**BGA SPL Training Progress Card – to be retained by the club** (Aug 2025)

This record card provides a **working breakdown** of exercises 1-17 in the SFCL SPL training programme

For GDPR purposes, the personal detail on this record card should be limited to the student pilot’s name.

Student pilots are advised to ensure that they meet the **medical requirement** in advance of reaching solo standard.

**Student pilot name: Date training started:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise - and SFCL exercise number** | | **Briefed** | | **Taught** | | **Satisfactory** |  |
| **Exercises 1-5 - Introduction and effects of controls** | | **Name** | **Date** | **Name** | **Date** | **Name** | **Date** |
| Club safety brief including airfield operations. | |  |  |  |  |  |  |
| Glider familiarisation, including all controls and  instrumentation | |  |  |  |  |  |  |
| Canopy handling, normal ingress and egress including  operation of canopy locks | |  |  |  |  |  |  |
| Emergency egress including emergency canopy jettison,  bail-out, & use of parachute | |  |  |  |  |  |  |
| Positive control checks & pre-flight walkaround check  (e.g. ABCDE) | |  |  |  |  |  |  |
| Pre-flight checks CBSIFTBEC (or as required by the  aircraft flight manual, e.g. for self-launch) | |  |  |  |  |  |  |
| Lookout and area familiarisation | |  |  |  |  |  |  |
| Handover / takeover control protocol | |  |  |  |  |  |  |
| *Principles of flight basics - theory briefing* | |  |  |  | | |  |
| Primary effects of flying controls:  Elevator  Aileron  Rudder | |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Exercises 6-8 - Further effects of controls, co-ordination and turning, trimming, straight glide** | | | | | | | |
| Further effect of rudder (roll) | |  |  |  |  |  |  |
| Further effect of aileron (adverse yaw) | |  |  |  |  |  |  |
| Aileron and rudder coordination including rolling to and  from moderate angles of bank | |  |  |  |  |  |  |
| Straight flight including demonstrated pitch stability,  maintaining coordination, and airspeed monitoring | |  |  |  |  |  |  |
| Trimming, including at different target airspeeds | |  |  |  |  |  |  |
| Lookout refresher including scan cycle ‘lookout, attitude, instruments’ | |  |  |  |  |  |  |
| Turning entry and exit | |  |  |  |  |  |  |
| Maintaining turns including correction of slip and skid | |  |  |  |  |  |  |
| Rolling out in a chosen direction (ground features) | |  |  |  |  |  |  |
| Maintaining a chosen straight glide direction | |  |  |  |  |  |  |
| **Exercises 9a, 9b & 10 - Stalling and spinning** | | | | | | |  |
| *Stalling and spinning – theory briefing* | |  |  |  | | | |
| HASSELL checks | |  |  |  |  |  |  |
|  | | **Briefed** | | **Taught** | | **Satisfactory** |  |
| **Exercise** | | **Name** | **Date** | **Name** | **Date** | **Name** | **Date** |
| Characteristics of slow flight - nose high, lower IAS, changed airflow noise - recognition and recovery. | |  |  |  |  |  |  |
| Pre-stall symptoms - changing effect of ailerons,  aerodynamic buffet, stick position | |  |  |  |  |  |  |
| Stall symptoms: | |  |  |  |  |  |  |
| -Lack of effective elevator | |  |  |  |  |  |  |
| -Marked nose drop | |  |  |  |  |  |  |
| -No nose drop: mushing | |  |  |  |  |  |  |
| Stalling speed increases in the turn | |  |  |  |  |  |  |
| Changing effect of rudder at or near the stall | |  |  |  |  |  |  |
| Recognition and recovery from stalling in straight flight | |  |  |  |  |  |  |
| Recognition and recovery from stalling in turning flight | |  |  |  |  |  |  |
| Recognition and recovery from stalling in landing  configurations | |  |  |  |  |  |  |
| Higher speed stalls | |  |  |  |  |  |  |
| Reduced g not a reliable stall symptom | |  |  |  |  |  |  |
| Stall with marked wing drop (approx. 45 degrees) | |  |  |  |  |  |  |
| Recognition and recovery of incipient spins (stall with un  commanded roll/wing drop to about 45 ° *and* associated  yaw) including with instructor induced distraction | |  |  |  |  |  |  |
| Recognition and recovery of stall with wing drop (45  degrees) and associated yaw from:  - an incorrectly flown failed winch launch failure  - a steep turn / thermal turn | |  |  |  |  |  |  |
|  |  |  |  |  |  |
| Recognition and recovery of full spins including with  instructor induced distraction. *Note flight manual*  *manoeuvre and mass/balance limitations.*  **Optional prior to solo** – must be completed before SPL  skills test. | |  |  |  |  |  |  |
| Recognition and recovery from spiral dives and  differences from spins. **Optional prior to solo** – must be  completed before SPL skills test. | |  |  |  |  |  |  |
