

RETURN TO FLYING

THIS WILL BE A TRAINING FLIGHT WITH AN INSTRUCTOR THAT CAN COUNT TOWARDS YOUR SEP RATING REVALIDATION BY EXPERIENCE

WE WILL BE FLYING IN A SMALL COCKPIT SO WE MUST ALL MAKE SURE THAT
WE ARE FIT AND SAFE TO FLY IN A MULTI PILOT ENVIRONMENT
I.M.S.A.F.E....C

- I. ILLNES? Do I feel well?
- M. MEDICATION? Am I on medication?
- S. SLEEP? Have I had enough Sleep to perform well?
- A. ALCOHOL? How much did you have the night before?
- F. FATIGUE? Have you just completed 5 night shifts?
- E. EMOTION? Are you suffering from a domestic issue?
- C. COVID? Have you been asked to self isolate? Do you have a temperature? Have you been asked to take a test?

IF YOU ARE UNSURE ABOUT ANY OF THE TOPICS ABOVE PLEASE DO NOT ARRIVE AT THE AIRFIELD

- **PLEASE USE A MASK AND GLOVES AND WASH YOUR HANDS REGULARLY**
- **FLYING INSTRUCTORS WILL BE WEARING MASKS FACE SHIELDS AND GLOVES**
- **PLEASE WIPE THE COCKPIT DOWN BEFORE AND AFTER FLYING**
- **PLEASE FOLLOW THE SPECIFIC COVID RULES AROUND THE AIRFIELD**

THE FLIGHT

- SOME WILL NOT HAVE FLOWN FOR SOME TIME
- WE WILL CHECK YOUR LICENCE RATING MEDICAL AND LOGBOOK (IF YOU HAVE EXTENDED YOUR SEP OR MEDICAL MAKE SURE YOU HAVE THE RELEVANT PAPERWORK)
- WE WILL COVER GENERAL HANDLING SAFETY AND EMERGENCY PROCEDURES
- WE WILL COVER AT LEAST 3 LANDINGS IN DIFFERENT CONFIGURATIONS

WANT BRIEF

- W. WEATHER. IS IT SUITABLE? DESTINATION ALTERNATE AND RETURN INTO OUR DEPARTURE AERODROME.
- A. AIRCRAFT. ARE THE DOCUMENTS UP TO DATE. IS IT AIRWORTHY. ARE THERE ANY DEFECTS. W&B. PERFORMANCE.
- N. NOTAMS. ALL CHECKED. PPR AND SELF BRIEF FOR DESTINATION COMPLETED.
- T. THREATS. WHAT ARE TODAY'S BIGGEST THREATS AND HOW DO WE MITIGATE ALL THREATS AND ERRORS.

THE AIM OF THE TRAINING FLIGHT IS TO GET YOUR RECENCY BACK AS WELL AS IMPROVING KNOWLEDGE SKILL AND CONFIDENCE

- THREAT/ERROR MANAGEMENT INCLUDING AIRMANSHIP:
- GOOD LOOKOUT. LISTEN OUT. ASK QUESTIONS. NAVIGATION IN THE LOCAL FLYING AREA.
- COMMON SENSE AND COURTESY IN THE AIR. STANDARD RT.

THE FLIGHT EXERCISES THAT YOU MAY BE ASKED TO DEMONSTRATE

- DEPARTURE TO THE LOCAL FLYING AREA
- STALLS AND STANDARD RECOVERIES IN DIFFERENT CONFIGURATIONS
- MEDIUM LEVEL TURNS
- STEEP TURNS
- RECOVERY FROM UNUSUAL ATTITUDES INCLUDING SPIRAL DESCENT
- I.F (ONLY IF IR RATED)
- STANDARD ARRIVAL INTO THE CIRCUIT
- CIRCUITS IN DIFFERENT LANDING CONFIGURATIONS INCLUDING A GO AROUND FROM FULL FLAP

EMERGENCIES

- PFL AND ASSOCIATED PROCEDURES
- EFATO
- GLIDE APPROACH
- RTO

CHECKLISTS YOU SHOULD BE FAMILIAR WITH

- ALL AIRBORNE CHECKS SHOULD BE MEMORY ITEMS
- F.R.E.D.A
- H.A.S.E.L.L.
- B.U.M.P.F.I.T.C.H.H.L (OR A/C CHECKLIST)
- R.B.G (FOR COMPLEX TYPE)