




ATTITUDE 4 ALTITUDE  
COVID – 19, LEVEL 3  
ADVANCED  
CROSS-COUNTRY TRAINING

*STUDENT NOTES*  
*COURSE DESCRIPTION 2020*

Post lockdown pre-flight considerations  
Human performance/COVID-19  
Equipment  
Ground Handling  
Progressive Piloting Skills  
Assessment

ATTITUDE 4 ALTITUDE Advanced Cross Country 2020	ATO: SAHPA	
Chief Instructor: Tracey King 027 2210675	Effective date	10 June 2020
	Revision	Original

## 1. PREAMBLE

The purpose of this document is to outline the procedures to be followed for the further training of licenced PG pilots during COVID-19 level 3 lockdown. This document defines training requirements and exercises for this purpose.

This document shall be used in conjunction with the COVID-19 guidelines and SAHPA ATO protocols as already set out.

## 2. OBJECTIVES

The purpose of Progression training is to safely re-introduce pilots who have been grounded due to COVID-19 to the skills needed to be safely fly PG pilots once again. The training objectives outlined herein are to extend the knowledgbase of PG Sports licensed pilots.


## 3. TRAINING

### 3.1 **Post lockdown COVID-19 pre-flight elements and considerations.**

- Guarding against over-enthusiasm, mental preparedness and identifying human factors relating to COVID-19 and PTSD
- Revise all equipment checks and possible damage due long storage of equipment.
- Ground handling, revise forward and reverse launch, control and depowering of glider.

### 3.2 **Progression training elements and tasks**

- Safety as a performance base
- Decision making essentials
- Recognising bias
- mental preparedness
- Managing stress in flight
- Managing gaggles
- In-flight route selection
- Thermal optimising
- Speed-to-fly
- Safety and speed
- Turn-points
- Flying into wind
- Mental fortitude
- Manging fear in-flight
- Thermal optimisation

ATTITUDE 4 ALTITUDE Advanced Cross Country 2020	ATO: SAHPA	
Chief Instructor: Tracey King 027 2210675	Effective date	10 June 2020
	Revision	Original


### 3.2.2 Tasks to complete for Cross Country Course

- 25km, 50km, 100km FAI triangles
- 50km, 100km Out & return speed run
- 1hr, 3hr, 5hr Duration
- 25km/h closed course speed run over 50+km course
- Attend 75% of online training seminars

4. PILOT TRAINING RECORD. \*See attached form:

5. HEALTH AND SAFETY

All candidates and facilitators to exercise strict adherence to COVID-19 recommendations for social distancing and PPE. Stay vigilant about 1.5-2m rule, gathering of groups of pilots at take-off and retrieval vehicles.

ATTITUDE 4 ALTITUDE Advanced Cross Country 2020	ATO: SAHPA	
Chief Instructor: Tracey King 027 2210675	Effective date	10 June 2020
	Revision	Original

#### 6. PILOT TRAINING RECORD

Tasked Manoeuvres	Completed		Date
	YES	NO	
25km FAI triangle	YES	NO	
50km FAI triangle	YES	NO	
100km FAI triangle	YES	NO	
50km O&R	YES	NO	
100km O&R	YES	NO	
1hr Duration	YES	NO	
3 hr Duration	YES	NO	
5 hr Duration	YES	NO	
25km/h closed course speed run over 50+km course	YES	NO	
Attend 75% of Online Training Seminars	YES	NO	

#### 7. COMMENTS

--

#### 8. CANDIDATE DETAILS

Pilot name		Facilitator name	
Signature		Signature	
Licence number		Licence number	
Date		Date	