British Hang Gliding and Paragliding Association Ltd

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www.bhpa.co.uk

THIS STUDENT TRAINING RECORD IS THE PROPERTY OF THE BHPA AND MUST BE RETAINED BY THE SCHOOL

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READ THIS

Paragliding is a form of aviation, with all of the inherent and potential dangers that are involved in aviation. No form of aviation is without risk, and injuries and death can and do occur in paragliding, even to trained pilots using proper equipment. No claim is made or implied that all sources of potential danger to the pilot have or can be identified. No one should participate in paragliding who does not recognise and wish to personally assume the associated risks.

What is this Student Training Record?

This book details all the exercises which make up the training programme that you are following. Your Instructor and you must use it to record your progress both in the main section and in the log section at the back. You should also use it to ensure that you fully understand each new exercise before it is attempted.

Your Student Training Record will be retained by your school.

ELEMENTARY STAGE Paragliding (Hill)

The exercises are arranged in sequential order (except the theory subjects in Phase 5, which may be tackled at any time). Ensure that each section is signed off before progressing to the next. The Instructor and student should read each objective carefully, and be certain that the exercise has been completed in full before signing that it has been achieved.

In certain circumstances environmental constraints may make it impossible to progressively increase height/turns exactly as indicated in the text. In such situations the Instructor may exercise reasonable judgement in accordance with the advice contained in the Instructor's Notes. These stress the need for height/turn increases to be progressive, and that extra consolidation flying is required if height/turn increases are to be larger than those indicated.

Phase 1: Ground training

Objective: The student should have a basic understanding of the sport and its risks, a basic understanding of the equipment and the site environment, and understand how to avoid/minimise injury as a result of a mishap. The student must also complete the mandatory administration steps.

- Introductory talk school and Instructors risk warning student's health/medical conditions clothing/lootwear - the BHPA - the Pilot Rating Scheme.
- Site assessment briefing site and any site hazards airflow and airflow hazards weather assessment.
- Introduction to canopy and equipment parts and functions of canopy, harness, helmet

 how an aerofoil creates lift daily inspections explained, demonstrated, practised and understood.
- Avoiding/minimising injury safety techniques discussed, including landing training. Landing training (basic PLFs) should be demonstrated and practised to a reasonable degree of competence and understanding.

The four ground training exercises above have been completed satisfactorily
Instructor's signature Student's signature Date

Phase 2: Ground handling

Objective: Through ground-based activity the student should achieve a reasonable and consistent level of competence at preparing the equipment for flight; inflating the canopy; running with it whilst looking ahead; maintaining direction; flaring and collapsing the canopy.

- Briefing pre-flight checks importance of taking off and landing into wind airspeed control flare/stall.
- 6. Preparation putting on the helmet and harness canopy layout pre-flight checks.
- Inflation take-offs practised to stage of running with an inflated canopy (forward/reverse
 inflation method as appropriate to the conditions) looking ahead flare collapsing the
 canopy post-'flight' control and moving of the canopy.
- Directional control how the controls work for directional control initiating turns lookout and looking ahead.

The four exercises above have been completed satisfactorily

Instructor's signature

Student's signature

Date

Phase 3: First hops

Objective: The student should combine the skills practised on the ground in Phase 2 to make straight ground-skimming flights (typically less than 5m/15ft ground clearance).

9. Getting airborne

The student should reach a reasonable and consistent level of competence at taking-off, maintaining the correct in flight control position for good airspeed, the landing flare/landing, and post-landing control of the canopy.

