



# **THE GLIDING FEDERATION OF AUSTRALIA**

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## **SAFETY BRIEFING PACK**

This Pack has been prepared by GFA as an aid to all pilots, but particularly those involved in cross country or competition flight. It is anticipated that in future additional items will be included in the Pack.

### **CONTENTS:**

1. LOOKOUT SCAN
2. LOOKOUT for GLIDER PILOTS
3. JOINING THERMALS
4. LOW ENERGY FINISHES
5. EXTRACT from OPERATIONS REGULATIONS on FINISHES
6. SARWATCH, OUTLANDINGS, and SAR
7. BAILOUT
8. NUTRITION, DEHYDRATION, HYPOXIA and RECOVERY

Items 1 and 2 were prepared by a GFA Workshop group, 3 and 4 by Bruce Taylor, 5 by Kevin Olerhead, 6 by Stuart Ferguson, 7 by Daryl Connell, and 8 by John Buchanan.

djc  
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## LOOKOUT SCAN

This paper defines the different SCAN techniques recommended for use by glider pilots and indicates WHEN to use each technique and WHAT to do.

<u>NAME</u>	<u>SCAN PROCESS</u>
<b>CRUISING SCAN</b>	Forward conical scan 60 deg.left/right. Up and down.
<b>FULL SCAN</b>	Complete visible sky scan. Each side, above and below, behind each side round to as far back as possible. Vital for situation awareness.
<b>TARGETED SCAN</b>	Used in specific circumstances. Scan concentrates on that part of the sky where the hazard is expected.

### When to use each technique.

<u>FLIGHT ACTIVITY</u>	<u>SCAN REQUIRED</u>
<b>CRUISING</b> Constant heading, constant attitude.	CRUISING SCAN plus regular FULL SCAN
<b>CHANGE SITUATION</b> Eg. Approach gaggle, approach aerodrome, final glide, etc.	Ongoing CRUISING SCAN plus regular FULL SCAN plus TARGETED SCAN specific to the situation.
<b>FLIGHT MANOEUVRE</b> Eg. Pull up, turn etc.	Ongoing CRUISING SCAN plus regular FULL SCAN plus TARGETED SCAN specific to the situation.

**NOTE!** The frequency of use of FULL SCAN and TARGETED SCAN in each Situation or Manoeuvre will be adjusted by your SITUATION AWARENESS.

## **SPECIFIC EXAMPLES.**

### **FLIGHT SITUATION**

### **SPECIFIC REQUIREMENT**

Start point	Full scan. Up/down. Left/right
Turn point	Full scan. Up/down. Left/right. Check opposing, crossing tracks. Into and exit from Turn Point.
Approach airfield	Full scan. Radio alert. Check crossing tracks. Approaches and Departures
Final glide	Full scan. Radio alert. Watch for finishing gliders. Circuit traffic.
Circuit	Targeted scan. Radio alert. Watch for power aircraft. Watch for modified circuits.
Receive nearby radio call	Full scan. Target traffic location.

### **FLIGHT MANOEUVRE**

### **SPECIFIC REQUIREMENT**

Veering	Prior to veer, scan in direction of veer including behind and up. <b>NB.</b> This is more than clearing the airspace you are about to enter
Turning	Prior to turn, scan in direction of turn, behind and up and down. Continue to look through turn. Look for following gliders.
Pull up	Prior to pull up, look each side, and behind each side and overhead as high as possible
Approach thermal	Full scan above and below. Look for thermalling gliders and approaching gliders. Look for opposing gliders leaving or traversing the thermal.
Thermalling	Maintain horizontal and vertical separation. Look for gliders joining.
Leaving thermal	Full scan. Look down. Commence cruising scan plus full scan process.



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## LOOKOUT FOR GLIDER PILOTS

The following will be familiar to most. It is the application that needs improving. This should be an invariable habit for all.

### RECOMENDED PROCEDURES

1. Be conscious of your Lookout responsibility 100% of the time.
2. Set up your cockpit to maximise your time outside the cockpit. Instrument layout, GPS operation, map handling and etc should be set up to allow maximum time outside.

### HINT! - Put a sticker next to your main vario which says – “LOOKOUT”

1. Use a scan technique appropriate to what you are doing. Good situation awareness is essential.

#### CRUISING SCAN

– Straight glides

#### FULL SCAN

– Cruise scan plus appropriate priority to the flight situation. Eg. Circuit

#### TARGETED SCAN

– Cruise scan plus targeted priority to the flight manoeuvre before initiating. Eg Pullup into thermal.

