



Ab Initio Course

Flight training from High School to Retirement Course Outline

Get ready for some fun...

Gliding is ultimately all about soaring, which is about being able to extract enough energy from the air so you and half a tonne of fibreglass glider can go wherever you want and come back again, safely and efficiently. There is nothing more exciting than sitting in your glider at cloud base, 100km from home, planning a final glide back to the airfield at 200kph.

Our Ab Initio course will introduce you to soaring, but it is focused primarily on helping you start your gliding journey. Ab Initio means "from the beginning" and our Ab Initio training is designed to take a new trainee with little or no flying experience to solo standard (or close).

A course is definitely the best way to do this and a great start to your flying career. It gives you a concentrated burst of flying and theory with dedicated instructors and priority access to the gliders and tow planes. This ensures that you can make the best use of your time on the airfield.

Of course, if you already have some aviation experience, all the better. We'll progress you at whatever rate is required to keep you challenged but not overloaded.

Development of soaring skills, an introduction to meteorology, an endorsement to fly passengers, cross country flying skills and competition flying are all further steps in your development as a pilot after 'going solo'.

Courses are conducted at Easter, in Spring and on demand.

Please note:

- upper weight limit for a glider pilot or passenger is 110kgs;
- all our instructors are required to hold Working With Children cards.

1

AEF

Typical Intro to gliding is a brief "Air Experience Flight".

2

AB INITIO

Introduction to soaring and flying training with the aim of going solo.

3

SOLO

Going solo and then learning navigation and cross country flying.



Our Fleet

We have a range of gliders for you to use based on your flying experience.



Getting skyward

Our club has two TUG aircraft for launching gliders.



Facilities

A great social clubhouse and accommodation to complete the experience.

Program - The course runs for 5 days.

The minimum age for a solo pilot is 15 years, however younger pilots can be trained and considered 'solo ready' prior to their 15th birthday.

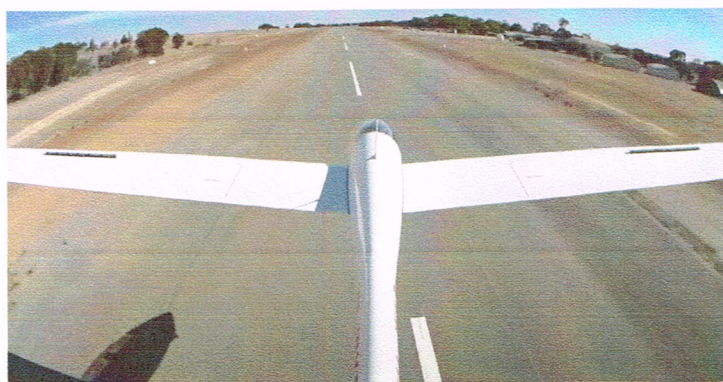
To ensure an early start we ask people, who can, to arrive at the gliding club and get settled in on the afternoon / evening before the course begins. If you can't do this, don't worry, but it would be good if you could because it gives us a chance to all meet each other, have a kick-off briefing and orientation session on the first evening.

The gliding club normally operates on weekends and public holidays. However, because we will be there with an active tug plane, some members may choose to come along during the week for some flying. This is good; it will give you a chance to mix with other pilots during your training.



Soaring above runway 028 at Narrogin

Of course, as a club member you will be welcome to turn up on any weekend or public holiday after the course to enjoy some more flying if you want to. In fact we really hope that you do.



Landing on runway 028 at Narrogin

The daily program is:

0700 - 0800 Breakfast

0800 - 0830 Domestic (clean up, make beds, etc.)

0830 - 0930 Prepare gliders for the day

0930 - 1000 Pre-flight briefing (weather, what we will be doing etc.)

1000 - 1100 Ground School

1100 - 1800 Flying (with breaks for lunch etc.)

Ground School topics include:

- Ground Handling
- Checks - pre-takeoff, pre-landing, pre-aerobatic
- Controls - how they work, what they do, how to use them
- Turning - coordination, speed control, thermalling
- Aero-tow Launching
- Stalls, Spins
- Circuit, Approach, Landing
- Gliding goals and opportunities



Pre-flight preparations

Preparatory reading should be done from, "Australian Gliding Knowledge", a link to this text will be provided as part of your pre-course activities.

Course Outline

(which is always subject to weather)

Day	Flight Exercise	Ground School
Afternoon/evening prior to the course start		Orientation Principles of Flight
Day 1	Orientation flight Primary/secondary effects Introduction to turns Introduction to aerotow	Pre-flight checks Basics of aerotow Radio procedures Rules of the air for gliders
Day 2	Upper air work practice – speed control, trimming, coordination, turns	Instruments Aerotow emergencies Intro to circuit planning
Day 3	Aerotow emergencies, hookup, high tow Introduction to stalls and spins Circuits approach and Landing	Stalls, incipient spins, full spins, spin recovery Circuit planning intro to approach and landing
Day 4	Spin recognition and recovery circuits, approach and landing	Basic meteorology Modified circuits Approach and landing
Day 5	Circuit practice Circuits with altimeter Launch failures First solo when ready	Ground School review
Subsequent visits to the gliding club	Consolidation with rostered club instructors Subsequent solos Flights towards FAI 'A' Certificate	'A' Certificate on-line exam

After you have mastered basic aircraft control and handling, flying will concentrate on polishing your upper air work skills, take-off and landing skills, and how to handle emergencies.