| **Exercise 11a - Winch launching (only one launch type required** **for SPL qualification)** | | | | | | |  |
| *Winch launching – theory briefing* | |  |  |  | | |  |
| Signals and communication (ground and air) | |  |  |  |  |  |  |
| Launching equipment and safety precautions, including  attaching the launch cable | |  |  |  |  |  |  |
| Wings level / not level on ground – static demo only | |  |  |  |  |  |  |
| Normal launch | |  |  |  |  |  |  |
| Crosswind launch | |  |  |  |  |  |  |
|  | | **Briefed** | | **Taught** | | **Satisfactory** | **Date** |
| **Exercise** | | **Name** | **Date** | **Name** | **Date** | **Name** |  |
| *BGA safe winching online information and quiz self-briefing*  [*https://members.gliding.co.uk/safety/safe-winching/safe winch-launching-quiz/*](https://members.gliding.co.uk/safety/safe-winching/safe%20%20winch-launching-quiz/) | | | | | |  |  |
| Launch failure eventualities and considerations | |  |  |  |  |  |  |
| Straight ahead launch failure | |  |  |  |  |  |  |
| Turning recovery following launch failure | |  |  |  |  |  |  |
| Launch failure in initial climb (demonstration only) | |  |  |  |  |  | |
| Too fast signal and abandoning the launch (include  discussion regarding approaching cloud on launch) | |  |  |  |  |  |  |
| Gradual winch power failure | |  |  |  |  |  |  |
| **Exercise 11b - Aerotow launching (only one launch type required** **for SPL qualification)** | | | | | | |  |
| *Aerotow launching – theory briefing* | |  |  |  | | | |
| Signals and communication (ground and air) | |  |  |  |  |  |  |
| Launching equipment and safety precautions, including  attaching the launch cable and launch lookout procedure | |  |  |  |  |  |  |
| *BGA safe aerotowing online information self-briefing*  [*https://members.gliding.co.uk/bga-safety-management/safe-aerotowing/*](https://members.gliding.co.uk/bga-safety-management/safe-aerotowing/) | | | | | |  |  |
| Maintaining correct vertical position including  demonstration of slipstream and ‘too high’ | |  |  |  |  |  |  |
| Lateral instability on tow (demonstration only) | |  |  |  |  |  | |
| Recognition and recovery from vertical and lateral out of  position | |  |  |  |  |  |  |
| Release procedures | |  |  |  |  |  |  |
| Ground roll and take-off | |  |  |  |  |  |  |
| Crosswind aerotow launching | |  |  |  |  |  |  |
| Descending on tow (tug and glider) | |  |  |  |  |  |  |
| Launch failures and signals from the tug.  Include briefing of straight ahead/off-airfield options. | |  |  |  |  |  |  |
| **Exercise 12 - Circuit, approach and landing** | | | | | | |  |
| *Circuit, approach and landing – theory briefing* | |  |  |  | | | |
| Effect of airbrakes (and landing flap where applicable) | |  |  |  |  |  |  |
| Circuit joining procedures including checks (e.g. WULF) | |  |  |  |  |  |  |
| Collision avoidance techniques including lookout and use  of radio calls (note FLARM including limitations) | |  |  |  |  |  |  |
| Normal circuit demo, and how to adjust if too steep or too  shallow – the zig-zag circuit | |  |  |  |  |  | |
| Normal circuit | |  |  |  |  |  |  |
| Crosswind circuit | |  |  |  |  |  |  |
|  | | **Briefed** | | **Taught** | | **Satisfactory** | **Date** |
| **Exercise** | | **Name** | **Date** | **Name** | **Date** | **Name** |  |
| Strong wind circuit | |  |  |  |  |  |  |
| Selection of landing area and reference point | |  |  |  |  |  |  |
| Running out of height in the circuit and selecting revised  landing area or direction | |  |  |  |  |  |  |
| Use of airbrakes and approach control | |  |  |  |  |  |  |
| Recognition of undershoot and recovery | |  |  |  |  |  |  |
| Normal approach | |  |  |  |  |  |  |
| Landing | |  |  |  |  |  |  |
| Crosswind approach and landing | |  |  |  |  |  |  |
| Circuit without altimeter | |  |  |  | |  |  |
| Balloon landing recovery (demonstration only) | |  |  |  |  |  | |
| **Exercise 5 - additional preparation for flight** | | | | | | | |
| Daily inspection (including positive control checks) and  recording | |  |  |  |  |  |  |
| ARC, annual maintenance validity, and insurance  documentation. | |  |  |  |  |  |  |
| Rigging, post rigging checks, and recording. | |  |  |  |  |  |  |
| Understanding placard and other limitations | |  |  |  | |  |  |
| **Exercise 13 - Prior to first solo and solo** | | | | | | |  |
| Pre-solo required exercises complete, and age, consent, and medical requirements satisfied  Student pilot aware of the basic rules of the air and any restrictions including airspace  Student pilot aware of the correct cockpit weight for solo (ideally 10kg above minimum) and effect on handling  Student pilot briefed for solo flight, including limitations of the flight and use of required equipment | | | | | | | |
