HPAC ACVL

TRAINING LOGBOOK

Paraglider Rating P1/P2

hpac.ca ■ acvl.ca

Paraglider Training Logbook Guide

Conversion table *Minutes = Decimal*		
0 to 02	=	.0
03 to 08	=	.1
09 to 14	=	.2
15 to 20	=	.3
21 to 26	=	.4
27 to 32	=	.5
33 to 38	=	.6
39 to 44	=	.7
45 to 50	=	.8
51 to 56	=	.9
57 to 60	=	1.0

The training logbook belongs to the student; he/she must bring it to each training or theoretical lesson during the P1 and P2 training. At the end of the training, a copy of this logbook shall be provided to the school doing the P2 certification.

This logbook allows the student to become familiar, right from the beginning of the training, with the minimal requirements of the HPAC to obtain the P2 Novice rating, the content of the theory and the exercises that should precede the first solo flight, the content of the P2 level theory and the ground and flight exercises that will prepare the pilot to meet the requirements of the P2 rating.

The training logbook is a tool for the pilot to follow the training progression for themselves and also for all the instructors that he/she may encounter during the training. The review of each point in the logbook will promote discussion among students and self-evaluation, with the aim of making the student aware of his/her responsibilities and to train a conscientious and responsible pilot.

The student, with the help of his/her instructors, keeps his/her training logbook up to date.

The training logbook is used to record the training on the ground, the preparatory lessons, the tandem flights and solo flights of each student-pilot.

The details regarding the training and lessons on the ground are recorded in the sections ***Recommended exercises before the 1st solo and Record of the theoretical training,*** and each page should be signed by the instructor.

The details regarding tandem and solo flights are recorded by the student and the instructor in the ***Record of flight training.***

The instructor must verify the entries made by the student. Each completed section must be certified accurate by the instructor as well as by the student. The comments pages are used by the student and the instructor for any additional notes or to write dates and training not specifically mentioned in the training logbook (example: for recording the dates of ground training).

Name	HPAC Number
(Last name) *(First names)*	

ADDRESS				
# *Street*	*Town*	*Prov*	*Postal Code*	
PHONE	Res	Work		

RECOMMENDATION TO OBTAIN	Recommending Instructor (name and signature)	HPAC number	Date
☐ P1 HPAC RATING			
☐ P2 HPAC RATING			
ENDORSEMENTS			
☐ Thermal soaring			
☐ Coastal / ridge soaring			
☐ Towing (winch)			
☐ SIV			

FLIGHT TEST TO OBTAIN HPAC–PARAGLIDER P2		
Instructor (name and signature)	HPAC number	Date

RECOMMENDED EXERCISES BEFORE THE 1ST SOLO		
Exercises seen Lesson to prepare	Instructor Initials	HPAC number of instructor
For paraglider		
Stall recognition and exit		
Spin recognition and exit		
Spiral dive recognition and exit		
Collapse recognition and exit		
Deep stall recognition and exit		
Equipment management		
Inflation exercises		
Flight simulator		

RECOMMENDED EXERCISES BEFORE THE 1ST SOLO		
Exercises seen	Instructor Initials	HPAC number of instructor
Dual command training		
Cross wind		
Communication failure		
Emergency procedures		
Usage of the reserve parachute		

RECORD OF THE THEORETICAL TRAINING / SAFETY AND RISK MANAGEMENT						
YEAR _____		TRAINING TO PREPARE FOR THE PARAGLIDER P1 EXAM AND THE 1ST SOLO			INSTRUCTOR	
MONTH	DAY	SUBJECTS (REFERENCE: PRD 410 PILOT RATINGS OF THE HPAC)		HOURS	SIGNATURE	HPAC#
		THEORY	Basic Aerodynamics			
			Basic Meteorology			
			Techniques of Flight			
			Awareness of Air Regulations			
		SAFETY & RISK MGT	Human Factors			
			Environment			
			Equipment			
			Emergency procedures			
			Incident & Accident reporting			

EXAM	NOTE	DATE	INSTRUCTOR	SIGNATURE
Beginner paraglider HPAC - P1 Rating				

RECOMMENDATION FOR THE FIRST SOLO

I, undersigned _____ certify that _____ has reached a satisfactory level of competence to carry out solo flights under the supervision of an instructor.

