




# ATTITUDE 4 ALTITUDE COVID – 19, LEVEL 3 PROGRESSION 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 Progression Training 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 Basic Licenced PG pilots during COVID-19 level 3 lockdown and beyond. 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 reintroduce pilots whom have been grounded due to COVID-19 to the skills needed to be competent PG pilots once again. The training objectives outlined herein are marginally more advanced than basic PG licence requirements but not to the point that requires a sport licence.


## 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**

- Mental Preparedness before launch, situational awareness and focus on the task at hand.
- Discuss techniques to reduce workload and stress during flight.
- Introduction into cross-country strategy and route planning
- Thermal optimisation.
- Flying at optimum speeds, to be completed in various tasks

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### 3.2.2 Tasks to complete for Progression course

- 5 precision top landings / spot landing
- 5 spot landings at base LZ
- Prolonged Ridge soaring, duration of 45 minutes or longer
- Bambi Flying site: 20km FAI triangle land back at start
- Eagles Nest site: 15km out and return flight
- High wind launching
- Climb to cloud base / Airspace limit
- Launch during thermic conditions
- Cross wind landing
- Cruising at minimum sink, best glide, max speed
- 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 as instructed by SAHPA. Screening form to be submitted each and every time BEFORE any practical flying may commence.

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## 6. PILOT TRAINING RECORD

Tasked Manoeuvres	Completed		Date
	YES	NO	
5 precision top landings / spot landing	YES	NO	
5 spot landings at base LZ	YES	NO	
Prolonged Ridge soaring, 45 minutes or longer	YES	NO	
Bambi site, 20km FAI triangle land back at start	YES	NO	
Eagles Nest site 15km out and return flight	YES	NO	
Climb to cloud base or airspace ceiling	YES	NO	
High wind launching	YES	NO	
Launch during thermic conditions	YES	NO	
Cross wind landing	YES	NO	
Cruising at minimum sink, best glide, max speed	YES	NO	
Online training attended	>75%	<75%	

## 7. COMMENTS

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## 8. CANDIDATE DETAILS

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