

ADVANCED TRAINING SYLLABUS

Name: _____

Affiliate: _____

	Brief	Comp	Date		Brief	Comp	Date
BADGE FLYING				AEROBATICS			
- Sporting code				- Rules			
- Task selection				- Glider limitations			
- Planning & map preparation				- Human G tolerance			
- Declaration				- Glider preparation			
- Barographs & cameras				- Unusual attitudes / recovery			
- 2 hour flight				- Wingover			
- 3 hour flight				- Chandelle			
- 4 hour flight				- Loop			
- 50 km cross-country (x/c)				- Stall turn			
- 100 km x/c task				- Half roll			
- 200 km x/c task				- Barrel roll			
- Height gains				- Inverted flight			
CONTEST FLYING				- Sequences			
- Crewing				DISPLAY FLYING			
- Race tuning / ballasting				- Rules			
- Gridding and launch				- Fitness / attitude			
- Start procedures / tactics				- Site/sequence planning			
- Navigation / deviations				- Energy management			
- Turnpoints				- Low level clearance			
- Decision making / risks				INSTRUMENT FLYING			
- Competition finishes				- Rules / airspace			
- Heat stress / dehydration				- Inst theory / limits / failures			
- Fatigue				- Scanning / S&L / turns			
HI ALTITUDE SOARING				- Human balance system			
- Conditions for wave				- Leans & disorientation			
- Launch in wave conditions				- Unusual attitude recovery			
- Soaring rotor				- Emergency descent			
- Crossing waves				- Spin / spiral dive			
- Cloud formations / gaps				- Icing / turbulence			
- IAS/TAS/flutter/turbulence				FUNCTIONAL CHK FLTS			
- Airspace				- Pre-flight preparation			
- Navigation				- Flight manoeuvres			
- Hypoxia / hyperventilation				- Post flight reporting			
- Oxygen systems				MULTIPLE TOWING			
- Effects of reduced pressure				- Performance requirements			
- Cold stress / hunger stress				- Briefing / set up / signals			
- Vision				- T/O initial tow position			
- Cold soak considerations				- High / low position on tow			
- Carriage of passengers				- Release			
FORMATION FLYING				- Non-normal situations			
- Rules / briefings				- Cleared for short rope			
- Station keeping				- Cleared for long rope			
- Changing station							