2. Look in particular for turning gliders indicating a gaggle thermaling ahead.
3. Slow down before entering an identified area of lift especially if it already contains gliders.
4. When thermaling at turnpoints and in the circuit, experience will readily dictate where to look for potentially conflicting gliders so here particularly use a priority scan.
5. In particular when pulling into a turn, remember that you have changed the situation significantly so you need to take primary responsibility for remaining clear of other gliders. Particularly scan back along the tack direction when entering a thermal looking for expected and unexpected gliders on that same track.
6. Because gliders around us will sometimes be easy to see and other times will disappear as we look, it is necessary to make a conscious effort to maintain situation awareness – i.e. keep track of the gliders around you and what they are doing.
7. Remember modern gliders in particular have high energy. Speeds are higher than before. Height gain in pullups is significant, and rapid.
8. Hazards are greater on cross-country cruise/racing. Stay alert.
9. Increased stress at contest start points, getting low on track, approaching a turn point, navigation checks and etc force pilots back into the cockpit. Be particularly aware of this and force yourself to lookout !

## PHYSIOLOGICAL EFFECTS

Finally be aware of and allow for the effects age, fatigue, low blood sugar, dehydration and mild anoxia.

If you have any of these be sure to concentrate more than ever on technique.

## LOOKOUT PROCESSES

### 1. LOOKOUT PROCESSES

- The table below shows the visual target size and time available to avoid a conflict at various target distances. The visual target size is defined as the apparent wingspan of a 15 m glider subtended at 1 m – i.e. arm's length – at the chosen range.

**Table 1 Target size, Range of Detection and Time to Avoid.**

15 m glider at 1 m – arms length

Actual distance to glider	Apparent Target Size – Wing Span	Time to collision at closing speed		
		50 kts	100 kts	200 kts
100 m	15 cms	4 sec	2 sec	1 sec
500 m	3 cms	20 sec	10 sec	5 sec
1000 m	1.5 cms	40 sec	20 sec	10 sec
1500 m	1 cms	60 sec	30 sec	15 sec

- Image size of a glider (at arms length as above) at initial detection is rarely much smaller than 1 cm so normal first detection range is ca 1500 m. This means that, even at 50 kts., proceeding longer than 60 seconds without a visual scan is equivalent to flying blind!

- Clearly, the high closing speed and small target area of head-to-head conflicts make such conflicts more difficult to see than other conflicts.

- Analysis of glider collisions tells us that one glider would have had a clear view of the other.

- The picture we 'see' in our brain is not updated by any automatic process. It is all too easy to 'look' without 'seeing'. In order to 'see' the small target provided by another aircraft we need to make a conscious effort to 'see' when we look 100% of the time.

- Focus on the horizon and notice some detail.

- Examine each section of the sky with the eye focused on infinity and stationary for a short period of time before moving to the next segment. A moving eye will not see any detail.

## 2. PRIORITY of LOOKOUT

- Consciously retain good situation awareness by being aware of the likely traffic patterns and any known aircraft in your vicinity. Target the scan to the areas of potential hazard. ***“Think of the possible even if unlikely.”***
- Where the traffic pattern is random (lone cross-country or in the terminal area, i.e. local soaring) concentrate the scan on straight ahead and then to about 60° to each side. When flying fast, concentrate more on straight ahead; when flying slower expand the area of concentration. Regularly, but less frequently, do a full scan to the side and as far back as possible, especially where slowing, weaving or to achieve situation awareness when (say) heading off from the top of a thermal or approaching the airfield. However, the highest risk of collision is glider-to-glider, cross-country flying.
- The terminal area (within – say – 5 miles) at a crowded site is a high traffic area with random traffic. This is particularly dangerous airspace and lookout needs to be excellent. High speeds in this area are not appropriate. Flying pre start in a competition is a particularly hazardous situation of this type.
- Gliders on a reciprocal heading are very difficult to see. Avoid such circumstances and where this is not possible take special care. Examples are; in obvious streets and to from an obvious thermal close to a turn point.
- When gliding in a group or on a set task, much of the traffic will be on a similar heading. Head-to-tail conflicts are easily avoided – however this traffic provides an ongoing hazard from gliders doing a pull-up, weaving turning or backtracking.
- Do not fly in another aircraft’s blind spot; for example, do not follow another directly astern and higher. A glider doing a pull-up can be in a double blind situation – there is no obvious fix for this so prevention is the only defence.
- When weaving or entering make sure the lookout goes as far back as you can see. The responsibility for clearing the air remains with the turning glider for at least the first full turn. Subsequently the responsibility may be shared with other aircraft. Look over your head to see traffic conflicting with your turn particularly back along the mutual track. If necessary, roll level to allow the conflicting glider to pass in front before re-entering the turn. Following gliders, particular if higher than the leading glider, must be aware of the likelihood of a turn associated with a pull-up and be ready to take appropriate action.
- Be particularly careful when back-tracking (in lift) as this creates a head-to-head conflict.
- It follows that situations where the following glider is a few hundred feet above the leading glider are potentially dangerous.
- Other areas where there are obvious traffic patterns are; at turn points, when final gliding, when approaching the terminal area and in the circuit. Be aware of these and scan accordingly.