Instructor authorization:		HPAC number:		Date:	

RECORD OF THE THEORETICAL TRAINING / SAFETY AND RISK MANAGEMENT						
YEAR _____		TRAINING TO PREPARE FOR THE PARAGLIDER P2 EXAM			INSTRUCTOR	
MONTH	DAY		SUBJECTS (REFERENCE: PRD 410 PILOT RATINGS OF THE HPAC)	HOURS	SIGNATURE	HPAC#
		THEORY	Aerodynamics			
			Meteorology			
			Techniques of Flight			
			Air Regulations			
		SAFETY & RISK MGT	Human Factors			
			Environment			
			Equipment			
			Emergency procedures			
			Incident & Accident reporting			

EXAM	NOTE	DATE	INSTRUCTOR	SIGNATURE
Paraglider novice HPAC - P2 Rating				

SOP 410 PILOT RATINGS PROGRAM

PURPOSE OF THIS OPERATING PROCEDURE (OP)

- The purpose of this Operating Procedure is to define the HPAC/ACVL pilot rating system and specify the requirements that pilots must meet in order to obtain specific ratings.

DESCRIPTION OF THE HPAC/ACVL PILOT RATING SYSTEM

- The HPAC/ACVL rating system consists of five levels each for hang gliding and paragliding. A pilot can hold one rating for hang gliding and one rating for paragliding.
- The Beginner rating (H1/P1) is given at the introductory level of instruction and is aimed at introducing pilots early on to the HPAC/ACVL rating system and to make them aware of the Association.
- The Master rating (H5/P5) is awarded to selected individuals who have contributed significantly to the sports of hang gliding and paragliding in Canada.

MINIMUM REQUIREMENTS FOR BEGINNER THROUGH ADVANCED RATINGS

- The tables (in the HPAC SOP 410) specify the minimum requirements that must be met by a pilot in order to obtain Beginner, Novice, Intermediate, Advanced ratings and specific endorsements for paragliders and for hang gliders.
- Note: The HAGAR examination is administered by Transport Canada.

A. P1 BEGINNER - GENERAL DESCRIPTION

A P1 Student pilot has the knowledge and basic skills necessary to fly and practice under direct instructor supervision and within significant operating limitations. The pilot understands the HPAC/ACVL paragliding rating systems and recommended operating limitations.

1. Practical Skills
   a. Ground Handling
   b. Training Flights
   c. Flying Skills – see «Demonstrated Skills & Logged Requirements»
2. Theoretical Knowledge
   a. Basic Aerodynamics
   b. Basic Meteorology
   c. Techniques of Flight
   d. Awareness of Air Regulations
3. Safety & Risk Management
   a. Human Factors
      i. Concept of pilot-in-command / transfer of responsibility
   b. Environment
   c. Equipment
      i. Radio use
      ii. Pre-flight
   d. Emergency Procedures
   e. Incident and Accident reporting
      i. Definitions
      ii. Forms
      iii. Responsibilities
      iv. HPAC web site report info

B. P1 Beginner - Demonstrated Skills & Logged Requirements	😐	☺	Instructor Signature / HPAC #
1. Layout and preflight of paraglider and harness.			
2. Demonstrates paraglider handling skills sufficient for controlled launch.			
3. Demonstrate method(s) of establishing that pilot is properly connected to the glider, with cleared lines and risers, just prior to inflation.			
4. Launch unassisted showing:			
a. Proper inflation and run.			
b. Control during launch (pitch, roll, yaw, direction).			
c. Smooth transition from running to flying.			
5. Airspeed recognition and control.			
a. Six flights, predetermined to show:			
i. Constant airspeed.			
ii. Smooth straight flight towards a pre-selected target.			
iii. Confident, slight variation in airspeed and direction showing awareness of control inputs and pendulum control.			
iv. Smoothly increasing airspeed, and smoothly slowing airspeed showing good control.			
v. Safe, smooth landing, on feet, into wind.			
6. Shows the ability to recognize and understand how different wind conditions at a site will affect their flights.			
a. Wind direction.			

