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1. SOLO PILOT

Name _____

Self-Prepared	Reviewed	Date	Completed	Date
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Self-Preparation

- Logbook and Training Record
- Airfield and Safety Rules
- Glider Familiarisation
- Ground Handling + Retrieving
- Launch Point Procedures
- Human Factors 1: I'M SAFE
- Join a Club Roster

Aircraft Handling

- Taking Control / Handing Back Control
- Effects of Controls (All)
- Cockpit Check Lists
- Lookout, Scanning + Collision Avoidance
- Straight Flight, Use of Trimmer
- Coordinated 90° Turn, 30° Bank

Circuit and Landing

- Circuit - Standard Pattern
- Circuit - Steady Speed (Target ±5 kts)
- Approach Control, Aiming Point
- Roundout and Smooth Touchdown
- Circuit Too Close In / Cramped
- Circuit Too Far Out
- Circuit Started Too High
- Running Out of Height in Circuit
- No-Instrument Flight and Landing
- Baulked Approach
- Balloon / Bounce Recovery

Minimum Speed, Unusual Attitude

- Basic Stall Recognition, Wings Level
- Effect of Turning + Brakes on Stall Speed
- Safe Speed Near the Ground
- Wing Drop Stall and Recovery
- Demonstration of a 1-Turn Spin
- Spiral Dive vs Spin

Launch (one method required for solo)

- Competent at Aerotow Launch
- Launch Signals - Aerotow
- Launch Failure Exercises - Aerotow
- Competent at Winch Launch
- Launch Signals - Winch
- Launch Failure Exercises - Winch

Almost There

- Demo Crosswind Launch/Land
- Medical Declaration
- 10 Oral Questions Answered

First Solo Flight