

Performance

The Take Off:

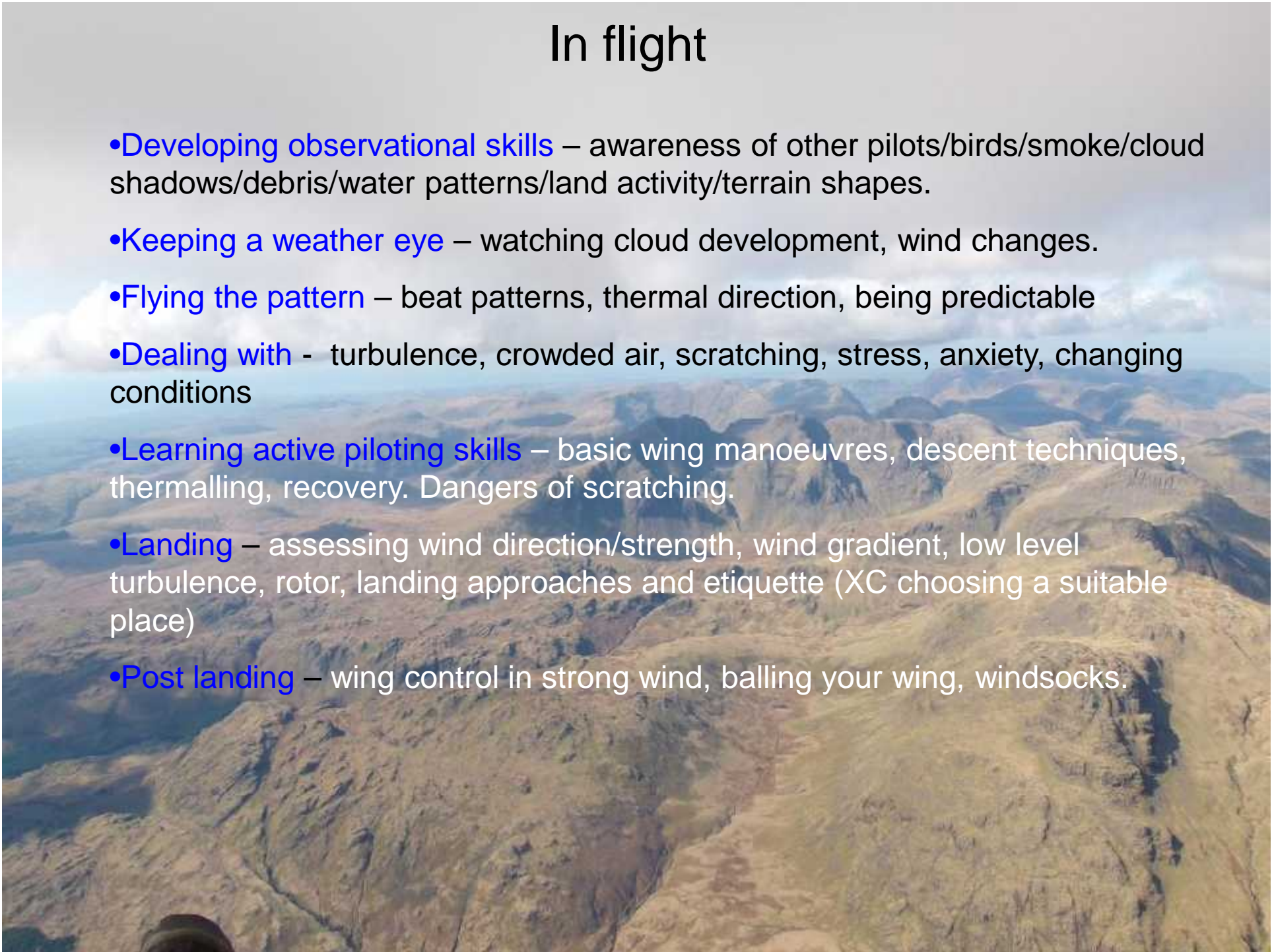
- Finding the right place
- Laying out the wing – check points
- Choosing the moment
- Difficult terrain
- Difficult conditions- gusty/crosswind/nil wind
- Knowing when discretion is the better part of valour
- Use of video as a learning aid.

