MANDATORY SAFETY and MEDICAL NOTES

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Although gliding is one of the safest of the "adventurous aviation" sports, accidents although rare, can happen. It is important that you are aware that gliding is a potentially dangerous activity and therefore flying in a glider is not as safe as flying in a commercial airliner. It is your choice to participate in gliding activities including flying.

We are not qualified to express an opinion confirming your fitness to fly and you must ensure that you are fit to fly on each occasion. You must not fly if you are suffering from any serious medical condition or have recently undergone surgery unless you have a certificate of your fitness to fly from your doctor. You must not fly if you are under the influence of alcohol or drugs.

Please read carefully what follows and sign a membership form before flying.

Risk, safety and decision to fly

Gliding is an adventurous air sport where safety is prioritised. Before you fly, you can expect to be briefed on the main risks and how those are mitigated. You will be given the opportunity to ask questions, and you can ask questions at any point before your flight.

Before each flight, it is your choice whether to fly - you can decide not to.

Age Limits

Children under the age of 18 will require a parent's or guardian's written consent and if under 16 must be accompanied by a parent, guardian or other nominated adult while at the airfield. There is no upper age limit. Children under the age of 14 will be able to fly at the discretion of the instructor conducting the lesson.

Sizes and Weights

If you are heavier than 16 stones 4 lbs (228lb or 103kg) you may not be able to fly in our gliders as most gliders have a pilot weight limit of 242 lb or 110kg for each seat, which includes the weight of the parachute (15lb or 7kg). Very tall or very small people (over 6'4"/193cm or under 5'/152cm) may not be able to fly in our gliders. Please seek advice from a club official.

Parking

Please note that your car insurance may not be valid while driven or parked on the airfield.

Alcohol

Even the most moderate drinker should be aware that the Railways & Transport Safety Act makes it an offence for pilots, including glider pilots, to fly while over the prescribed limit for alcohol. The Law is very clear on this and applies to you even for a trial lesson flight.

It is against the law to fly in a glider with an alcohol concentration in your blood exceeding 20mg per 100ml. This is ¼ of the Drink/Drive limit and is effectively a zero-tolerance limit!

This means:

- No alcohol within 8 hours before flying; no more than 3 units for a woman or 5 units for a man in the 12 hours before your flight
- 1 unit is half a pint of ordinary strength (3.6%) beer or half a standard glass of 12% wine
- It takes an hour to absorb one unit of alcohol, so if you have consumed a substantial amount during the 24 hours before your flight you could still be over the limit.

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MEDICAL INFORMATION

When flying under instruction, you will be doing so with a suitably qualified pilot. There are medical requirements that individuals need to satisfy before they fly solo. This does not apply to pilots under instruction.

The following conditions may cause difficulty while flying. If you suffer from any of these, particularly the more serious conditions, it may be wise to obtain medical opinion.

- Blackouts from any cause
- Epilepsy
- Severe head injury
- Recurrent fainting or giddiness
- High blood pressure
- Angina
- Coronary artery disease
- Bronchitis
- Asthma
- Sinus disease
- Ear disease
- Defective vision
- Migraine
- Diabetes of any form
- Kidney stones
- Psychiatric disorders
- Severe motion or travel sickness
- Other conditions requiring treatment with drugs

In addition, pregnancy, minor illnesses, drugs and the donation of blood may make you temporarily unfit to fly and you should seek medical advice before doing so.

For your comfort in flight and on the airfield

Airfields are exposed places; often colder than you might expect, so be prepared to add an extra layer! Please don't wear a skirt if you are intending to fly.

In warm weather, you will need plenty to drink, high factor sun cream and a hat.

Try to avoid drinking diuretics such as tea, coffee, and coca-cola for a couple of hours before flying as it would be a shame to have to cut your flying short to answer a call of nature. If you need access to facilities before flying, please ask and someone will direct you.

For those who suffer from motion or travel sickness, you may be interested to know that many pilots achieve relief from their symptoms by wearing acupressure wrist bands.

If you have any questions during your visit, please just ask and someone should be only too pleased to assist you.

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