B. P1 Beginner - Demonstrated Skills & Logged Requirements	😐	☺	Instructor Signature / HPAC #
b. Wind velocity.			
c. Terrain shape.			
d. Obstructions.			
7. On each flight, demonstrates proper post-landing procedure, to include, but not limited to:			
a. Paraglider deflation, immobilization & disconnection.			
b. Landing Zone (LZ) protocol.			
c. Demonstrate proper packing, storage, and care of the paraglider.			
8. Must pass the HPAC/ACVL P1 Student Paragliding written exam.			
9. Must agree to all the provisions of the HPAC/ACVL standard waiver and assumption of risk agreement for the P1 Student rating and deliver a signed copy to the HPAC/ACVL office.			

C. P1 Beginner - Operating Limitations P1 Student Pilots			
Once the P1 Student rating is attained, all flights and ground handling sessions must be at sites and within conditions defined by the instructor using instructor-approved equipment.			

A. P2 NOVICE - GENERAL DESCRIPTION

Novice rated pilots have the knowledge and basic skills necessary to fly and practice without direct instructor supervision. The pilot understands the HPAC/ACVL rating system and recommended operating limitations.
Pilots must demonstrate Beginner level skills and knowledge before obtaining the Novice rating. All witnessed flights must be pre-planned by the pilot and discussed with the Instructor/Apprentice Instructor.

Prerequisites
P1 Beginner Rating

- HPAC/ACVL Instructor Recommendation.
- Pass HPAC P2 Written Exam
- Meet Practical Skill Requirements (listed below)
- 25 flights
- Must have at least one Endorsement/Sign-off(s)
  - thermal
  - coastal soaring
  - towing
  - SIV

1. Practical Skills
   a. Ground Handling
   b. Training Flights
   c. Flying Skills – see «Demonstrated Skills & Logged Requirements» listed below

2. Theoretical Knowledge
   a. Aerodynamics
      i. air flow
      ii. profile design / glider construction
      iii. lift and drag
      iv. stall
      v. performance
      vi. glider stability
      vii. wind loading
   b. Techniques of Flight
      i. axis of movement (pitch, roll, yaw)
      ii. launch techniques
      iii. speeds (ground, air, wind)
      iv. turns
      v. speed control
      vi. landing approaches

B. P2 NOVICE - GENERAL DESCRIPTION

2. Theoretical Knowledge
    - c. Meteorology
        - i. wind
        - ii. temperature
        - iii. clouds
        - iv. weather forecasting
        - v. air mass & systems
        - vi. humidity / density / pressure
        - vii. venturi
        - viii. turbulence
            1. mechanical
            2. thermic
            3. wake
    - d. Air Regulations
        - i. Transport Canada / HPAC
        - ii. cloud flying
        - iii. VFR
        - iv. airspace classifications (TP6010)
        - v. rules of the ridge
        - vi. right of way
        - vii. radios
3. Radio, Safety & Risk Management
    - a. Human Factors
        - i. Physical
            1. hypoxia
            2. hypothermia
            3. vertigo
        - ii. psychological factors
            1. alcohol
            2. medication
            3. drugs
            4. peer pressure
            5. stress
            6. ego
    - b. Environment
    - c. Equipment
        - i. preflight
        - ii. maintenance
        - iii. gear selection
    - d. Emergency Procedures
        - i. rapid descent techniques
        - ii. water landing
        - iii. tree landing
        - iv. powerline
        - v. reserve deployment
        - vi. stall / spin / incidence avoidance and recovery
    - e. Incident and Accident reporting
        - i. Definitions
        - ii. Forms
        - iii. Responsibilities
        - iv. HPAC web site report info

