



'UPRT' Full day

FLIGHT SKILLS MODULE

POINTS

This course is a **FLIGHT SKILLS** module for

 **BRONZE**

 **SILVER**

 **GOLD**

 **DIAMOND**

HOW TO BOOK

This course is provided by Ultimate High (Goodwood)

Ultimate High offer a number of days throughout the year. Please see their website for details

<https://www.ultimatehigh.co.uk/>

COSTS

The course costs £795 for the day (Feb 2022). This includes two flights in the Slingsby Firefly

Discounts may be available for BMAA members

OBJECTIVE

The General Aviation (GA) **Upset Prevention and Recovery Training** (UPRT) programme focuses on enabling pilots to avoid, recognise and recover from flight upsets in general aviation category aircraft.

BACKGROUND






Many pilots will have little experience of flight outside the cruising performance envelope and are therefore most at risk of both not being able to avoid a flight upset in the first instance and may be poorly equipped to deal with loss of control in flight.

The Ultimate High Academy's UPRT programmes will materially enhance a GA pilot's chances of survival. October 2019 saw Ultimate High's GA UPRT Programme featured in both FLYER and PILOT magazines. (A video of is available at <https://tinyurl.com/UPRTvideo>)

SYLLABUS

This 1 day course includes 2 flights (approx total 1 hour 50 minutes of flying) in the T67M260 and 2-3 hours of ground school.

Classroom Training

-  UPRT Philosophy
 - The mantra of Avoid, Recognise, Recover
-  Criticality of academic/practical knowledge, especially Angle of Attack
-  Understanding what a Flight Upset is and isn't
-  How to AVOID Flight Upsets
 - causes, awareness, TEM, automation mode confusion
-  How to RECOGNISE Flight Upsets – understanding what 'normal' looks like, and why pilots lose SA

- 🌀 How to RECOVER from Flight Upsets
 - Recovery strategies
- 🌀 Review of counter-intuitive recovery actions and associated challenges
- 🌀 Managing Startle and Fear
 - the biggest challenge of all
- 🌀 Simplifying Flight Upset Recovery
 - KISS.
- 🌀 Developing resilience
 - building layers of UPRT protection and the UH Coping Funnel

On Aircraft Training

- 🌀 Steep and Maximum Rate Turns
- 🌀 Slow Flight at V_{slg}
 - Level turns;
- 🌀 turning and climbing/descending
- 🌀 Stalling - Clean, power On and Off
 - Accelerated
 - Go-arounds
- 🌀 Upset Recovery
 - Nose High / Wings level & banked, high & low speed
 - Nose Low / Wings level & banked, high & low speed
 - High Bank angle / Overbank
 - From manoeuvre and Ballistic (vertical)
 - Trim runaways
- 🌀 Spin
 - Incipient
 - Spiral Dive
- 🌀 Wake Turbulence Recoveries
- 🌀 Human Factors – Situational Awareness
 - Startle & Stress Response
 - Threat & Error Management
 - Crew Resource Management in the GA environment

Once the flying is over there will be a debriefing session and the team will hang around for more informal discussion at the end of the day.

The Firefly is lovely machine in the air and the view is something else when you're upside down at 5000'. Worth doing just for the fun; definitely worth doing when you learn skills which might just save your bacon! Your pilots have years of experience in naval & air force jets and really know how to make the experience fun as well as informative.

COMPLETION

Ultimate High provide a certificate of completion.

Send a copy of your Certificate to the BMAA Wings scheme for approval and accreditation to your Wings record. wings@bmaa.org