Exercise 9 completed satisfactorily

Instructor's signature

Student's signature

Date

Phase 4: Flight exercises		 Flights (iii) - Completing sim The student should reach a re 	nple flight plans rasonable and consistent level of co	mnotores and soul door
Objective: The student should be capable of acting as pilot-in-command at the Eler	mentary level.	when making flights with a fur	ther increased ground clearance. Fli	ahts should involve
These exercises MUST be completed in the order listed.		controlled landings within a de	90° or more with good lookout, good fined area.	I airspeed control and
10. Eventualities briefing - the need to prepare, before take-off, plans to deal with the	he unexpected.	The student should be briefed	on turns and the need for lookout.	At least 4 successful flights
 Commands and communications briefing - this must include signal bats, rad appropriate. 	dio, etc., as	must be made. Any increases Dates and number of flights.	in altitude must be progressive.	
12. Responsibilities briefing - from this point the student becomes the 'pilot-in-cor will be in a position to determine the course of the flight. The student must clear their level of responsibility for the safe conduct of any flight and be confident of undertake this step.	rly understand	Flights altempted / / Successful flights / /		
The three briefings above have been completed and understood		Exercise 15 completed satisfa		
Instructor's signature Student's signature Date		Instructor's signature	Student's signature	Date
Flights (i) - Maintaining course and airspeed The student should reach a reasonable and consistent level of competence and flying at a increased ground clearance (maximum 15m/50ft) and in making the consistence.	directional	Phase 5: Theory ar	nd examination	
control corrections required to maintain a straight course. At least 4 successful f achieved. Direct communication from the Instructor must be available.	flights must be		ins, talks and personal study the stu	dent should achieve the
Dates and number of flights:	_		Instructor's signature	Date
Flights attempted / / / / / / / / /		16. Meteorology		
Successful flights / / / / / / / / /		17. Principles of flight		
Exercise 13 completed satisfactorily		18. Rules of the air and air law		
Instructor's signature Student's signature Date		 Elementary stage examinatio discussed. 	n completed and all incorrect answer	ers de-briefed and
14. Flights (ii) - Introducing turns The student should reach a reasonable and consistent level of competence and whilst flying with a greater ground clearance (maximum 30m/100ft), maintaining airspeed control and making gentle turns. The student should be briefed on turn to avoid low turns and the need for lookout. The turns should be of no more than	good ns, the need	Instructor's signature	Student's signature	Date
less than 45° from directly into wind). Direct communication from the Instructor s available. At least 4 successful flights must be made.	should be	Final assessment of	of Elementary Stage	
Dates and number of flights:		20. I have checked that the training	detailed above has been complete	d and confirm that, to
Flights attempted/ / / / / / / /		standard of airmanship required	student has the right attitude to flyir d to continue training in this disciplin	ig and has reached the ie.
Successful flights / / / / / / / / / / / / / / / / / / /		Instructor's signature		Date
Exercise 14 completed satisfactorily Instructor's signature Student's signature Date		CONTRACTOR STATE OF THE STATE O		

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Paragliding Elementary Stage examination - Answers

To be completed only during invigilated examination. Place a 'X' in the box next to your chosen answer.

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	18		PASS / FAIL	

CLUB PILOT (NOVICE) STAGE Paragliding (Hill)

Before undertaking these exercises the student must have successfully completed the BHPA Elementary Stage Paragliding (Hill). Check flight/s may be required in circumstances where there has been a significant interruption in the training programme or a significant change of environment.

Whilst these exercises are laid out in a logical sequence, the Instructor may vary the order to suit site and weather opportunities. The Instructor and student should read each objective carefully, and be certain that the exercise has been completed in full before signing that it has been achieved.

In certain circumstances environmental constraints may make it impossible to progressively increase height/turns exactly as indicated in the text. In such situations the Instructor may exercise reasonable judgement in accordance with the advice contained in the Instructor's Notes. These stress the need for height/turn increases to be progressive, and that extra consolidation flying is required if height/turn increases are to be larger than those indicated.

Phase 6: Pre-soaring Objective: The student should be ready to attempt soaring flight. 21. Theory The student should have a refreshed and expanded understanding of site assessment (including hazards, turbulence and rotor), weather assessment (including wind strength measurement, wind gradients and venturi effect), flight planning (including the importance of building in options), Rules of the Air, ridge protocols, airflow around ridges, lift bands, soaring patterns, all turns away from the hill, the need to keep a good lookout. Exercise 21 completed satisfactorily Instructor's signature Student's signature Date 22. 180° turns The student should reach a reasonable and consistent level of competence at flights involving unassisted launches and controlled turns of up to and beyond 180°. Instructor supervision to be advisory in nature (briefings and de-briefings). Exercise 22 completed satisfactorily Instructor's signature Student's signature Date