B. P2 Novice - Demonstrated Skills & Logged Requirements	😐	☺	Instructor Signature / HPAC #
1. Demonstrates consistent ability to perform			
a. aircraft landing approaches.			
b. S-turn			
c. figure eight landing approaches			
d. accurate, planned & controlled landings			
2. Demonstrates layout and preflight of the canopy, harness, and backup reserve parachute.			
3. Gives a reliable analysis of general conditions of the site and self, and a flight plan including flight path, areas to avoid in relation to the wind flow, and obstacles to stay clear of.			
4. Demonstrates consistent ability to achieve consecutive forward and reverse inflations with a visual check and surge dampening of the canopy each time.			
5. Demonstrates controlled kiting.			
6. Demonstrates consistent and reliable pre-flight checks.			
7. Demonstrates consistent and reliable launching in various wind conditions.			
8. Demonstrates how to brief and instruct a ground crew in assisted launch techniques and explain when an assisted launch is necessary.			
9. Demonstrates flight with smooth variation in airspeed, from minimum sink to fast flight, while maintaining a heading.			
10. Demonstrates controlled turns in both directions, and at various speeds and bank angles.			

B. P2 Novice - Demonstrated Skills & Logged Requirements	😐	☺	Instructor Signature / HPAC #
11. Demonstrates one handed flying skills, weight-shift turns, and rear-riser turns.			
12. Demonstrates big-ear technique for increased descent rate.			
13. Demonstrates the ability to judge and allow for proper clearance from a ridge and other aircrafts.			
14. Demonstrates or explains proper strong wind landing procedures and how to keep from being dragged back.			
15. Demonstrates or explains how to lengthen and shorten the flight path.			
16. Demonstrates right-of-way traffic rules.			
17. Demonstrates the proper use of a speedbar / accelerating system.			
18. Demonstrates reserve deployment while hanging in a harness in a simulated environment.			

C. Recommended Operating Limitations For Novice (P2) Paragliding Pilots

1. Should not fly in thermal lift exceeding your ability to maintain control.
2. Keep landing zone within a safe glide.
3. Avoid advanced maneuvers such as spirals, wing-overs, stalls without guidance of a certified instructor.
4. Fly a glider recommended by the manufacturer as suitable for beginner or Intermediate pilots.
5. Avoid flying in wind speed that exceeds 2/3 of your glider's trim speed.

PARAGLIDING ENDORSEMENTS		😐	☺	INSTRUCTOR SIGNATURE / HPAC #
THERMAL SOARING	The Thermal Soaring Endorsement signifies that the pilot understands the special conditions and has demonstrated the flying skills required to fly safely in moderate to strong thermal conditions (2 to 6 m/s or 400 to 1200 fpm).			
	1. Demonstrates controlled, calm and confident flight in conditions requiring quick, deliberate, substantial, and correct control application to reduce pendulum motion.			
	2. Demonstrates the ability to launch unassisted with strong, running forward-inflation launches in winds less than 5 km/h.			
	3. Demonstrates proper directional control and correction of full (i.e., 50% of the wing span) asymmetric collapses.			
	4. Demonstrates sustained flight in moderate thermal conditions without the aid of ridge lift.			
	5. Demonstrates smooth and correctly timed surge control. Must have logged five 30-minute thermal flights without sustaining ridge lift.			
	6. Demonstrates understanding of high altitude conditions (e.g., air density, cloud suck, anabatic and catabatic conditions, hypoxia, hypothermia).			
	Recommended Operating Limitations for Thermal Soaring Conditions 1. Maximum base wind of 15 km/h. 2. Wind velocity gust variation of 6 km/h up or down. 3. Maximum crosswind in launch window of 15 degrees.			

