

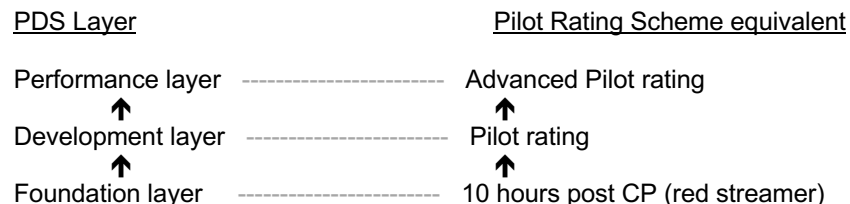
The pilot should have Foundation layer knowledge of, and be able to discuss and explain the following (a min. of 3 exercises should be signed off by a Coach):	Date:	Coach / Inst. sig:
21. Techniques for avoiding and recovering from stalls and spins; emergency rapid descent techniques (B-line stall and spiral dive).		
22. Pitch and roll control, circumstances when you may get an asymmetric tuck.		
23. The actions taken to recover from an asymmetric tuck, showing in particular full awareness of the dangers of over-counteracting and the dangers of low asymmetric deflations.		
24. Active flying techniques.		
25. The hazards of slow and fast flight. Understanding minimum sink and optimum glide speed.		
26. Standard UK hill approach landing and constant aspect approach.		
27. Thermal flying.		

Equipment		
The pilot should have knowledge of, and be able to discuss and explain at Foundation layer (a min. of 2 exercises to be signed off by a Coach):	Date:	Coach / Inst. sig:
28. Factors involved in selecting appropriate equipment.		
29. The uses and complications with emergency parachutes, pod harnesses.		
30. How to set an altimeter to an appropriate setting		
31. Demonstrate an awareness of aerial collision risk. Knowledge of how electronic devices and cameras can be distractions from keeping a good lookout.		

Foundation layer PG Hill tasks and expected knowledge levels. Version 1.2. (November 2018)



The Foundation layer is the first stage of the Pilot Development Structure (PDS). This is a web-based structure, describing the whole development process in the sport of paragliding and hang gliding. The full structure can be found at bhpa-pds.com (you will need the login details provided with your membership / available from BHPA office).



This document is a summarised presentation of the Foundation layer for paragliding in the hill environment, and is aimed towards newly qualified CP pilots, or any pilots with CP rating or above who want to follow a structured learning process. It is laid out in a format similar to the phases and exercises in the BHPA Club Pilot Student Training Record Books used at BHPA Registered Schools. This document can be printed (double sided onto a single A4 sheet), folded down the dashed line and stapled or clipped into your Pilot Task Book.

The Foundation layer is intended to make the transfer from school to club environment easier for the new Club Pilot, by providing a structure for the initial introduction between new pilots and the coaching team in their chosen club. It provides opportunities to contact their coaching team, and to gain vital information on local sites and conditions.

To use this Foundation layer, you can work your way through the skills and knowledge areas, and complete the exercises to demonstrate that you have a level of competence in the relevant skills. The completion of this Foundation layer record sheet is recorded through self-logging by the pilot, although it is recommended that a Club Coach or an Instructor signs off a proportion of the exercises. This is to encourage you to establish and maintain contact with Club Coaches, as you develop your knowledge and skills. Where it is indicated, some of the exercises are a proportion of an equivalent exercise in the BHPA Pilot rating. If you would like these to count towards your Pilot rating, they should be signed off by a Club Coach or Instructor, as they would be in the Pilot Task Book. All practical exercises must be made with suitable height and clearance from obstacles. You are advised to seek guidance from a Club Coach or Instructor before attempting exercises 4 and 18 (and any other exercise you are you are not confident in undertaking by yourself).

Completion of the Foundation layer is intended to mark a stage in your development where you have demonstrated that you have achieved consistent competence in the basic skills, and have an understanding of local and wider conditions - to justify removal of your red ribbon and begin the next stage of your development as a pilot.

Introduction to club flying.		
The pilot should: 1. Join a new pilot's group / meet a club coach; have an induction into the club, a sites tour and guidance on using the PDS. 2. Participate in a club session on foundation layer flying with others.	Date:	Coach / Inst. sig:

The following exercises do not need to be completed in order:

Flight exercises.

The pilot should complete and log:

3. 3 take offs and 3 landings in winds of less than 5 mph, at least one of which should be on a different site.
4. A minimum of 10 top landings, three of which must be on different sites
OR, FOR TOP LANDINGS SIGNED OFF at SCHOOL STAGE:
A minimum of 5 top landings, two of which must be on different sites.
5. Flights from 5 different sites, at least 3 to be inland sites (exercise B3 of "Pilot" rating syllabus).
6. At least 3 flights of over 1 hour duration (exercise B4 of "Pilot" rating syllabus).
7. Minimum 20 flights logged (a proportion of exercise B5 of "Pilot" rating syllabus).
8. Minimum 10 hours logged (a proportion of exercise B6 of "Pilot" rating syllabus).

Coach declaration - I have checked the pilot's log book and confirm the above flight exercises were logged as completed and hours achieved.

Coach/Instructor signature: _____ Date: _____

Flight Planning and Decision Making.

9. Demonstrate Foundation layer knowledge of 'Decision to fly', including human factors for safety in flight (I.M. S.A.F.E.), group pressure, currency and pressure to fly when not flown for a long period, etc.

Coach/Instructor signature: _____

Date: _____

Sites, conditions and meteorology.

The pilot should: 10. Demonstrate site and conditions assessments at Foundation layer on two different sites or on two separate days.	Date:	Coach / Inst. sig:
The pilot should be able to demonstrate: 11. Foundation layer knowledge of site selection, airflow and turbulence over club sites, how to select suitable locations for take-offs and landings. 12. Foundation layer knowledge of the club's specific requirements regarding access and use of sites, how to call the emergency services from a club site. 13. Foundation layer knowledge of the dangers of flying in crowded conditions.	Date:	Coach / Inst. sig:

Glider control skills

The pilot should have Foundation layer competency and consistency in the following (a min. of 3 exercises should be signed off by a Coach): 14. Light wind launching (forward launch). 15. Reverse launching – light/steady wind: reverse inflations and control in winds of less than 12mph. 16. Reverse launching – strong/gusty conditions: reverse inflations, control and deflation in winds greater than 10mph. 17. Accurate and controlled landings in light wind conditions less than 5mph and (if appropriate) make practical demonstrations of standard UK hill 'S' approach landing and constant aspect approach. 18. Gentle 360° turns with awareness of appropriate height and clearance. 19. Big ears and speedbar combination for fast descent, and awareness of its limitations. 20. Daily inspections and pre-flight checks.	Date:	Coach / Inst. sig: