Please note this is part of an initial draft, not the final programme – it is just put up to give some idea of the areas to be covered.

Aims: To provide competent CP/P rated pilots with the skills, knowledge and guidance to attempt first XC flights or improve their XC performance.

It would be useful if pilots could bring:

- The *vario/gps that they normally use use

- A map of their usual flying area/ airspace map if they have

- Notepad/pen/pencil

Because there are many types/models , if you wish any homework pre course day, then try to learn how to input waypoints and set up a simple route. Consider loading airspace – no problem if you don't.

Assumed experience:

- Have reached the point where they can take off, soar a ridge and land competently

- Have done some thermal flying

- Have approximately 30 hrs experience on a number of sites in varying conditions.

None of the above three points are set in stone and are merely for guidance.

Course content:

- Selecting optimum conditions for XC

- Weather

- Site choice

- Planning routes - progression

- Use of instruments for flight information/navigation information/ settings

- Avoiding cloudsuck/assessing clouds/

- Avoiding airspace

- Selecting lines

- Looking for thermal sources

- Working the sky (high)

- Working the ground features (low)

- Efficient thermalling

- Thermalling ettiquete

- Achieving best glide

- Speed bar use

- Descent techniques

- In flight comfort

- Identifying safe landing places/setting up for landing

- Psychological barriers/physical factors

- Downloading flights and flight analysis

- Setting up equipment

- Camera use as an post flight analysis tool

PRACTICAL and INTERACTIVE INTERLUDES: For example practical tasks in instrument use, planning a route based on terrain maps and airspace info' , if any have done a short xc and havea igc tracklog they could bring (or send me in advance) and they could talk about the flight. I don't think we should talk at people for hours. They could discuss in small groups/pairs, be given small challenges or senarios to work on. Talk through the odd flight that had pics/tracklog – must be good example to draw out key aspects.