Ben – take off on Mt Borah



In flight

- **Developing observational skills** – awareness of other pilots/birds/smoke/cloud shadows/debris/water patterns/land activity/terrain shapes.
- **Keeping a weather eye** – watching cloud development, wind changes.
- **Flying the pattern** – beat patterns, thermal direction, being predictable
- **Dealing with** - turbulence, crowded air, scratching, stress, anxiety, changing conditions
- **Learning active piloting skills** – basic wing manoeuvres, descent techniques, thermalling, recovery. Dangers of scratching.
- **Landing** – assessing wind direction/strength, wind gradient, low level turbulence, rotor, landing approaches and etiquette (XC choosing a suitable place)
- **Post landing** – wing control in strong wind, balling your wing, windsocks.



First XC Attempts

- Chose a site with friendly downwind terrain
- Scout the area you're going to be flying over
- Get a briefing on your XC plans
- Select a day that isn't too challenging
- Always easier with others. Radio contact useful.
- Spend time getting comfortable with the conditions – no rush
- Patience brings its own reward – tempting to get high and hare off.
- Staying up is more important than distance
- Use the 1/3's rule
- When getting lower (1000' above terrain) look for landing options but keep flying to stay up.
- Make rational decisions

Landing Out

- Generally fairly straightforward ... with thought and care.
- Don't leave it too late!
- Check out
 - i) wind direction/strength
 - ii) power cables
 - iii) stock ... especially cows and horses
 - iv) growing crops (usually darker green)
 - v) manure!
 - vi) fences
 - vii) field exit points
 - viii) road network
- Post landing - check mobile signal
 - carry a good, large hitching sign

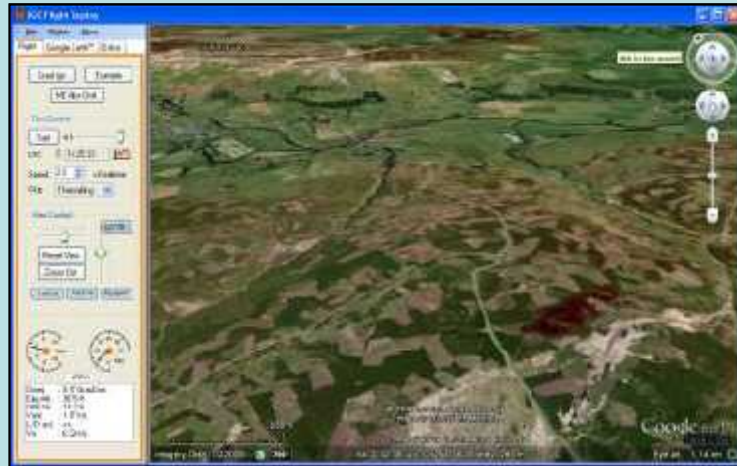
Bad Cloud or Good Cloud?