PARAGLIDING ENDORSEMENTS		😐	☺	INSTRUCTOR SIGNATURE / HPAC #
COASTAL / RIDGE FLYING	The Coastal or Ridge Soaring Endorsement signifies that the pilot understands the special conditions and has demonstrated the flying skills required to fly safely in the strong laminar wind flow found on ridge and coastal sites which in turn makes soaring possible.			
	1. Demonstrates 2 high-wind (20-25 km/h) inflations/launches.			
	2. Demonstrates symmetric and asymmetric tip folds for increased descent rate.			
	3. Demonstrates the ability to judge and allow for proper clearance from a ridge obstacles and aircraft.			
	4. Demonstrates a consistent ability to top land in 20 -25 km/h laminar flow wind and be able to identify the different approaches needed in landing in wind speeds between 20 km/h and 25 km/h wind.			
	5. Understands and explains the causes, variations and problems associated with Venturi.			
	6. Understands and explains the causes, variations and problems associated with Wind gradient.			
	7. Understands and explains the signs indicating change in wind speed and direction that may be observed during flight.			
	8. Demonstrates how to brief and instruct a ground crew in assisted launch techniques and explain when an assisted launch is necessary.			
	9. Explains proper strong wind landing procedures and how to keep from being dragged back, as well as various strong wind glider disabling techniques.			
	10. Demonstrates the effective use of the acceleration/speed system.			
	Recommended Operating Limitations for Ridge and Coastal Soaring Paragliding Pilots 1. Maximum base wind of 30 km/h 2. Maximum peak gusts to 35 km/h			

PARAGLIDING ENDORSEMENTS		😐	☺	INSTRUCTOR SIGNATURE / HPAC #
TOWING	1. Must participate in a structured ground school and instructional course whose focus is the theory and practical demonstration of the skills, techniques, methods and communication skills needed in towing.			
	2. Understand and discuss towing pressure.			
	3. Demonstrate consistent ability to inflate and launch in no wind from the forward inflation position.			
	4. Demonstrate consistent ability to inflate and launch in winds up to 12 mph (20 km/h) from the reverse inflation position.			
	5. Demonstrate an ability to communicate both with hand or leg signals and by radio.			
	6. Understand the term "lock out" and describe how to avoid it.			
	7. Demonstrate consistent skill in staying "on line" during tow.			
	8. Demonstrate consistent skill in staying "on line" during cross wind conditions of up to 30°.			
	9. Understand and communicate with the instructor the skills and procedure necessary to safely exit a low level line break.			
	10. Understand and communicate with the instructor the procedure to take should the towline fail to release or become entangled with the pilot upon release.			
	11. Understand and explain the mechanism for stalling a wing that is specific to towing, such as high cable tension, or excessive brake tension.			

PARAGLIDING ENDORSEMENTS		😐	☺	INSTRUCTOR SIGNATURE / HPAC #
SIV	("Simulation d'Incident de Vol") A pilot wanting the SIV Endorsement must present to the rating HPAC/ACVL Instructor signed proof by an SIV Instructor, of their successful completion of an SIV course consisting of the following basic criteria:			
	1. big ears			
	2. spiral descent ability			
	3. recovery from induced asymmetrical collapse			
	4. recovery from induced frontal collapse			
	5. recovery from induced spin			
	6. recovery from induced stall			
	nb – The SIV Endorsement is not an aerobatics Endorsement .			

EXERCISE SHEETS

PRE-FLIGHT

PRACTICED EXERCISE		Instructor Init.		PRACTICED EXERCISE		Instructor Init.	
		SEEN	LEARNED			SEEN	LEARNED
1	Conditions observation			6	Air speed / ground speed / wind speed		
2	Positive pilot attitude			7	Equipment maintenance		
3	Wing preparation layout and inspection			8	Radio protocols		
4	Obstacles at launch and at landing			9	Pre-flight inspection		
5	Harness adjustment			10	Pre-flight checklist		

Instructor comments:

LAUNCH

PRACTICED EXERCISE		Instructor Init.		PRACTICED EXERCISE		Instructor Init.	
		SEEN	LEARNED			SEEN	LEARNED
11	Aligning wind-pilot-wing			15	Ground handling – roll control		
12	Inflation timing, impetus			16	Control in strong wind (20 km/h max)		
13	Paraglider inflation speed			17	Launch in light or no wind (8 km/h max)		
14	Visual control			18	Launch in steady wind (20 km/h max)		

Instructor comments:

