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/						
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/						
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)						