0 1 2 3 4 5 6 7 8 9 10

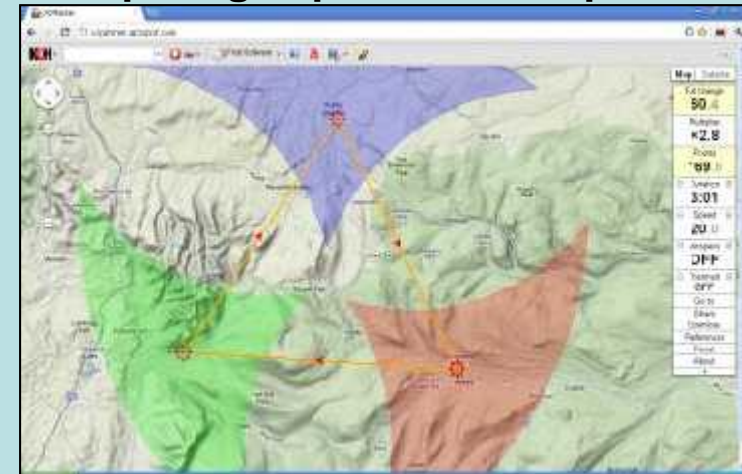


Post flight analysis

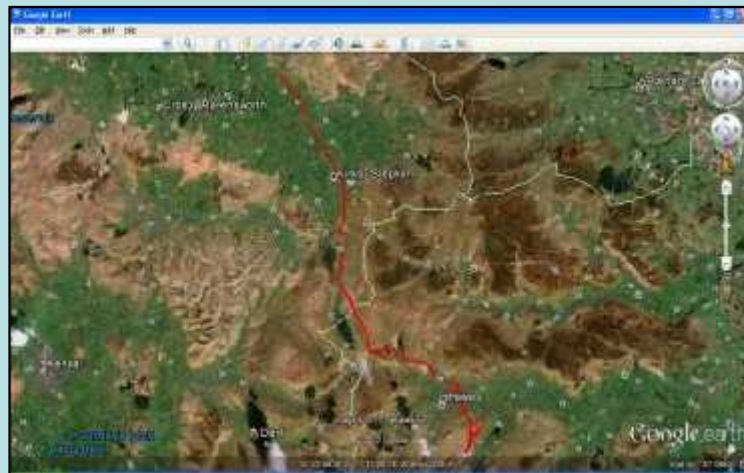
Lots of software will allow you to analyse/plan your flight (assuming you can record your tracklog). It may be for the academic or to study your flying technique; do post flight analysis or just for fun on a wet evening. Talking and comparing experiences helps too.



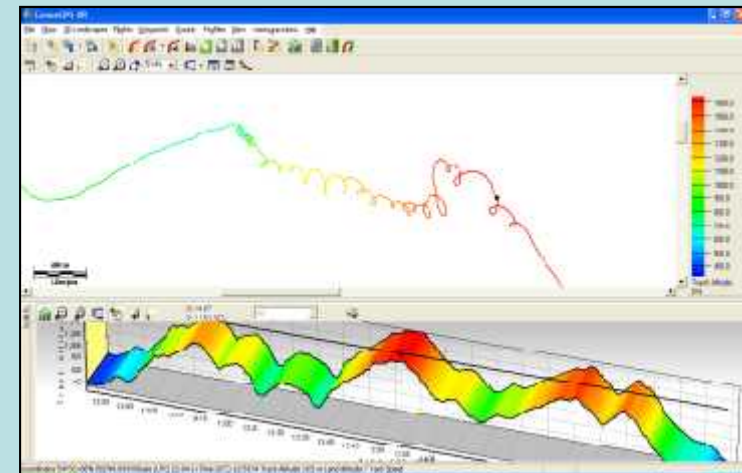
<http://ywtw.de/igcsim.html>



<http://xcplanner.appspot.com/>



http://www.gpsvisualizer.com/map_input?form=googleearth



GPSDump as a free analysis tool

GpsDump 1.67, COM4

File Edit Logs GPS Data View Help

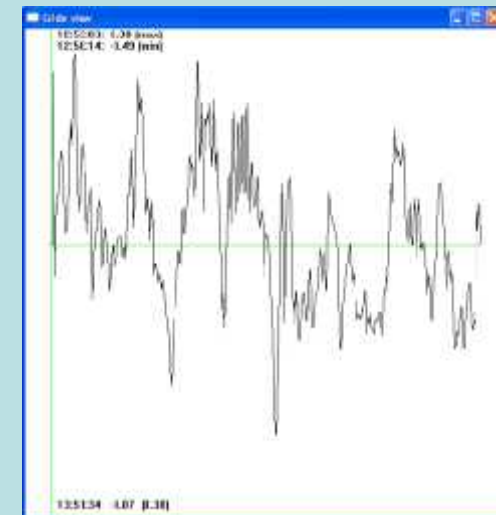
Garmin (FAS232) Garmin (FAS232) XTC (Garmin) (MSP) TopNav (MSP) Save Log (FAS232)

Garmin (FAS232) Hyper (J&M) (J&M) MLR (MSP) -master

C:\Documents and Settings\HF-Dimitry\Documents\New Track.doc
 267 points loaded

Select: [M] [F] [M] [abol] [transfer] [Exit]

