

MANDATORY SAFETY NOTES

Your trial lesson

You will fly in a dual control two-seat training glider with a British Gliding Association rated instructor. As well as looking after your safety all our instructors are keen that you should enjoy your lesson, but please note that this is not a passenger flight.

Please read these notes AND SIGN THEM BEFORE YOUR LESSON BEGINS

Age ranges

Anyone under 18 years old will require the written consent of a parent or guardian. Children under 16 must be accompanied by a parent or guardian while at the airfield. Children over 12 years old will be able to fly at the discretion of the instructor conducting the lesson. Children under twelve years old are unlikely to be within the height and weight limits and will usually not be mature enough to benefit from the trial lesson. There is no upper age limit.

Sizes and weights

If you are heavier than 16st (224lb, 101kg), you will not be able to fly in our gliders as most gliders have a weight limit for each seat. The pilot's weight must include the weight of a parachute (15 lb or 7 kg). If you weigh more than 101kg or 224lbs then you cannot fly in a glider. People over 6' 4" (193cm) may not be able to fly in our gliders. The lower weight limit is approximately 44kg (7 stone or 98 pounds). The minimum height for pupils is approximately five feet (152 cm).

Medical declaration

I hereby declare that I have never suffered from any of the following, which I understand may lead to a dangerous situation in flight:

Epilepsy, fits, severe head injury, recurrent fainting, giddiness or blackouts, unusually high blood pressure, a coronary. I am not taking insulin regularly for the control of diabetes. I understand that minor illnesses, inoculations, drugs or the donation of blood may make me temporarily unfit unless I am in a normal state of health. I also declare that I will bring to the attention of my Instructor any medical condition which could cause an adverse effect during flight.

I understand that it is my responsibility to inform the Club if any change occurs which affects this declaration of fitness.

Alcohol

1. You must have consumed NO alcohol in the 8 hours before your flight.
2. You must not have consumed more than 5 units of alcohol in the 12 hours before your flight. (One unit of alcohol is a half pint of regular beer or lager, a single measure (25ml) of spirits, or a small glass of wine, or a small glass of "alcopop" such as Smirnoff Ice, Bacardi Breezer.)

General Notes

Aircraft are allowed to use any part of the airfield at any time for take-offs and landings. They fly almost silently and so you may not hear them coming. Therefore do not cross any part of the airfield without authorisation (and this will mean that a club member escorting you).

The lesson

Do not touch any gliders or aircraft unless authorised

Stay away from towing aircraft. Propellers can kill

- Do not go anywhere near a powered aircraft, even when the engine is not running
- You are not allowed to smoke near aircraft (this includes gliders)
- Do not stand near a glider about to launch
- Enter and leave the glider only when instructed. Your instructor will make sure that it is safe for you to do so and will show you where you can safely put your hands and feet
- In flight do not touch any controls or switches until advised to do so. You will only be able to take control of the glider in flight under the guidance of your instructor.