**NOTE.** For any queries and further details see the GFA Manuals and/o your Instructor.

# Joining Thermals

There are four important matters to consider when joining a thermal already occupied by one or more gliders, and every single one must receive your full attention.

- 1 You must have in sight all of the gliders that are in the thermal
- 2 All the gliders in the thermal must be able to see you
- 3 You must plan your method of arrival and entry to the thermal
- 4 All the gliders in the thermal must understand your plan

#1 Sighting gliders circling is not easy, and a variety of backgrounds and conditions can conspire to make it even more difficult. Gliders are like kangaroos on the road; where there is one, there will be more, and it is the one you don't see that will do the damage. After you decide that you have them all sighted, then start searching for the one(s) you haven't seen - don't get a fixation on the ones already in view. Keep your scan going over the entire width and depth of the thermal, as one aircraft in a particular stage of the turn may be impossible to see at first glance.

You must also keep in mind that there could be gliders close to you heading for the same thermal. Aim to keep your search going all around, especially above as you will usually be slowing down and gaining altitude as you approach the lift area. **THIS IS NOT A TIME TO BE LOOKING AT YOUR VARIO – ALL EYES OUTSIDE!**

#2 A glider approaching a gaggle at high speed in a straight line will be next to invisible. The frontal area is very small, and we need to increase this and ensure some horizontal movement so that those gliders already established have some chance of seeing us coming. If we are making our own decisions we will want to sample the air as we approach the lift anyway, as it will be best to have an image of the thermal in our own mind. This will lead to some gentle weaving and “feeling” of the air that will make your glider more visible to those ahead. If not, you should attempt to avoid a direct head-on arrival. You should arrive at only a little above thermalling speed, and with consideration of all the established glider's positions so that they have a good chance to see you.

#3 A good concept of spatial awareness is vital in the arrival phase. While still well back from the thermal you need to have a good idea of where you will arrive in amongst the gaggle, in relation to all the gliders. There will need to be a space for you to fit into (!) and if not, you will start a gentle turn outside that of the gaggle until they have rotated further and you can see room to move in. **DON'T PUSH!**

Please, do not arrive at the gaggle at full cruising speed and attempt to pull up amongst them – this is extremely dangerous, as you will have considerable vertical velocity to judge as well as your horizontal position. It will also inevitably mean you are out of sight of one or more gliders, and they are out of sight to you at some stage. If you do this a couple of times someone will punch you in the nose, which will be a very good thing...

#4 As above, you must always manoeuvre in a safe and predictable fashion. Try not to surprise the other pilots with any of your antics. As you fly at higher levels of

competition, it is likely that you will have gliders flying at lesser separation, but the pilots generally behave more predictably. If the pilots of the gaggle see you approaching at a sensible speed and behaving as if you are having a good look out the front and working to fit in comfortably, they will be far more receptive and will often open out their turn a little to let you in more easily. Roll into the thermal smoothly and positively, and likewise when leaving keep all the changes of direction predictable.

Keep a good lookout as you leave the climb, especially below as you accelerate. Above all, be careful and courteous.

## Open Class Manoeuvrability

Open Class gliders are big, usually 25 metres or more in span, and heavy, often flying somewhere around 800 kg. This means that they have much inertia. They are slow to roll, and take some time to change speed. Their control response is worst at low speed, as when thermalling, and some account of this needs to be taken by other pilots when sharing airspace.

Give these gliders a little more room when you are near them. They will thermal at about the same speed as any heavily ballasted glider, around 55 to 60 knots. Try not to surprise them by doing something unexpected in a thermal, forcing any rapid evasive action. Generally they will not cause you too much trouble; because of their slow and graceful movements you will find their changes of direction quite easy to anticipate, and it is unlikely that they will manoeuvre into a position faster than you can manoeuvre out of it.

## Low Energy Finishes

The planning process for arriving back at the airfield should begin many kilometres from home. Too many times the required thought processes only start after the finish line is comfortably under the nose, and often even later than that! There are a number of decision points along the way that need attention, and if these are adhered to then the arrival at the field will result in a good finish, a well executed circuit, safe landing and maybe even a good dose of fun!

To begin with, your task will progress until you find that you have flown onto a final glide path. This is ideally how it should happen, as struggling to get onto final glide early or driving on to low altitude looking for that last booming climb will often both end in lost time. At the point where you find that the numbers are about to add up, you should begin to pay some attention to the impending finish.

Through the day you will have gained a feel for what the air is like, and that may well influence the height that you decide to leave the last climb. If it has been a nice day with good runs and streeting, then you may decide to leave a bit lower than the numbers, and conversely if it has been one of those nasty days with lots of sink around, you will usually take a few hundred feet extra.

Get a feel for how the glide is going as early as you can. If it is going badly and there is no obvious change in the weather up ahead, perhaps you need to stop for some more height. Try not to leave this decision until too late; top up while you are still reasonably high, avoiding a low level grovel. Monitoring progress will allow speeding up or slowing down to use your height most efficiently, and will give an indication of what type of finish will be possible. Lots of spare energy will mean a high-speed finish with a pull up and circuit, and a deteriorating glide might mean a straight-in approach or even consideration of an outlanding.

Firstly consider the high-energy finish. For about the last 20 km you must watch and listen for all traffic. Get a picture in your mind of who the likely conflicts will be, gliders close to your height and distance, or lower and in front and higher behind. Remember that you will all be converging on the finish line and visualise the consequences if you hit one of them! You will have no height to get out. Eyes outside! If all continues to go well and at about 5 km you are still above glide and running comfortably over 100 knots, then a low altitude, high-energy finish will likely result. Think about the wind, landing direction and keep looking for traffic. From 5 km onwards you have no further need to look inside the cockpit, at all...

The height that you decide to go over the line will depend on experience, traffic, wind, obstacles and the rules. Very low and very fast is fun, and usually quite safe, **SO LONG AS YOU HAVE ALL THE ABOVE POINTS ON YOUR SIDE**. Traffic will dictate extra height or maybe moving to one side. Wind will make it uncomfortable and more dangerous to be right on the deck. There will always be some trees, power lines, fences or buildings near to your approach path, and some of these are difficult to see at speed and in particular lighting. Know the airfield before you go low. And the rules may impose severe penalties for being too low – that will also spoil your day.

Having crossed the line you must make all changes in direction and height as gentle and predictable as possible. There is no point in pulling up sharply to circuit height, then doing the rest at 50 knots. It is far safer to gradually bleed off the speed at just a few hundred feet and arrive on finals just as you get down to your approach speed. This takes practice, but will come with time. Watch, watch, watch for traffic, don't forget your checks in all the excitement and keep an eye on the landing area to ensure that it isn't becoming congested. An airfield is usually pretty big, and a bit of a walk to your car is less painful than hitting something.

Now, the low energy finish is the one that can bring you undone. Usually at some distance out it will become clear that you do not have the required energy for a high-speed finish, or alternatively the glide will all turn to worms in the last 10 km. The latter scenario requires strict attention and a degree of flexibility in your planning. If you never had enough energy then your planning is always to consider a straight-in landing, with the only other decision being to outland if the glide deteriorates. However, if all goes well till quite late, you may need to quickly change plans backwards from circuit to no circuit, and maybe even to outlanding.

There is a critical time about 5km from home when you must decide that indeed you do have enough height to get home safely, or you must land right here. After you pass that point, you will no longer have enough height to correctly choose and land in a paddock. Once again experience, wind and paddock choices will dictate how low you may choose to continue, but don't fall victim to the "get-home-itis" danger. A safe outlanding means you can try again tomorrow.

