

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

Gliding is one of the safest of the “adventurous aviation” sports. Accidents, although they do happen, are extremely rare. It is important that you are aware that gliding is an adventurous activity and therefore flying in a glider is not as safe as flying in a commercial airliner.

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 4lb (228lb, 103 kg), you will not be able to fly in our gliders as most gliders have a weight limit of 242 lb (110 kg) for each seat. The pilot's weight must include the weight of a parachute (15 lb or 7 kg). **If you weigh more than 103kg or 228lbs 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

You will be asked to sign a medical declaration before your fly to confirm that you are fit to fly. Please ask your own doctor to sign the form if your have any concerns about your fitness.

The following conditions may cause difficulty while flying. Sufferers from any of these you are advised to obtain medical opinion. Bronchitis, asthma, sinus disease, ear disease, defective vision (eg, inability to read a car number plate at 25 metres - corrective glasses may be used), migraine, diabetes of any form, kidney stones, psychiatric disorders, severe motion or travel sickness, any condition requiring treatment with drugs of any kind. You are further advised that:

- If you normally wear spectacles, you should always carry a readily accessible spare pair.
- Minor illnesses, some prescription drugs and the donation of blood will probably make you temporarily unfit to fly.

Alcohol

Even the most moderate drinker should be aware that the Railways & Transport Safety Act makes it an offence for pilots, including glider pilots, to fly whilst over the prescribed limit for alcohol. The law is very clear on this, and even as a student you may not consume ANY alcohol within the eight hours before flying. This applies to you EVEN for a trial lesson flight.

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.)
3. You must not have consumed a substantial amount of alcohol (or “binged”) during the 24 hours before your flight.

IT IS AGAINST THE LAW TO FLY IN A GLIDER WITH AN ALCOHOL CONCENTRATION IN YOUR BLOOD EXCEEDING 20mg per 100ml. THIS IS ONE QUARTER OF THE DRINK/DRIVE LIMIT. One drink will take you over this limit. **It is effectively a zero tolerance limit!**

Parking

Please note that you use the car park at your own risk and that Lasham Gliding Society does not accept any liability. Vehicles are restricted to the visitors' car park outside the airfield. In special circumstances a disabled person may take the vehicle inside the airfield perimeter. Be aware that it is unlikely that your normal vehicle insurance will then cover you and the club will accept no liability.

Arrival at Lasham

On arrival at Lasham, report to the office or to your trial flight organiser who will look after you. Remember that Lasham is an active airfield. For your own safety please do not proceed beyond the fenced area around the club house without permission and without being accompanied by a member of the club. Dogs (except guide dogs) are not allowed to go beyond the fenced area outside the club-house and must be kept on a lead at all times. If necessary, please clear up after your dog!

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
- Do not hold loose objects such as phones or cameras in flight. If you drop an object, it could potentially jam the controls

I HAVE READ AND UNDERSTOOD THE THREE PAGES OF MANDATORY SAFETY NOTES

SIGNED ----- DATE-----

PRINT NAME-----