Continued

at least 4 times. Ter Instructor supervision	on to	be adv	ould inclu isory in n	ide the ' ature (b	consta riefing:	nt aspe s and d	ct app e-brief	roach' ings).	and 'S'	turns	š.
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25	The student should gain a full usuch that he is fully ready to att suitability, fastest beat evaluation abort/overshooting option, post-	empt the exercise practically. on (wind direction), positioning.	This briefing will include: site
	If a suitable combination of fact should also complete this exerc	ors (site and weather, etc.) is a	_
	Top landing theory completed:	_ F _ T	
	Top landing practical completed	f: Yes - number completed;	No (tick)
	Exercise 25 completed satisfac	torily	
	Instructor's signature	Student's signature	Date
26.	Flying with others The sludent should reach a reasothers, showing a good awarene	sonable and consistent level of ess of other craft and their cha	competence at flying with racteristics.
	This exercise must be strictly co The briefing must include checking and wake vortices.	ntrolled with new elements and ing the student's level of under	d aircraft introduced gradually. estanding of collision avoidance
	Exercise 26 completed satisfac	torily	
	Instructor's signature	Student's signature	Date

Phase 8: Improving skills 27. Ground Handling The student should reach a reasonable and consistent level of competence at ground handling in winds from 5mph to 16mph. This should include setting out the canopy, inflating (forward and reverse), controlling above the head, collapsing and making safe. Students should also be aware of the dangers of ground handling and know techniques to de-power the canopy when it gets out of control, both as the pilot and as a fellow pilot. Light wind ground handling competency achieved: Soarable wind ground handling competency achieved: Exercise 27 completed satisfactorily Instructor's signature . Student's signature Date 28. Exploring the speed range The student should be competent and confident at using the paraglider's normally used speed range. They should also understand the hazards associated with fast and slow flight, and be familiar with recognising the symptoms of a stall. The student should also have a basic understanding of the speed to fly concept. Approaching the stall and deliberate stalls must be avoided (other than during ground handling). Exercise 28 completed satisfactorily Instructor's signature Student's signature Date 29. Accelerator systems The student should understand the uses and limitations of accelerator systems (and trim setting devices) and be proficient and confident at using an accelerator system. This exercise should include a warning about inappropriate use of accelerators to attempt to fly in strong conditions and a risk warning covering the effects of turbulence on accelerated wings. Exercise 29 completed satisfactorily Instructor's signature Student's signature Date 30. Forward launching

The student should reach a reasonable and consistent level of competence at forward launch techniques, with good control throughout,

Exercise 30 completed satisfactorily

Instructor's signature

Student's signature

Date

Continued

Ground handling outside the school for CP students

Good ground-handling skills are a fundamental part of paragliding. In order to allow suitably experienced students to maintain and improve their ground handling skills when there are unavoidable breaks in training, the following declarations must be completed and followed.

DECLARATION BY CFI

The student has completed the Elementary Stage and CP Exercise 27 has been satisfactorily completed and signed off.

Drag back actions (theoretical) have been briefed and

To the best of my knowledge, this student has the right attitude and has reached the standard of airmanship required to carry out Ground Handling practice outside the school

CFI's signature:

Date:

DECLARATION BY STUDENT

I understand that I may now practice Ground Handling skills outside the School under the following conditions:

- · A helmet must be worn at all times and all equipment worn properly.
- · Ground handling (GH) must take place on flat ground or in an area where normal flight is impossible.
- · The ground handling must be done so as not to endanger other people or livestock, in an area suitably clear of hazards and obstructions, especially downwind.
- · Landowner permission (where appropriate) should be sought.
- · Ground Handling must only be carried out in winds of less than 15mph (anemometer should be used).

I understand that I am not authorised to fly outside the school.

I accept the risk of GH practice without the instructor present and I agree to abide by the conditions set out.