All the same comments about traffic and forward planning apply here. Once you descend into that height band below about 500 feet, great care is needed to maintain a safe speed, especially if you are stretching the glide to the maximum. As said earlier, from now on your best instrument is looking out the front. If there is any appreciable wind take extra care and add a few more knots. If the wind is on your tail the view out the front may be pretty daunting with a very flat angle and the prospect of a downwind landing. If you are low and slow then take this option, as trying to turn at low level could kill you. A downwind landing is a far safer bet, so long as you are prepared for early loss of aileron control. Stalling, spinning or digging a wingtip into the ground is very untidy... **DON'T STRETCH THE LIMITS!**

If you have the wind on your nose the whole process will be easier. You will be looking at a steeper angle to the field and an into-wind landing will usually be more straightforward. Same comment applies about turning close to the ground, and there is actually a case against steeper turns into wind at very low altitude. The wind gradient can mean that the lower wing can have significantly less airspeed, to the point of not being able to roll out of the turn. Keep turns moderate. Do your checks, as the stress of a long, marginal glide can so often lead to a spectacular belly-flop!

A young pilot I know always works with the motto: Airspeed, altitude and brains – you always need at least two. Sound advice!

# THE GLIDING FEDERATION OF AUSTRALIA

Pilots must be aware of the rules and conditions that apply to glider finish line procedures.

Relevant sections of the Civil Aviation Orders and GFA Operational Regulations are reproduced below:

## **GFA Operational Regulations Section 9**

**9.11** A Sailplane shall not operate lower than:

- (a) 1,000 feet over a built-up area, except in the course of taking off or landing at an aerodrome or gliding site, nor
- (b) 500 feet above the ground, except:
  - (i) When taking off or landing at an aerodrome or gliding site, or being retrieved following an outlanding in a place meeting the requirements of 8.4.1
  - (ii) When in the course of landing
  - (iii) When completing a race in a gliding competition approved by CASA; (CAO 95.4 prescribes conditions for this), or
  - (iv) When engaged in ridge or hill soaring. (CAR 157 + ex)

## **CIVIL AVIATION ORDERS PART 95**

### **SECTION 95.4**

**4.3** Gliders, powered sailplanes and power-assisted sailplanes participating in a gliding competition which has been approved in writing by CASA may, when within 5 kilometres of the finish line, descend below 500 feet above the ground whilst:

- (i) keeping the finish line in sight; and
- (ii) clearing all obstacles by at least 50 feet; and
- (iii) then land straight ahead across the finish line; or
- (iv) cross the finish line without descending lower than 50 feet above the ground or any obstacle thereon and with sufficient energy to complete a circuit prior to landing.

Kevin Olerhead,  
Chief Technical Officer - Operations

## **SARwatch, Outlandings, and SAR**

SAR and survival planning are like buying insurance; it is an essential part of our planning that we hope we never have to use.

Gliding while generally being a non-team sport relies heavily on structured activities and mutual cooperation so that those taking part get the most of the activity. These structures are, or should be provided by the GFA, our home club, a host club, and competition organisers. One of the responsibilities a club, and competition organisers is to ensure that all aircraft/pilots are accounted for at the end of each days flying. This responsibility, and the action they are required to take when someone is not accounted for is clearly laid out in the GFA Manual of Standard Procedures (MOSP) Part 2, section 14.1.14. The time stipulated in the MOSP that action for overdue aircraft and crew be handed over to the Search and Rescue authorities (AusSAR) is one hour after last light. While the MOSP does not require any action be taken prior to that time, common sense, and good judgement would dictate that local action would have occurred prior to contacting AusSAR.

### **SAR Watch.**

As the pilot, and/or crew, you have a responsibility to yourself, the club, or competition organisers you are operating with to understand the local procedures in place for each gliding site you fly from. Details of all local procedures should be part of the initial briefing, and may be presented as a verbal briefing, or as part of a package of briefing notes. SAR alerting procedures should be part of this briefing. If in doubt, ask.

Having established what the local procedures are, you have to work these procedures into your daily routine. You will be expected to advise the organisers where you plan to go each day. Those pilots who are fortunate to have a crew can delegate some of these duties, for those who are working solo, it is just one more thing you must attend to in what is already a busy schedule.

On return we then have a responsibility to cancel our SARWatch. Once again follow local procedures.

### **The Outlanding**

While outlandings are part of gliding, most of us depart expecting to return to our departure point, or another declared landing point. If we outland our priorities change. We need to communicate with event organisers and our crew to arrange the retrieve. In many cases this is done via radio, followed by a confirmation phone call from the occupied property we land close to. It is worthwhile trying your mobile phone, however most outlandings will occur out of the coverage area.