Time	Latitude	Longitude	Altitude	Speed
20 20:02:00	6 54 16 24.96	W 002 25 18.56	337	160
20 20:02:00	6 54 16 24.72	W 002 25 18.24	336	157
20 20:02:00	6 54 16 25.00	W 002 25 18.00	333	154
20 20:02:00	6 54 16 25.20	W 002 25 17.70	331	151
20 20:02:00	6 54 16 25.70	W 002 25 17.50	327	147
20 20:02:00	6 54 16 25.70	W 002 25 17.40	325	146
20 20:02:00	6 54 16 23.64	W 002 25 17.40	320	142
20 20:02:00	6 54 16 23.64	W 002 25 17.40	320	141
20 20:02:00	6 54 16 23.70	W 002 25 17.46	319	139
20 20:02:00	6 54 16 23.82	W 002 25 17.52	317	137
20 20:02:00	6 54 16 23.82	W 002 25 17.56	315	135
20 20:02:00	6 54 16 23.88	W 002 25 17.64	314	134
20 20:02:00	6 54 16 23.94	W 002 25 17.70	313	133
20 20:02:00	6 54 16 23.94	W 002 25 17.70	311	131
20 20:02:00	6 54 16 23.88	W 002 25 17.76	311	131
20 20:02:00	6 54 16 25.00	W 002 25 17.70	310	130
20 20:02:00	6 54 16 25.00	W 002 25 17.70	310	130
20 20:02:00	6 54 16 25.00	W 002 25 17.70	310	130
20 20:02:00	6 54 16 23.88	W 002 25 17.54	309	129



OLC statistics

Optimization completed

MAX DISTANCE (Start point A, end point B) (Max: 0.00 peak: 0.00)

Pos.	Time	Latitude	Longitude	Distance
A	1267	6 54 14 10.68	W 002 25 18.00	0.00
B	995	6 54 16 52.68	W 002 25 42.54	5.94 km

MAX DISTANCE (Start point A, reports: 3DD, end point C)

Pos.	Time	Latitude	Longitude	Distance
A	3	6 51 6 31.74	W 002 25 08.00	0.00
B	352	6 51 4 10.68	W 002 31 58.30	7.72
C	837	6 54 6 52.68	W 002 25 42.54	7.54
D	1047	6 54 16 52.68	W 002 31 18.00	2.40
E	1220	6 54 16 25.04	W 002 25 20.40	2.40
Sum: 12.02 km				

MAX DISTANCE (Start point A, end point C) (Max: 0.00 peak: 0.00)

Pos.	Time	Latitude	Longitude	Distance
A	267	6 54 14 10.68	W 002 25 18.00	0.00
B	640	6 54 15 31.02	W 002 25 05.22	5.39
C	995	6 54 16 52.68	W 002 25 42.70	5.94
Sum: 11.33 km				

MAX DISTANCE (Start point A, end point E)

Pos.	Time	Latitude	Longitude	Distance
A	352	6 51 4 10.68	W 002 31 58.30	2.05
B	640	6 54 15 31.98	W 002 25 10.44	5.37
C	1029	6 54 15 17.58	W 002 25 14.28	4.20
D	1201	6 54 15 57.72	W 002 25 40.30	4.00
E	1277	6 54 15 57.72	W 002 25 40.30	4.00
Sum: 19.62 km				

MAX DISTANCE (Start point A, end point C) (Max: 0.00 peak: 0.00)

