactory when trainee can cope with an unexpected situation.

*Some exercises will be completed **after** first solo, at instructor's discretion.*