

SOSA Gliding Club Flight Training Curriculum

Stage	Exercise	Description	Flights	Total
A	1	Familiarization Flight -Familiarization with surrounding area	1	1
A	2	Aircraft Familiarization and Preparation for Flight -controls, instruments, cockpit checks *	0	
A	3	Ground Handling * -Take-off signals/ glider hook-up/ wing-running	0	
A	4	Daily inspection and walk around *	0	
B	5	Attitudes and Movements -look-out * -effects of controls - Cover ASI/Altimeter in stages B, C and D	1	6-11
B	6	Aileron Drag, Straight Flight, Gentle Turns * -straight flying towards a point on the horizon - coordinated 90°, 180°, and 360° gentle turns	1-3	
B	7	Further Effects of Controls -stability, -attitude (speed control) and use of trim	1-3	
B	8	Turns * - gentle and medium turns	2-3	
C ¹	9	Take-off *	1-2	13-27
C ¹	Student progress evaluation at flight 12 Pre-solo Exam is to be completed after approximately 15-20 flights			
C	10	Aerotow * - Low and High tow *	1-2	
C	11	Effects of airbrakes on attitude (speed)	1-2	
C	12	Approach and Landing * - under and overshooting	2-5	
C	13	Circuit Planning * - High and Low Key Areas	2-5	
D	14	Reduced G, Slow flight and Gentle Stalls *	1-2	
D	15	Spin Recovery *	1-3	
D	16	Spiral Dive Recovery *	1-2	
D	17	Sideslips *	2-3	
D	18	Rope Breaks	2-3	20-40
D	19	FIRST SOLO	1-2	

¹ Pre-solo Exam is to be completed within Stage C after approximately 15-20 flights
All paperwork for student pilot permit should also be completed at this time.

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E ²	20	Boxing the Wake * Emergency Procedures * Thermalling	ongoing	40-75
E ³	Solo	Practice specific pre-solo exercises as determined by instructor/student	1-2	
E	21	Illusions Created By Drift (when conditions allow) - review pre-solo exercises - thermalling	1-2	
E	Solo	Thermalling and practice specific pre-solo exercises as determined by instr/student	1-2	
E	22	Thermalling	ongoing	
E	Solo	Practice boxing the wake, thermalling and specific pre-solo exercises as determined by instr/student	1-2	
E	23	Slipping Turns and Slips on approach	1-2	
E	Solo	review pre-solo exercises and thermalling	1-2	
F	24	Advanced Take-off and Landing - crosswind * - downwind - abbreviateed circuit - short field /spot landing	1-2	
F	Solo	Practice advanced T/O and Landing	1-2	
F	25	Steep Turns *	1-2	
F	Solo	Practice steep turns and thermalling	1-2	
F	26	Advanced Stalls and Spins recognition, entry and recovery	2-3	
F	Solo	Solo spins at the discretion of the instructor	1-2	
F	27	Off-field Selection *	1-2	
F	Solo	Practice to flight test standards	1-4	
G ⁴	28	Pre-Flight Test	2	
		FLIGHT TEST	2	

² Single seat checkout for Junior in stage E – after a minimum 5 solo flights and a mandatory dual check flight in the Puchacz or DG-505.

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- All solo flights must be pre-authorized and supervised by an instructor
- A maximum of 2 solo flights are allowed between dual flights until all post-solo exercises are signed to a level 5, then a maximum of 4 solo flights are allowed
- A maximum of 7 days may elapse between dual flights
- No Solo spiral dive practice

⁴ Students must have a minimum of 6 hours flight time, including a minimum of 2 solo hours and minimum 20 solo flights, and have successfully completed exercise 28 to be eligible for the Flight Test.,

* Indicates required test items for the Flight Test