EXERCISE SHEETS

IN-FLIGHT

	PRACTICED EXERCISE	Instructor Init. SEEN	Instructor Init. LEARNED		PRACTICED EXERCISE	Instructor Init. SEEN	Instructor Init. LEARNED
19	Familiarization tandem flight (where applicable)			29	Demonstrate control of pitch and roll		
20	Corrections and small turns			30	Understanding of speed to fly (sink rate minimum, best glide)		
21	Response to radio inputs						
22	Final in straight line, out of harness position			31	Turns at various bank angles		
23	Observation of flight conditions			32	Small ears symmetrical and asymmetrical		
24	Planning and respecting the flight plan			33	Piloting with ears + speed bar		
25	Keeping the heading – control of the drift			34	Use of accelerator		
26	90°, 180°, 360° turns			35	Landing in steady wind (20 km/h max)		
27	Weight shift turns			36	Manage and exit high bank 360° turns		
28	Getting in sitting position in the harness			37	Glider control with one hand		

Instructor comments:

LANDING / POST FLIGHT

	PRACTICED EXERCISE	Instructor Init. SEEN	Instructor Init. LEARNED		PRACTICED EXERCISE	Instructor Init. SEEN	Instructor Init. LEARNED
38	Parachute landing fall			41	Spot landing		
39	Tree landing techniques			42	Paragliding rosette		
40	Folding the wing						

Instructor comments:

TRAINING LOGS

RECORD OF PRACTICAL TRAINING

YEAR _____			WING	SITE				FLIGHT				
FLIGHT#	MONTH	DAY	MAKE/ MODEL/ SIZE	FLYING SITE	ALTITUDE	CONDITIONS WIND DIRECTION AND SPEED	TYPE * OF LAUNCH	LAUNCH AT	LANDING AT	DURATION	RIDGE	THERMAL

**Legend to use for type of launch: mountain-M, towing-T, cliff-C*

PAGE TOTAL	
TOTAL CARRIED OVER	
TOTAL AT THIS DATE	

Flight number #	Launch		Approach/ landing		COMPLETED EXERCISES *	INITIALS	
	Reverse	Forward	Aircraft style	In S or 8		Pilot	Instructor

ENTRIES ON THIS PAGE CERTIFIED ACCURATE BY THE FLIGHT INSTRUCTOR.

(SIGNATURE)

ENTRIES ON THIS PAGE CERTIFIED ACCURATE BY THE CANDIDATE.

(SIGNATURE)

*IN REFERENCE TO NUMBERS INDICATED ON THE EXERCISE SHEETS. MARK EXERCISES COMPLETED FOR EVERY FLIGHT.

COMMENTS NEXT PAGE

YEAR _____		INSTRUCTOR AND STUDENT COMMENTS - SIGNATURES
MONTH	DAY	

YEAR _____		INSTRUCTOR AND STUDENT COMMENTS - SIGNATURES
MONTH	DAY	

RECORD OF PRACTICAL TRAINING

YEAR _____			WING	SITE				FLIGHT				
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YEAR _____			WING	SITE				FLIGHT				
FLIGHT#	MONTH	DAY	MAKE/ MODEL/ SIZE	FLYING SITE	ALTITUDE	CONDITIONS WIND DIRECTION AND SPEED	TYPE * OF LAUNCH	LAUNCH AT	LANDING AT	DURATION	RIDGE	THERMAL

**Legend to use for type of launch: mountain-M, towing-T, cliff-C*

PAGE TOTAL	
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Flight number #	Launch		Approach/ landing		COMPLETED EXERCISES *	INITIALS	
	Reverse	Forward	Aircraft style	In S or 8		Pilot	Instructor

ENTRIES ON THIS PAGE CERTIFIED ACCURATE BY THE FLIGHT INSTRUCTOR.

(SIGNATURE)

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(SIGNATURE)

*IN REFERENCE TO NUMBERS INDICATED ON THE EXERCISE SHEETS. MARK EXERCISES COMPLETED FOR EVERY FLIGHT.

COMMENTS NEXT PAGE

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MONTH	DAY	

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MONTH	DAY	

RECORD OF PRACTICAL TRAINING

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