Student's signature:

Date

Ground handling checklist to be retained by student

Student may now practice Ground Handling skills outside the School under the following conditions:

- A helmet must be worn at all times and all equipment worn properly.
- · Ground handling (GH) must take place on flat ground or in an area where normal flight is impossible.
- The ground handling must be done so as not to endanger other people or livestock, in an area suitably clear of hazards. and obstructions, especially downwind.
- · Landowner permission (where appropriate) should be sought.
- · Ground Handling must only be carried out in winds of less than 15mph (anemometer should be used).

Student is not authorised to fly outside the school.

Student accepts the risk of GH practice without the instructor present and agrees to abide by the conditions set out.

Intentionally blank

Exercise 31 completed sati	sfactorily	
Instructor's signature	Student's signature	Date
32. Weight shift and pitch-rol The student should reach a shift and pitch-roll co-ordina	reasonable and consistent level of	competence at using weight
Exercise 32 completed sati	sfactorily	
Instructor's signature	Student's signature	Date
33. Slope landings (theoretics The student should gain a f such that he knows when a the exercise practically. This obstacles), fastest beat eva	ull understanding of all the factors in nd how this technique might be used s briefing will include: site suitability luation, positioning, lookout, crabbin	f and is fully ready to attempt (hill shape, rocks and other g approach, abort/overshootin
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33. Slope landings (theoretics The student should gain a f such that he knows when a the exercise practically. This obstacles), fastest beat eva option, canopy control and j on sloping ground with mod If a suitable combination of should also complete this e	ull understanding of all the factors in nd how this technique might be used a briefing will include: site suitability luation, positioning, lookout, crabbin-post-landing canopy control. The profern canopy speeds should be highlightactors (site and weather, etc.) is avaretise practically. eted:/ / pleted: Yes = number completed:	d and is fully ready to attempt (hill shape, rocks and other g approach, abort/overshootin blems and hazards of landing ghted. allable, then the student

Phase 9: Instability and emergencies

Objective: The student should understand techniques to recover controlled flight and be aware of techniques and procedures used during emergencies.

34. Theory

Emergencies: the student should understand water and tree landing procedures - PLFs - use of emergency parachute systems - uses and limitations of alternative control techniques such as weight shift and rear riser steering in the event of control line failure.

Instability: the student should understand recovery techniques for collapses, stalls, spins and spirals - paraglider certification - BHPA recommendations on pilot skill level requirements.

Exercise 34 completed satisfactorily

Instructor's signature

Student's signature

Date

35. Active flying

The student should demonstrate a good understanding of the concepts of active flying and coping with turbulence. Minor pitch oscillations should be induced and then stabilised. This exercise must be carried out at an appropriate altitude in smooth conditions and with effective communication.

Exercise 35 completed satisfactorily

Instructor's signature

Student's signature

Date

36. Rapid descent techniques

The student should reach a reasonable and consistent level of competence at using the 'big-ears' rapid descent technique and should understand its uses and limitations. This should include closing the tip cells on one side at a time, weight shift steering whilst in the big-ears mode, and safe exiting - no pumping! This exercise must be carried out at an appropriate altitude in smooth conditions and with effective communication.

Exercise 36 completed satisfactorily

Instructor's signature

Student's signature

Date

37. Dealing with an asymmetric tuck

The student should reach a reasonable and consistent level of competence at dealing with and recovering from an asymmetric tuck of more than 15% and less than 35%. This size of tuck is effectively one 'big-ears' and the exercise should be conducted on that basis. Initial training should be carried out on the ground first. This exercise must be carried out at an appropriate altitude in smooth conditions and with effective communication.

Exercise 37 completed satisfactorily

Instructor's signature

Student's signature

Date

Page 14

Phase 10: Theory and examination

	Instructor's signature	Date
38. Meteorology		
39. Principles of flight		
40. Rules of the air and air la	w	
canopy and equipment - the	vledge - the hazards of flying alone - urrency, etc.) - flying abroad - repairs e PRS - the need to join a recreation	and periodic inspections of
the limitations of the Club F	Pilot (Novice) rating and the routes to Instructor's signature	progress to "Pilot". Date
the inhitations of the Club F	Pilot (Novice) rating and the routes to	progress to "Pilot". Date
42. Club Pilot (Novice) theory	Pilot (Novice) rating and the routes to Instructor's signature	progress to "Pilot". Date
42. Club Pilot (Novice) theory discussed. Instructor's signature	Pilot (Novice) rating and the routes to Instructor's signature rexamination completed and all inco	progress to "Pilot". Date Discontinuous description of the progress of the pr

Final assessment for Club Pilot (Novice)

44. Declaration by Senior Instructor

I have checked that the training detailed above has been completed and confirm that, to the best of my knowledge, this student:

- has the right attitude to flying
- has reached the standard of airmanship required to fly safely and competently as a Club Pilot (Novice) Paragliding in the hill environment.

