

READ THIS

Paragliding is a form of aviation, with all of the inherent and potential dangers that are involved in aviation. No form of aviation is without risk, and injuries and death can and do occur in paragliding, even to trained pilots using proper equipment. No claim is made or implied that all sources of potential danger to the pilot have or can be identified. No one should participate in paragliding who does not recognise and wish to personally assume the associated risks.

What is this Student Training Record?

This book details all the exercises which make up the training programme that you are following. Your Instructor and you must use it to record your progress both in the main section and in the log section at the back. You should also use it to ensure that you fully understand each new exercise before it is attempted.

Your Student Training Record will be retained by your school.

Student's BHPA membership record

Personal accident insurance taken out?:

Date Training Pack issued:

Membership type	Expiry date	Instructor's signature	Student's signature
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THIS STUDENT TRAINING RECORD IS THE PROPERTY OF THE BHPA AND MUST BE RETAINED BY THE SCHOOL

ELEMENTARY STAGE Paragliding (Hill)

The exercises are arranged in sequential order (except the theory subjects in Phase 5, which may be tackled at any time). Ensure that each section is signed off before progressing to the next. The Instructor and student should read each objective carefully, and be certain that the exercise has been completed in full before signing that it has been achieved.

In certain circumstances environmental constraints may make it impossible to progressively increase height/turns exactly as indicated in the text. In such situations the Instructor may exercise reasonable judgement in accordance with the advice contained in the Instructor's Notes. These stress the need for height/turn increases to be progressive, and that extra consolidation flying is required if height/turn increases are to be larger than those indicated.

Phase 1: Ground training

Objective: The student should have a basic understanding of the sport and its risks, a basic understanding of the equipment and the site environment, and understand how to avoid/minimise injury as a result of a mishap. The student must also complete the mandatory administration steps.

- 1. Introductory talk** - school and Instructors - risk warning - student's health/medical conditions - clothing/footwear - the BHPA - the Pilot Rating Scheme.
- 2. Site assessment briefing** - site and any site hazards - airflow and airflow hazards - weather assessment.
- 3. Introduction to canopy and equipment** - parts and functions of canopy, harness, helmet - how an aerofoil creates lift - daily inspections explained, demonstrated, practised and understood.
- 4. Avoiding/minimising injury** - safety techniques discussed, including parachute landing falls (PLFs), when and how to use them, demonstrated and practised to a good degree of competence.

The four ground training exercises above have been completed satisfactorily

Instructor's signature	Student's signature	Date
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