Sometimes outlandings are not as straight forward as we would like them to be. We may land on a property where the occupants are away. I once walked 18km looking for an occupied property, and every now and again, outlands go very bad, and the pilot is incapacitated in some way. Communications are even more important in this case.

We have already looked at established lines of communication; I would now like you to consider some practical alternatives. Assuming your VHF radio is still working, or you are carrying a handheld, overflying Regular Public Transport (RPT) aircraft can provide a relay platform. This can be done using the local Air Traffic Control (ATC) frequency. These frequencies can be found on the Enroute Charts (ERC). These are published in two formats, one for below FL200 known as the LOW chart and the other for above FL200 known as the HIGH chart. The local club should have a copy of these charts, if not ask the tug pilot, he should also have a copy. If you have no success there try the international distress frequency 121.5 MHz, which is monitored by most RPT crews in the cruise. Having made contact make arrangements to change to an alternative frequency to pass your information.

This information should include:-

“Request relay via Air Traffic Control.....”

Who you are = Aircraft Callsign

Where you are = (GPS position Latitude and Longitude)

Situation = The usual items we pass in an outlanding report.

Who you wish this information to be passed to = Phone Number etc.

Any additional relevant information, such as short term intentions  
(keep it brief)

While you will most likely be talking to a local crew, it is possible that you will be talking to a crew who's English is very poor, you may have to repeat your self several times. To avoid you outlanding becoming one of the classic tales of poor communication, keep it simple. This information will then be passed back through the Air Traffic Control system to the number you have requested. Hopefully you will be able to stay in touch with the relay aircraft and receive confirmation that your message has been passed.

## **Search and Rescue.**

As previously discussed, if the organising club has had no contact with you, one hour after last light they are required to hand the fact you are missing/overdue over to AusSAR. This could result in a wide area search for you.

You can also assist if you are carrying a beacon, and I strongly recommend you do. Activate your beacon approx one-hour after last light. The "Rescue Co-ordination Centre" (RCC) having received notification that you are overdue, will also be receiving the signal from your beacon. This will indicate that you are OK, however need assistance. If you deploy your beacon correctly (read manufacturers manual) the satellite system will identify your position within several kilometres and assistance will be on its way. By following these simple procedures you will speed up your recovery, and avoid the need for an expensive search. It is also a good a practice to carry a portable strobe light or torch to assist crews find you in the dark.

If you have been injured, activate your beacon immediately It is strongly recommend that you carry your beacon on you, in the case of a bail out, the beacon is with you, not your aircraft.

At this point I will remind you that a beacon is a distress signalling device, and does not replace established or alterative means of communications discussed in this briefing paper. The activation of a beacon sets the SAR machine into action. Used inappropriately it will bring discredit to the sport of gliding, used appropriately it may save your life.

## **Conclusion**

Like insurance, with survival and SAR planning it is important you understand the fine print, it is too late after the event.

Tips - know the local procedures (carry a copy if you need to), know the local contact phone numbers, know the local frequencies and have a radio that can access them. Carry a distress beacon, surplus water, your usual outlanding kit, and a small survival kit.

I sincerely hope you will never have to use most of the information contained in this briefing, however fly further and faster, with the confidence you are well prepared.

Stuart Ferguson

## BAILOUT WHEN YOU HAVE TO GO

The purpose of these notes is to suggest a Check List that pilots may consult to assist in their planning in case of need. Clearly this List is intended to be used from time to time to help in being prepared in the unlikely event of deciding to bailout. It is far too late once the need to jump exists.

By way of background there are two incidents that have significantly influenced the content of this List. The first was a midair collision that occurred many years ago involving two gliders. I saw the falling wreckage from the ground and later visited the impact site. One pilot remained with his out of control glider and crashed. Rescuers found him in the cockpit with parachute harness undone and seat harness fastened !

The second incident occurred when I was flying straight and level at about 3000 ft. Another glider rammed me from behind, totally disabling the glider and requiring me to bailout. This was successfully achieved with only minor injuries resulting.

I have a very clear recollection of the circumstances surrounding my bailout yet I know from other evidence that some things happened that I have no recollection. My point being that in such an emergency some actions are apparently instinctive or pre-learnt, and therefore there is an opportunity to improve our chances by planning.