| *Supervising instructor signature* |  | *Student pilot signature* | | |  | |  |
| Student pilot and instructor to complete BGA Gliding Certificate form and the student pilot  submit the completed form to the BGA asap | | | | | |  |  |
| **Exercise 14 - Advanced turning** | | | | | | | |
| Steeper turns (45 degrees or more) | |  |  |  |  |  |  |
| Refresh stall and spin avoidance when turning | |  |  |  |  |  |  |
| Flight at high airspeed - considerations (briefing only) | |  |  |  | | | |
| **Exercises 15a – 15c – Soaring (one type only needed for SPL qualification)** | | | | | | |  |
| 15a. Thermal Soaring, including   * Lookout procedures * FLARM limitations * Detection of thermals, use of audio variometer * Joining a thermal and flying with others/giving way * Centring in thermals, leaving thermals * ‘BGA Soaring Protocol’ knowledge and application | |  |  |  |  |  |  |
|  | | **Briefed** | | **Taught** | | **Satisfactory** |  |
| **Exercise** | | **Name** | **Date** | **Name** | **Date** | **Name** | **Date** |
| 15b. Ridge soaring   * Look-out procedures inc FLARM limitations * Practical safe application of ridge flying rules * Wind shear/effects * Optimisation of flight path * Speed control * ‘BGA Soaring Protocol’ knowledge and application | |  |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 15c. Wave soaring   * Lookout procedures inc FLARM limitations * Considerations and techniques for accessing and exiting wave * Speed limitations with increasing height * Considerations for use of oxygen (briefing) * ‘BGA Soaring Protocol’ knowledge and application |  |  |  |  |  |  |
| **On completion of training for exercises 1 - 15, the CFI should update the student pilot’s training programme** | | | | | | |
| **Exercise 16 - Out landings** | | | | | |  |
| *Out landings – theory briefing* |  |  |  | | | |
| Appreciation of gliding range |  |  |  |  |  |  |
| Engine re-start procedures (only applicable to self-launch  or self-sustaining sailplanes) |  |  |  |  |  |  |
| Determination of wind direction |  |  |  |  |  |  |
| Making the decision to land out |  |  |  |  |  |  |
| Out-landing field selection and landing direction |  |  |  |  |  |  |
| Circuit and approach judgement and procedures |  |  |  |  |  |  |
| Considerations for slope |  |  |  |  |  |  |
| Actions after landing |  |  |  |  |  |  |
| **Exercise 17a - Flight planning** | | | | | |  |
| *Flight planning and navigation – theory briefing* |  |  |  | | | |
| Weather forecast and actual weather |  |  |  |  |  |  |
| NOTAMS and airspace considerations |  |  |  |  |  |  |
| Map selection and preparation |  |  |  |  |  |  |
| Use of compass and inherent compass errors |  |  |  |  |  |  |
| Route planning, inc radio frequencies as applicable |  |  |  |  |  |  |
| Awareness of alternative airfields |  |  |  |  |  |  |
| Pre-flight administration including preparation of any  additional equipment, e.g. GPS moving map, PLB etc. |  |  |  |  |  |  |
| Mass and balance. Discuss use of water ballast |  |  |  |  |  |  |
|  | **Briefed** | | **Taught** | | **Satisfactory** | |
| **Exercise** | **Name** | **Date** | **Name** | **Date** | **Name** | **Date** |
| **Exercise 17b & 17c - Navigation** (during a dual cross-country flight of at least 100kms) **-** | | | | | | |
| Collision avoidance, including use of FLARM/other EC |  |  |  |  |  |  |
| Risk reduction and threat reaction |  |  |  |  |  |  |
| Maintaining track and routing considerations |  |  |  |  |  |  |
| Use of radio and phraseology where applicable |  |  |  |  |  |  |
| In flight planning including diverting from the task |  |  |  |  |  |  |
| Procedure if uncertain of position |  |  |  |  |  |  |
| Procedure if lost |  |  |  |  |  |  |
| Use of GPS moving map |  |  |  |  |  |  |
| Diversion (eg avoiding simulated bad weather) |  |  |  |  |  |  |
| Joining, arrival and circuit procedures at a remote airfield |  |  |  |  |  |  |
| **On completion of training, the CFI should update the student pilot’s training programme including the training course completion certificate.** | | | | | | |
| **Local training requirements** |  |  |  |  |  |  |
| Effect of and operation of flaps (if suitable two-seat  glider available) |  |  |  |  |  |  |
| Effect of and operation of retractable undercarriage  (if suitable two seat glider available) |  |  |  |  |  |  |
| Sideslipping |  |  |  |  |  |  |
| Reporting safety occurrences (club and BGA) |  |  |  | |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

© British Gliding Association – for use by BGA member clubs only