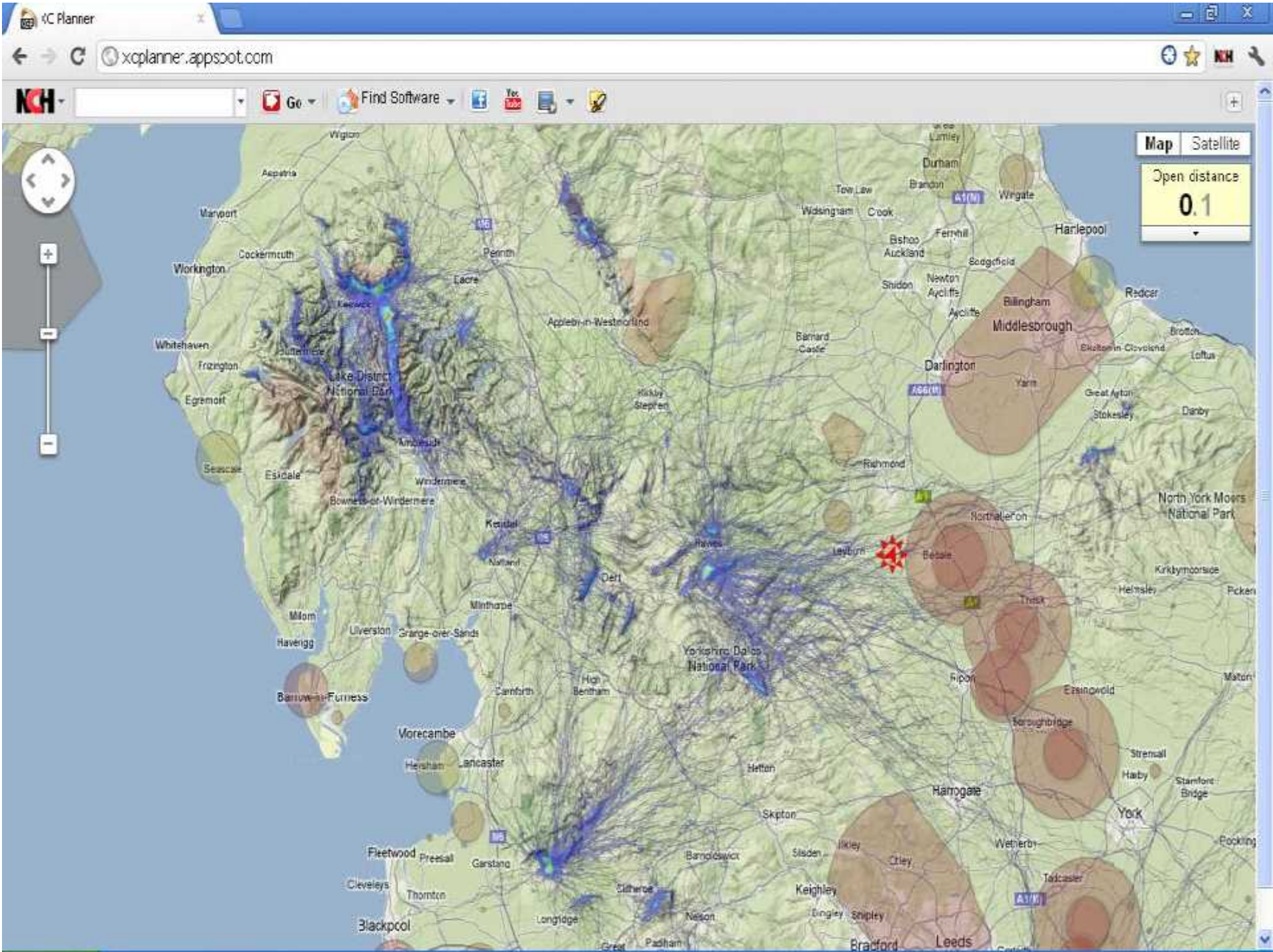
Pos.	Time	Latitude	Longitude	Distance
A	3	6 51 6 31.74	W 002 25 08.00	0.00
B	352	6 51 4 10.68	W 002 31 58.30	4.72
C	995	6 54 16 52.68	W 002 25 40.38	5.00
Sum: 9.72 km				

Need as the file name with 27 file points

File name: []
 File name: []
 File date: [03.03.51] [down.w]
 Class: [Paraglider topol]
 Glide type: [Manta ME]
 Lift sign: [] []
 Start place: [Cristina]
 Region: [Hellas]
 File # [135] Long filename Add Elevation track down

File Save Only Save with file Exit

http://www.gethome.no/stein.sorensen/body_gpsdump.htm



General Guidance

- How to measure your performance
- When to upgrade to a higher wing rating
- When and why to upgrade to a different harness
- When to attempt first XC flights
- Planning first XC flights
- When and why to enter competitions
- Moving up through the pilot ratings

DD quotes:

“ Don’t sell your soul to the Devil”

“ Don’t play Russian roulette”

“ Don’t compromise your safety”

