

External Pressures

Flight planning
Allowance for delays _____ Minutes

Personal equipment
Appropriate Clothing
Hydration and Elimination
Oxygen

Diversion or Alternate Plans
Leaving notice of intent
Contact process in place
Retrieve Vehicle Keys

My Minimums:

Importance of Flight

The more important the flight the more tendency there is to compromise your personal minimums. Have alternate plans.

Your Personal Minimums Checklist

- An easy-to-use, personal tool, tailored to your level of skill and ability.
- Helps you control and manage risk by identifying even subtle risk factors
- Lets you fly with less stress and less risk.

Practice “Conservatism Without Guilt”

Each item provides you with either a space to complete a personal minimum or a checklist item to think about. Spend some quiet time completing each blank and consider other items that apply to your personal minimums. Give yourself permission to choose higher minimums than those specified in the regulations, Aircraft flight manual, or other rules.

How to use your checklist

Use this checklist just as you would one for your aircraft. Carry it with you in your flight bag. Use it as you plan a flight and again before you make your final decision to fly.

Be wary if you have an item that is marginal in any single risk factor category. If you have marginal items in more than one category you may be headed for trouble.

If you have marginal items in two or more risk factor/categories; Don't Go!

Personal Minimums Checklist

(Gliders)

Think:

**Pilot
Aircraft
EnVironment
External
pressures**

Pilot: _____
Date Revised: _____
Reviewed with: _____

Periodically review and revise your checklist as circumstances change, such as your proficiency, recency or training. You should never make your minimums less restrictive unless a positive event has occurred. However, it is okay to make your minimums more restrictive at any time. **Never make your minimums less restrictive in response to the needs of a specific flight.**

Pilot

Experience and Recency

Takeoffs/Landings _____ in the last _____ days

Flights in Make/Model _____ in the last _____ days

Terrain and Airspace Familiar

Physical Condition

Sleep _____ in the last 24 hours

Food and water..... in the last _____ hours

Alcohol None in the last _____ hours

Drugs or medication - None in the last _____ hours

Stressful Events ...None in the last _____ days

Illnesses None in the last _____ days

Aircraft

Experience in type

Takeoff/landings _____ in the last _____ days

Handling characteristics

Flights _____ in the last _____ days

Aircraft Performance

Establish that you have additional performance over that required. Consider the following:

- Gross Weight
- Load distribution
- Density altitude
- Performance charts

Aircraft Equipment

Avionics Familiar with equipment

Radios Appropriate to flight

Charts Current

Survival gear Appropriate to flight and terrain

EnVironment

Airport Conditions

Crosswind _____ % of max POH

Runway length .. _____ % > POH

Local Traffic

Less than _____ in the pattern at once

Weather

Reports and forecasts

Less than _____ hours old

Ceiling – At least _____ Feet AGL

Visibility – At least _____ Miles

Winds Aloft – No more than _____ Kts.

Surface Winds – Less than _____ Kts.

Launch

Tow plane Appropriate to need.

Rope Break alternates Familiar

Landing

Pattern and approach Familiar

Alternates Familiar

Minimum Alt. over IP ... _____ Ft. AGL

Thermaling

Minimum altitude _____ Ft. AGL

Max Gaggle number _____ Gliders
