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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