We will keep flights down to 20 - 30 minutes most of the time. Experience has shown that this is the most effective for developing skills as quickly as possible.

We don't guarantee you will go solo during the course because, although a course is the most efficient way to learn, it all depends on how you progress. Everyone is different and everyone develops their skills at their own pace.

For those who go solo we'll move to more advanced soaring skills, progressing along the various steps that will develop you into a fully trained and competent soaring glider pilot.

The logistics of coming to Narrogin for flight training

Course costs

Gliding would have to be the most affordable form of recreational flying, short of jumping off a cliff. At the time of printing the course costs were:

- \$1650 per adult (or \$1450 per student) paid to Narrogin Gliding Club (NGC) covering:
 - Annual membership of the NGC, being \$396 per adult or \$198 per student.
 - Up to 4 or 5 instructional flights a day during the course (the cost of each flight varies based on the time the tow plane and glider are in the air; any residual course monies are credited to your flying account for post course flying or refund).
- \$320 per adult (or \$166 to persons under the age of 26 years and studying) for membership of the Gliding Federation of Australia (GFA) paid directly to the GFA. All gliding clubs in Australia operate under the direction of the GFA who act for the government's Civil Aviation Safety Authority.

Accommodation

The gliding club has its own caravan park, with powered or unpowered caravan or tent sites and an ablution block. You are welcome to bring along your own caravan, tent, campervan or RV though basic, communal accommodation is available in the clubhouse building. Rooms have beds and mattresses but you need to bring sheets and blankets or a sleeping bag and your favourite pillow and teddy bear.

These accommodation options are free of charge to course participants.

Food

For an additional charge of \$30 per day, the course can provide full catering so all meals including morning and afternoon tea will be supplied. We find it takes pressure off all students and staff when those simple daily tasks are no longer a consideration.

However you can self-cater in the club room kitchen at the convenience of the course caterer. The club canteen sells snack size pizzas, pies, ice creams, soft drinks, chocolates etc. for those who want them. The club has ample fridge/ freezer space which are at your disposal. We also have a licensed bar with a good selection of beer, wine and non-alcoholic drinks for sale plus the usual varieties of chips and nuts. We open the bar each night after flying. Prices are basically at cost plus a small margin.

Clothes

Narrogin weather can be variable, so plan your wardrobe carefully.

- Best to stay reasonably covered up from the sun. Shorts and short sleeve shirts are fine if it's warm enough but be 'sun smart' and use sunscreen.
- Choose shirts and T shirts with collars to cover the back of your neck.
- At least one pair of long pants and a jumper. It can get cold, especially at night.
- Shoes or sneakers. No thongs or similar in the gliders, they can get loose and jam the rudder pedals.

- *Hat - very important. No wide brims for the glider because they obstruct vision and blow off on the airfield. Surfer hats with a brim all around that covers the ears and back of the neck are good. Baseball caps are not a good idea and those with the button on top are not allowed in the glider as they can hurt your head or damage the canopy should you experience an unexpected 'bump'. Some caps have very long peaks that obscure upward vision and they don't protect the ears and back of the neck. Caps with a cloth piece on back and sides to protect the ears/side of face and back of the neck are probably the best.*
- *Sunglasses are pretty important as it can be glary though we suggest a cheap pair, in case you sit on them.*

Other

It is suggested that you bring:

- *SPF +50 sunscreen, or clothing and a hat that provides full sun protection.*
- *Insect repellent (Aerogard or similar) or personal fly net.*
- *Notebook, tablet or PC for taking notes during the day and in the Ground School.*
- *Pencil or ball point pen.*
- *Torch.*
- *COVID face mask.*

Weather

We can't control the weather of course, and weather is a factor we must always consider. If it rains and we can't fly, we'll catch up on Ground School or do a bit of running glider maintenance until it clears. There is always something to do, you won't get bored but if the course needs to be cancelled for whatever reason your unused fees remain in your flying account and can be used whenever you choose to fly.

For more information

See our website at <https://www.narroginglidingclub.org.au/> or contact Peter our Course Organiser on 0420 811 929

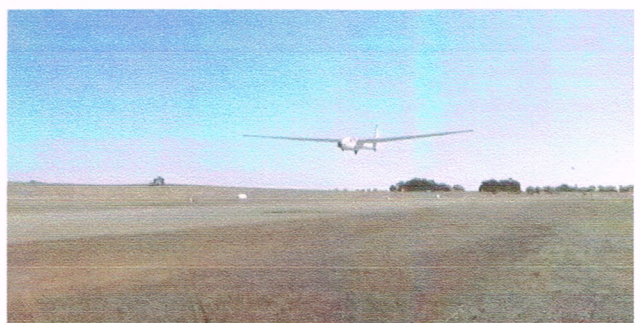
You can also come and visit us any weekend at the Narrogin Gliding Club, 2194 Clayton Road, Narrogin, which is located about 10Km west of the Narrogin town site. Our phone number is 0407 088 314 and our email is contactsofficer@narroginglidingclub.org.au

We look forward to our courses and we enjoy running them. Our experience that participants have a great deal of fun together and develop some lasting friendships.

We look forward to meeting you soon and if you liked the pictures in this flyer see the video 'Gliding at Narrogin' at <https://www.youtube.com/watch?v=MmI7y5dbn6g>



What goes up



Must come down