

## PRESS INFORMATION



### Who Can Glide?

Gliding is a sport that is open to all. It is one of the most inclusive, accessible and least expensive of air sports. Women fly on equal terms with men and all clubs welcome women members.

In the UK, glider pilots can fly solo from the age of 14. Many young pilots begin their training before reaching 14 and go solo on their 14<sup>th</sup> birthday. There is no upper age limit and, provided that reasonable levels of fitness and alertness are retained, there is no reason why pilots can not continue flying well into their 80s.

The levels of fitness needed are basically the same as those required by the DVLA for driving a car. Up to the age of 65, pilots make a declaration of fitness, countersigned by their GP, every five years. After 65, this declaration needs to be made annually.

Gliding is possible for people with various forms of disabilities. A number of clubs have adapted gliders so that pilots with, for example, little or no leg capability, can fly with hand controls only. Once in the air, the disabled pilot suffers no disadvantage compared to the able-bodied pilot.

All clubs offer their members use of a fleet of single and two-seat gliders and provide training free of charge. A 30 minute flight in a club glider can cost the member as little as £18, putting the sport within the reach of most people. A wide range of bursaries and scholarship schemes are available to help young pilots learn to fly and progress to higher levels in the sport.

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