### Check List.

- . be familiar with your parachute, particularly the actuating handle. This is normally a “D ring”. Where is it ? How do you grab it and with which hand ? In which direction should it be pulled? Left handed pilots take particular note. Practice.

- . sit in your cockpit as prepared for flight. Understand the canopy release mechanism. Can you reach it ?

What obstacles are there to impede you leaving? Check camera mounts, microphones, water tubes, cables etc. Permanently relocate as many as possible. The instrument cluster itself maybe a problem, and you will need to consider how you will get out. Remember your glider may be out of control and this probably will make it more difficult to bailout in any case.

- . before each flight; pre-flight the parachute, check ripcord safeties and “D ring” stowage. Know how to fit the parachute correctly and do so.

- . whenever you land your glider climb out of the cockpit with your parachute on. This requires you to release your seat harness only, and take your chute with you. A good habit.

- . is your parachute in good condition ? Regular packing and care could be a lifesaver.

Some additional tips that may be of interest.

Be aware that most of our parachutes are emergency chutes, that is a canopy diameter of about 26ft. This reduces the bulk in the cockpit, but does mean the descent rate is a little high. They are designed to save life and some injury on impact is possible.

Should I try to make a radio call if I have to bailout? No, forget it unless your glider is sufficiently under control to give sufficient time. To get a reliable position broadcast if out of control will take too long. Rely on the emergency services. If you are flying remote to emergency services then you should be carrying an emergency position/location transmit device.

On landing treat your situation as if it was an outlanding.

Finally it should be noted that there are a small but worrying number of fatal accidents where a glider crashes for no identifiable reason. I am making no assumptions about that, but we do know it can take a fit/uninjured pilot many thousands of feet altitude to get out of a disabled glider into a deployed parachute.

If a serious problem develops make your decision early.

Djc 1/9/02

# Nutrition, Dehydration, Hypoxia and Recovery

Flying gliders successfully and safely requires mental alertness and good decision making over a long period of time in a hot environment, probably after being in the sun preparing equipment for the flight. A competition, regatta or gliding camp requires good decision making and alertness over many days of tiring activities in the heat on the ground and in the air, whilst also sleeping and living away from home. Many pilots have attended the gliding venue from much kinder environments and are unaware that the stress effects of the heat and competing are accumulative. This fatigue and stress build up is very subtle, leading to irritability, indecision, bad decisions and unsafe actions.

In addition to the environment, other factors which affect the pilots' fatigue and stress accumulation, and cognitive thought processing abilities, are nutrition, dehydration, hypoxia and recovery. Fortunately, unlike the environment, all of these are controllable by the pilot.

## Nutrition

The two most important factors with respect to nutrition are a balanced diet and appropriate blood sugar levels.

Much is written about **balanced diets**, typically concentrating on 70 to 80 % fruit and vegetables and the balance in protein and other carbohydrates. Clearly this is in conflict with what a lot of Australians eat. However, being mind full of the need for high levels of fruit and vegetables, and attempting to eat high levels, will help your energy levels through the vitamins and minerals they supply. You should also listen to your body. Take note of what you have eaten in the 24 hrs prior to a period of low energy - or high energy. See if a pattern can be detected after a while. A lot of people are unaware that, for them, too much wheat, yeast or lactose can produce fatigue. Simple sugar foods, soft drinks, tea, coffee, and alcohol may provide short term energy bursts but are invariably followed by relapses. Try a week of high concentrations of fruit and veg or the longer lasting easier digestible veg juice and see if you feel more energised.

Of course you can go to a naturopath and get tested for food allergies or preferred foods for your body. Just don't get too hung up on the results though - just use it as a guide to your own experimentation.

At a contest try to maintain your normal diet in spite of the difficulties. In particular avoid an increased consumption of fats, sugars, starch and breads. Try to opt for a greater percentage of Asian foods if eating out a lot whilst away. These have higher veg to protein and fat contents.

Maintaining an appropriate range of **blood sugar level** is very important. Blood sugar is the fuel for the brain. Low levels produce slower thinking, reduced focus and concentration, with subsequent indecision, bad decisions, poor co-ordination, narrowing of vision and can lead to accidents.

After eating a balanced meal blood sugar levels will rise with digestion and then fall more slowly over the next two to three hours if the foods are balanced. However, if high sugar and carbohydrates are consumed the levels will rise very quickly to an excessive level and fall very quickly resulting in a rapid decline in brain power and a feeling of lethargy.

Therefore, ensure you eat a proper lunch either before flight. A salmon, tuna or chicken salad would be ideal. If you have to take it with you ensure a lot of salad compared to the bread. It is better to make a pita bread wrap. I also take 2 bananas and 1 or 2 apples depending on the expected duration of the flight.

The salads or wraps should be a reasonable mix of food and allow prolonged control of blood sugar levels. The bananas are a slow complex sugar as well as vitamins etc, and also release into the blood over a relatively long period. The apples are a faster complex sugar - best kept for final glide or escaping from an energetic grovel. Minimise the nuts and dried fruit as they will contain a lot of sugar and fat. Breakfast bars are ok if you look to the low sugar and don't make a habit of it. Lollies are bad and to keep eating them and/or soft drinks will give you hits with progressively bigger downers resulting in fatigue and reduced mental performance particularly in the heat.

### **Dehydration**

Lack of water produces fatigue, muscle stiffness, cramps and all the adverse brain power effects associated with low blood sugar levels. I know of two top international pilots who have "lost it" in flight and attributed it to dehydration. It is commonly believed that dehydration has been a factor in accidents in the past. I am sure that many pilots, including many of you, have suffered adversely, when flying due to dehydration. Do not underestimate the effects of our hot climate and the accelerated effects of the canopy and lower density altitudes.

The effects accumulate quite subtly and begin before take off. Stay in the shade and keep covered as much as possible before flight. Wear long clothes. Avoid drinking tea, coffee and soft drinks as they repel the moisture uptake of the body. Drink an excess of water with the view to "super hydrating". Do this slowly over a period of time for maximum uptake. Yes you will pee more but not as much as you think (unless you're an elderly gent before the op!).

If you notice effects of dehydration or expect to fly for a very long time some sports drinks can help you hydrate or rehydrate by providing various salts and minerals. However, avoid the older types and those with high sugar content. Even then it is best to dilute them with 2 to three times their amount with water and drink them slower, using plain water in between.

I find that mixing a third pure, unsweetened apple juice or dark grape juice in water provides you with a more pleasant and sweet taste in flight and the carbohydrates contained will better replace the energy you are burning.

You should pee during a glider flight, in hot conditions after 2 hours or so. If you don't you are not drinking enough and you will be dehydrating. You may then encounter (although not notice - unless you are now more aware) tiredness, headachy, stiff and cramped. The pee should be clear - not like the diluted apple juice, If there is any yellowing or smell, drink more clear water.

Alcohol is not only a diuretic but aviation medical research shows that its' effects remain in the body for several days - with a resulting loss of mental abilities. However, we are presumably on "gliding holidays" so one glass or can per night is perhaps a compromise?

### **Hypoxia**

Whilst oxygen is compulsory above 10,000 ft QNH, it would be better to use it above 8,000 ft if flying above this altitude for some time. This is because our type of flying is a lot more physical than other forms of aviation and is usually combined with heat, mental, environmental and competition stress. Accelerated fatigue, tiredness, reduced mental alertness and headaches are the symptoms of prolonged exposure to reduced oxygen use. All these effects are initiated through lower oxygenated blood levels to the brain and can be damaging to the brain!

Be wary of convincing yourself that you can handle 10-12,000 ft continuously because you are fit or used to it! To test yourself, get a lend of an Oxy system and take a sniff after exposure for a while at 8,000 ft. It is very likely that you will experience a clearing of the head and any energy level increase. I feel it is unfortunate that we do not use oxygen a lot more in our gliding in Australia and believe that we should have it at competitions for safety reasons and use above 8,000 ft QNH.

## **Recovery**

Recovery is the process of rejuvenating the body and mind after the flight. This is necessary for continued optimum daily performance. A reasonable level of physical fitness will aid recovery.

The first step after flight is to drink plenty of water with the intent of peeing regularly. Drink at least a litre specifically before having a soft drink, beer, tea or coffee. Then attend to your glider and domestics.

Follow this with 10 mins of simple stretching exercises to get the blood circulating and the muscles working properly. Try to stretch as many muscles as possible - particularly the stiff and sore ones.

Relaxation is the next priority. A good walk, swim, shower and lie down - whatever. The meal should not be too heavy or pumped with highly emotional post mortems.

Before going to bed resolve to put the flight away and don't dwell on it as that will prevent you from getting a good nights' sleep.

Complete the recovery by conserving as much energy as possible the next morning before flight.

Then go get'em!

John Buchanan