Sports Flying Academy.

Student Flight Training Record

Student's name: _____

Version 1.0

December 2015

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Student details

Name of student_____

Postal address_____

Email address_____

Contact Phone number_____

SAC Client number_____

SAC Expiry_____

Medical expiry_____

Grading system

The student training record is to be completed by the instructor after each exercise has been completed. A grade between 1 and 10 is to be given for each exercise. The grading key is as follows:

- 1-6 (Fail) Further training required.
- 7- Competent (Pass.)
- 8- Average (Pass.)
- 9- Above average (Pass.)
- 10- Excellent (Pass.)

The instructor is to write his/her comments in the space provided. If further training is required then this must be noted.

Exercises and texts used

The exercises to be completed are fully described in the New Zealand Flight Training Manual revision 5 2012 published by Pilot Books. All instructor briefings for every exercise can be found in the CAA Flight Instructors Guide.

Access to records

All instructors and the individual student that the record relates to are to be given access to the Student Flight Training Record. The record can also be shared with the instructor team, Civil Aviation Authority and the Sports Aviation Corporation on request. At no time should the Student flight Training Record be shared with any other member or person outside of the Sports Flying Academy. The flying training record is to be kept in the hangar office and is not to be removed from the premises.

Student aviation exam schedule

All Sports Flying Academy students are required to undertake a number of exams. These exams are detailed below. A minimum pass mark of 70% is required in each exam. Preparation for these exams are on a self-study basis combined with formal classroom sessions.

Exam	Scheduled	Date completed	Result
Radio FRTO			
Aviation law			
Navigation and flight planning			
Meteorology			
Aircraft tech knowledge			

The Aeroplane

Exercise 1- The Aeroplane

Object
To understand the aircraft that is to be flown and to become familiar with its systems

Special instructions
None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) **Yes/No**

Comments

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Before and after flight

Exercise 2a- Am I fit to fly?

Object

For the student to have read and understood the physical and human factors that may affect their ability to fly.

Special instructions

Instructors should go through this section with the student and ensure they understand the contents of the exercise.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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Before and after flight

Exercise 2b- Preparation for flight

Object
To prepare for flight.

Special instructions
None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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Before and after flight

Exercise 2c- Starting, checking and stopping the engine

Object
To Start and stop the engine.

Special instructions
None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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Before and after flight

Exercise 2d- Post flight operations

Object
To be familiar with and complete all post flights operations.

Special instructions
None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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Taxiing an aeroplane

Exercise 5- Taxiing an aeroplane

Object
To manoeuvre the aeroplane safely on the ground

Special instructions
None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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The controls

Exercise 4a- The primary effect of each flight control

Object
To observe the primary effect of moving each main flight control

Special instructions
None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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The controls

Exercise 4b- The further effect of aileron and rudder

Object
To observe the further effect of moving each main flight control

Special instructions
None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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The controls

Exercise 4c- The art of trimming

Object
To use the trim to relieve steady control pressures.

Special instructions
None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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The controls

Exercise 4d- The effect of airspeed and slipstream.

Object

To observe the effect of a faster airflow over the control surfaces as a result of either higher airspeed or an increased propeller slipstream.

Special instructions

None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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The controls

Exercise 4e The effects of power changes.

Object
To observe the effects of increasing and decreasing power, then to counteract any undesirable pitch/yaw tendencies resulting from power changes.

Special instructions
None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

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The controls

Exercise 4f The effects of using flap.

Object

To observe the effect of altering the flap position and to control the aeroplane smoothly while you are changing the flap setting.

Special instructions

None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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The controls

Exercise 4g The throttle and carburettor heat control.

Object
To operate the throttle and the carburettor heat control correctly.

Special instructions
Carburettor heat control is not fitted to many Microlight aircraft but this should still be covered in theory in this exercise.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

The controls

Exercise 4h The mixture control.

Object
To operate the mixture control correctly.

Special instructions
Most Microlight aircraft to do not have a mixture control but this should still be covered in theory in this exercise.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) **Yes/No**

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The controls

Exercise 4i Using the radio.

Object
To understand and operate the radio and transponder correctly.

Special instructions
None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

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The controls

Exercise 4j Cabin heating and ventilation

Object
To understand and operate heating and ventilation system.

Special instructions
None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

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Straight and level flight

Exercise 6a Flying straight and level at constant power.

Object
To fly straight and level at a constant power setting.

Special instructions
None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

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Straight and level flight

Exercise 6b Flying straight and level at a selected airspeed.

Object
To fly the aeroplane straight and level at a selected airspeed.

Special instructions
+/- 100 feet, +/- 5 degrees, trim.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

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Straight and level flight

Exercise 6c Cruising with flaps extended.

Object
To fly the aeroplane straight and level at a selected airspeed with flaps down.

Special instructions
+/- 100 feet, +/- 5 degrees, trim.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

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Climbing

Exercise 7 Climbing.

Object
To enter and maintain a steady climb on a constant heading and to level off at a specific altitude.

Special instructions
+/- 5 Knots, Trim, Ts and Ps, lookout.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) **Yes/No**

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Descending

Exercise 8a The Glide

Object
To enter and maintain a steady glide and to level off at a specific altitude.

Special instructions
+/- 5 Knots, Trim, Ts and Ps, lookout. Level out within 100 feet.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

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Descending

Exercise 8b The powered Descent.

Object
To control the rate of descent and the flight path using power, while maintaining a constant airspeed.

Special instructions
+/- 5 Knots, Trim, Ts and Ps, lookout. Level out within 100 feet.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

Descending

Exercise 8c the use of flap in the descent.