Senior Instructor's signature

Date

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Paragliding Club Pilot examination - Answers To be completed only during invigilated examination. Place a 'X' in the box next to your chosen answer.

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Paragliding Hill Environment examination - Answers

To be completed only during invigilated examination. Place a 'X' in the box next to your chosen answer.

1.	a)		9.	a)		17.	a)	
	b)			b)	П		ь)	
	c)			c)			c)	
2.	a)		10.	a)		18.	a)	
	b)	E		b)			b)	
	c)			c)			c)	
3.	a)	П	11.	a)		19.	a)	D
	b)			b)			b)	
	c)			c)			c)	
4.	a)		12.	a)		20.	a)	
	b)			b)			b)	
	c)			c)			c)	
5.	a)		13,	a)		21.	a)	
	b)	13		b)			b)	
	c)	D D		c)			c)	
6.	a)		14.	a)	D	22.	a)	
	b)			b)			b)	
	c)	0		c)			c)	
7.	a)		15.	a)		23.	a)	
	b)			b)			b)	
	c)			c)			c)	
8.	a)		16.	a)		24.	a)	
	b)			b)			b)	
	c)			c)			c)	

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		SCHOOL USE OF	(L)	
Number correct	Minimum mark required:	Result	Marked by	
	16	PASS / FAIL		



British Hang Gliding and Paragliding Association Ltd

8 Merus Court Meridian Business Park Fax 0116 281 4949 Leicester LE19 1RJ

Tel 0116 289 4316 office@bhpa.co.uk



Registration of rating Club Pilot (Novice) Paragliding rating and hill environment

The student is responsible for ensuring that this form is completed and returned immediately to the BHPA office, together with the registration fee of £10 (cheques should be made payable to 'BHPA').

The Temporary Certificate is valid for 30 days only.

Pilot's name:			
BHPA membership number:			
To be completed by the C	FI		
I have checked the student he/she has successfully con Paragliding rating and hill er	npleted all the ta		
Signed CFI:			
Name (block capitals):			
School:			
Date Club Pilot (Novice) rati	ng and hill envir	onment awarded:	
Office use only: Received:	Amount:	Entered:	Issued:

Intentionally blank - reverse of form.

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office@bhpa.co.uk



Temporary certificate Club Pilot (Novice) Paragliding rating and hill environment

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Pilot's name:

BHPA membership number:

This certificate is valid for 30 days from the date the rating was awarded. It provides evidence that the pilot has achieved the Club Pilot (Novice) rating and may now fly in the hill environment without direct supervision from an Instructor.

To be completed by the CFI

I confirm that this pilot has successfully completed all the tasks for the Club Pilot (Novice) Paragliding Rating and hill environment, and is a Full Annual Member of the BHPA. (This includes Full Annual Membership taken out at concessionary rates.)

Signed CFI:

Name (block capitals):

School:

Date Club Pilot (Novice) rating and hill environment awarded:

Pilot's BHPA membership expiry date:

Keep this certificate with you when you're out flying!



Tick exercises complete	d: 1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Date																				
Site										T							I			
Instructor																				
Conditions																				
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Club Pilot (N	lovice)	tra	ning	log					Para	gliding	(Hill)
Tick exercises comp	pleted: 21	22 23	24 25	26 27	28 29	30 31	32 33 3	34 35 36 3	37 38 39 4	0 41 42 43	44
Date											
Site											
Instructor											
Conditions											
Glider											
Exercise attempted											
Comments											

Date			
Site			
Instructor			
Conditions			
Glider			
Exercise attempted			
Comments			

Date Club Pilot (Novice) awarded: