

PREFLIGHT CHECK V2 EN

CAN I HAVE FUN WHILTS FLYING WITH THESE CONDITIONS AND MY SKILLS?



chilloutparagliding.com/preflightcheck

RISK ASSESSMENT	COMMENTS	LINK	SAFETEY MEASURES
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HUMAN

▶ Am I physically and mentally exhausted?	<input type="checkbox"/> RISK! <input type="checkbox"/> SAFE	I'M SAFE: Illness, Medication, Stress, Alcohol, Fatigue, Emotion	<ul style="list-style-type: none"> Yield / postpone Select a flight in your comfort zone, eg. short pleasure flight
▶ Do I have a fixed plan today?	<input type="checkbox"/> <input type="checkbox"/>	I filter the information to suit my needs. «Bullet Mind»	<ul style="list-style-type: none"> Thoroughly do the weather check Stay flexible Plan attractive alternates in the area Plan and observe decision points: a) Valley station b) Launch site Ask: «Do the conditions meet my expectations?»
▶ Does the group <u>NOT</u> communicate openly about decisions and the condition of individual members?	<input type="checkbox"/> <input type="checkbox"/>	I take higher risks within a group. «Risky-Shift-Effect»	<ul style="list-style-type: none"> SOCIAL Tool, SLF: slf.ch/en/services-and-products/forecasting-and-warning/social.html Communicate openly and honestly Express criticism and allow it Ask: «What would I do if I'm by myself?» Demand justifications for the decisions of the leader

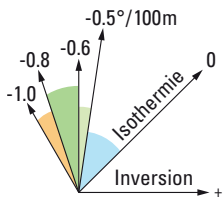
EQUIPMENT

▶ Is my reserve been packed more than a year ago?	<input type="checkbox"/> <input type="checkbox"/>	A freshly folded and correctly installed emergency parachute opens faster.	<ul style="list-style-type: none"> Once a year, pack and fold the reserve by a professional Do a release test
▶ Does my glider category overwhelms me in turbulent air?	<input type="checkbox"/> <input type="checkbox"/>	Excessive demands and anxiety rob the fun of flying and selfconfidence.	<ul style="list-style-type: none"> Don't skip a wing class. Do as many flying hours as possible in active flying conditions Follow a safety course (SIV)

METEO

MIGHT THE WIND STRENGTH AND TURBULENCE OVERWHELM ME? IN THE 3 AIR LAYERS: A) UPPER WIND, B) THERMIC LAYER, C) VALLEY WIND / MOUNTAIN WIND

▶ Cold front approaching?	<input type="checkbox"/> <input type="checkbox"/>	Gust front and large climbing air mass in ahead of the front. Thunderstorm at the front. More dangerous in the summer	meteoschweiz.admin.ch/home/wetter/prognosen/allgemeine-lage.html Check the weather report and the general situation (weather chart)	<ul style="list-style-type: none"> Monitor precipitation radar and wind speeds/direction Land on time, or don't take off Keep 50 – 100 km clear of precipitation zone
▶ Forecast: Wind forecast at 2'000 m stronger than 30 km/h or 17 kts?	<input type="checkbox"/> <input type="checkbox"/>	LEE-turbulence near the surface, no forward groundspeed, i.e. no progress. Generally turbulent conditions, even far away from the terrain	meteo-shv.ch > Wind 2'000 m Check also wind at 3'000 m Source without SHV-Login: meteoblue.com/de/wetter/karte/wind800hpa/schweiz	<ul style="list-style-type: none"> Stay upwind (Luv) Monitor wind measurements Yield/postpone Fly in protected areas Fly lower, near the foot of the mountain. 500 m below mountain crest
▶ Current measurements: Mountain and valley wind stronger than 25 km/h or 14 kts?	<input type="checkbox"/> <input type="checkbox"/>	LEE-turbulence behind crests and obstacles, no forward speed anymore, LEE-turbulence and wind shear near surface. Surface wind gradient.	winds.mobi/stations/map Check date and time! Check the Chill Out Wind-Limits-Table > chilloutparagliding.com/mychillout/downloads > Wetter Check	<ul style="list-style-type: none"> Stay upwind (Luv) Avoid narrow valleys and crests Monitor wind measurements Yield/postpone Fly in protected areas
▶ Strong thermals: Emagramm (Sounding) or Previtemp > It has areas with a steep temperature gradient?	<input type="checkbox"/> <input type="checkbox"/>	-1°C per 100 m. The temperature line has the same slope to the left as the dry adiabatic. 45° inclined to the left in the Swiss Emagramm (Skew-T-presentation). The sun must shine for strong thermals to form. If strong thermals bounce off a distinctive inversion, it is very turbulent there. Affects spring and summer	Measurements (Emagramm): meteoschweiz.admin.ch/home/mess-und-prognosesysteme/atmosphaere/radiosondierung.html Model Forecast (Previtemps): meteo-shv.ch > Thermik > Previtemps (Switch off the Easy Mode) Aid: chilloutparagliding.com/mychillout/downloads > Wetter Check > temperatur-gradient_gradient.pdf	<ul style="list-style-type: none"> Keep distance to terrain Active flying technique Master descent techniques. -4 m/s Stay North of the mountain Distance to large clouds. 45°-rule Fly mornings and evenings. (Day without thunderstorms in the evening) For strong thermals, which bounce off a distinctive Inversion: Keep well clear of terrain.



Aid for the Swiss Emagramm (Sounding), (Skew-T-presentation)

RISK ASSESSMENT	COMMENTS	LINK	SAFETY MEASURES
<p>► Is valley wind strengthened by the upper wind? <input type="checkbox"/> RISK! <input type="checkbox"/> SAFE</p>	<p>e.g. Northwest in Interlaken, North in Kandertal or West in Wallis.</p> <p>Northerly weather mass generally strengthen the valley winds in the Bernese Oberland.</p> <p>Large areas with thermals have strong valley winds in the afternoon.</p> <p>Affects spring and summer.</p>	<p>Valley-Wind-Map: chilloutparagliding.com/mychillout/downloads > Wetter Wissen > Alpines Pumpen Thermischer_Talwind_Schweiz_2MB.pdf</p> <p>Ask locals</p> <p>Upper wind: Wind forecast 2'000 m. See above</p> <p>There is no reliable forecast for valley wind</p>	<ul style="list-style-type: none"> ■ Avoid large and long alpine valleys in the afternoon ■ Stay upwind (Luv) ■ Avoid narrow valleys and mountain passes ■ Monitor wind measurements in the valley ■ If you get too low: Soar up on the under cut of the slope. (Cut bank) ■ Land on a higher slope. 500 m to 1000 m above the valley floor. ■ Choose large and obstacle free landing site ■ Fly in the morning and evening
<p>► Are there strong rainfall cells or thunderstorms today? <input type="checkbox"/> <input type="checkbox"/></p>	<p>Cold air discharge & gust front near the surface.</p> <p>Extreme turbulence. Strong climbing areas near the thunderstorm. Danger of being sucked in.</p>	<p>Weather radar MeteoSwiss-App meteo.search.ch/prognosis</p> <p>Monitor the colour, size and the direction of movement of the cells at the weather radar.</p>	<ul style="list-style-type: none"> ■ Monitor weather radar ■ Observe clouds ■ Keep 50 km distance ■ Land in time or don't start. ■ 45°-rule underneath large thermal clouds
<p>► Föhn: Is the north-south pressure difference today higher than 4 hPa? <input type="checkbox"/> <input type="checkbox"/></p>	<p>e.g. Zurich-Lugano</p> <p>In winter, the temperature and pressure at 1'500 m must also be compared, as the ground stations are located in the cold air.</p> <p>Caution with strong South-East upper wind: Guggiföhn in the Bernese Oberland.</p>	<p>meteo-shv.ch > Föhn</p> <p>The cosmo-windmodel shows the paths of the Föhn : meteo-shv.ch > Wind 2'000 m and 3'000 m</p> <p>Temperature at 1'500 m: meteoblue.com/de/wetter/karte/windtemp850hpa/schweiz</p> <p>General question to spot Föhn: Does strong upper wind blows over a mountain ridge in a right angle?</p> <p>Föhn-Valleys South-Föhn (Map): chilloutparagliding.com/mychillout/downloads > Wetter Wissen > Föhn_Statistik_Föhnstunden_pro_Jahr.pdf</p> <p>Check the Chill Out Wind-Limits-Table</p>	<ul style="list-style-type: none"> ■ Yield/postpone ■ Avoid typical Föhn valleys ■ Keep distance to main Alpine ridge (e.g. fly in the Jura) ■ Stay in the distinctive cold air mass ■ Change Alps side. In Upwind (LUV) ■ Monitor wind measurements from 2 hPa difference. ■ Info: In the spring and summer the Föhn breaks through easier, because the sun dissolves the cold air mass at valley floor.
<p>► Does the forecast or webcam show widespread low cloud cover? <input type="checkbox"/> <input type="checkbox"/></p>	<p>Poor/nil visibility</p> <p>During winter, a high fog can form at the inversion.</p>	<p>meteo-shv.ch > Wolken > Cosmo 1 or Cosmo E</p> <p>Cosmo Model: Red areas correspond to low clouds</p> <p>Cloud base > Segelflugwetterbericht (Forecast for gliders)</p>	<ul style="list-style-type: none"> ■ Yield/postpone ■ Fly below the cloud base ■ Fly above the upper cloud ceiling of the high fog and land on slope ■ Monitor webcams and change area

AIRSPACE

<p>► Is there any cable on my flight path? <input type="checkbox"/> <input type="checkbox"/></p>	<p>Lütschental, Briener-Grat, Niesenkette ...</p>	<p>map.geo.admin.ch > English > Air navigation obstacles</p>	<ul style="list-style-type: none"> ■ Plan your flight with the aviation obstacle map. Follow your plan ■ Load current obstacle database into your GPS-Vario and activate alarm ■ Keep distance to slope in unknown areas ■ Imagine potential cables in the area ■ Info: Caution near alpine huts without roads
<p>► Are there any forbidden airspaces on my flight path? <input type="checkbox"/> <input type="checkbox"/></p>	<p>CTR, TMA, AWY, red LS-R, LS-D, 5km-radius around uncontrolled airfields, 2.5 km-radius around uncontrolled heliports</p>	<p>map.geo.admin.ch > English > Glider chart airspace.xcontest.org/app/overview > add the desired country (the website can even display the DABS)</p> <p>Respect local agreements > information panels of the SHV</p>	<ul style="list-style-type: none"> ■ Flight GPS with current database or app ■ South of the Mittelland-Alps dividing line, TMA's can be flown with 300 m AGL ■ Check airspace activation times. Fly before or after ■ Calibrate your altimeter before every start.
<p>► Does the DABS show closed or dangerous airspaces? <input type="checkbox"/> <input type="checkbox"/></p>	<p>Red LS-R, LS-D</p> <p>Timings in DABS are UTC. CET +1hr, CEST +2hr</p>	<p>meteo-shv.ch > Allgemein > Luftraum/DABS</p>	<ul style="list-style-type: none"> ■ Flight GPS with current database or app ■ Check airspace activation times. Fly before or after

NO GO'S FOR TAKEOFF = RECOMMENDATIONS FOR PILOTS WITH LOW EXPERIENCE

- ✗ Bad gut feeling > 20 min waiting and observing
- ✗ Shortly before or after a thunderstorm or strong rainfall cell. Keep at least 50 km distance to bigger cells
- ✗ Ahead of a cold front
- ✗ Föhn
- ✗ Whispering noise from the pine trees
- ✗ Increased whitecaps on the lake
- ✗ Surface wind at landing site stronger than 30 km/h
- ✗ Valley wind increasing strongly
- ✗ Take off or flying on the LEE-side, near the ridge, when winds blows more than 20 km/h
- ✗ Very strong single thermals. Dust Devils
- ✗ Laid out gliders are blown away from behind or the sides
- ✗ Upper wind at 2'000 m stronger than 40 km/h (Exception: Well protected flying site)
- ✗ Takeoff site in mist or fog
- ✗ Flights through high fog cover
- ✗ Rain or heavy snowfall