Object
To use flaps to steepen the descent.

Special instructions
+/- 5 Knots, Trim, Ts and Ps, lookout. Level out within 100 feet.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) **Yes/No**

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Descending

Exercise 8d The slip

Object

To slip the aeroplane sideways through the air using crossed controls- to either steepen the descent path or to counteract wind drift in a crosswind landing.

Special instructions

+/- 5 Knots, Trim, Ts and Ps, lookout. Level out within 100 feet.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) **Yes/No**

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Turning

Exercise 9a The medium level turn.

Object

To change the direction of the aircrafts flight path by entering, maintaining and rolling out of a medium level turn, using constant power and holding a constant altitude

Special instructions

+/- 100 feet, coordinated, reference point.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) **Yes/No**

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Turning

Exercise 9b The climbing turn.

Object
To change heading while climbing at a constant airspeed.

Special instructions
+/- 5 Knots, coordinated, Level out within 100 feet.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

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Turning

Exercise 9c Descending turns.

Object
To enter and maintain and roll out of a gliding turn while maintaining a constant airspeed.

Special instructions
+/- 5 Knots, coordinated, Level out within 100 feet.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

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Turning

Exercise 9d Turning to selected headings.

Object
To turn to a selected magnetic heading using the magnetic compass.

Special instructions
Maintains +/- 100 feet, +/- 5 degrees, turning +/- 10 degrees.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

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Stalling

Exercise 10 Stalling

Object
To recognise the stall and to recover from it with a minimum loss of height.

Special instructions
None

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

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Slow flight

Exercise 10a Slow flight.

Object
To enter, maintain and recover from slow flight configurations whilst maintaining a constant altitude and a constant direction and to perform balanced turns up to 20 degrees angle of bank during slow flight.

Special instructions
+/- 100 feet, +/- 5 knots, balance, trim.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) **Yes/No**

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Spinning

Exercise 11 Spinning.

Object
To enter, maintain and recover from a fully developed spin.

Special instructions
Exercise it to be ground taught only. Actual spinning in club aircraft is prohibited.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) **Yes/No**

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Take off and climb to downwind leg

Exercise 12 Take off and climb to downwind leg.

Object
To take off into wind and climb in the aerodrome traffic circuit to the downwind leg.

Special instructions
+/- 5 knots of climb airspeed.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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The circuit, powered approach and normal landing

Exercise 13a The circuit, powered approach and normal landing.

Object
To continue a normal circuit for a powered approach and landing into wind.

Special instructions
None.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

The circuit, powered approach and normal landing

Exercise 13b The Go around.

Object
To enter a climb from an approach with flaps.

Special instructions
None.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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The circuit, powered approach and normal landing

Exercise 13c Departing and joining the circuit.

Object

To become familiar with standard procedures when departing the circuit after take-off to the training area or on a cross country flight and returning to the aerodrome from outside the circuit area with the intention of landing.

Special instructions

None.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) **Yes/No**

Comments

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The circuit, powered approach and normal landing

Exercise 13d The flapless approach and landing.

Object
To approach and land without the use of flaps.

Special instructions
None.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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The circuit, powered approach and normal landing

Exercise 13e The glide approach and landing.

Object
To carry out an approach and landing without using power.

Special instructions
None.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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The circuit, powered approach and normal landing

Exercise 13f Crosswind take-offs and landings.

Object
To take off, fly a full circuit and land using a runway which is experiencing a crosswind component.

Special instructions
None.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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The circuit, powered approach and normal landing

Exercise 13 g Short field operations.

Object
To operate safely and efficiently out of and into a short field.

Special instructions
None.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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The circuit, powered approach and normal landing

Exercise 13h Soft field operations.

Object
To operate safely and efficiently from a soft field.

Special instructions
None.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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First Solo

Exercise 14 First solo

Object
To fly solo and be the pilot in command of an aeroplane for the first time.

Special instructions
Instructor must be present the entire time and observing from the ground. Radio contact with the student must be maintained using the portable handheld unit.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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Steep turns

Exercise 15a Steep level turns.

Object
To perform a steep turn at a constant height and in balance

Special instructions
+/- 100 feet. Coordinated controls, power, reference point.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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Steep turns

Exercise 15b Steep Descending turns

Object
To perform a steep turn while descending.

Special instructions
None.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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Low flying and ground reference manoeuvres

Exercise 16 Low flying and ground reference manoeuvres.

Object

To fly the aeroplane safely at a low level. To assimilate the misleading visual effects caused by the wind when flying at low level. To fly various patterns relative to ground references.

Special instructions

Low flying to be completed in the Whangarei Low Flying zone always with an instructor on-board.

+/- 100 feet, +/- 5 Knots.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) **Yes/No**

Comments

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Forced landing

Exercise 17a Forced landing without power.

Object
To carry out a safe approach and landing following engine failure.

Special instructions
Go around to commence at no lower than 500 feet AGL.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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Forced landing

Exercise 17b The precautionary landing.

Object
To carry out a safe power assisted approach and landing at an unfamiliar field.

Special instructions
None.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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Forced landing

Exercise 17c Ditching in water.

Object
To touchdown in water as successfully as possible.

Special instructions
None.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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Pilot navigation

Exercise 18 Pilot navigation.

Object
To prepare for cross country navigation.

Special instructions
None.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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Mountain flying

Exercise 21 Mountain flying.

Object
To fly safely in mountainous terrain.

Special instructions
None.

Date completed_____

Flying Hours to date_____

Grade Achieved_____

Further training required (Circle one) Yes/No

Comments

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