

CHECKLIST BEFORE THE SAFETY TRAINING

Make sure that ALL these statements below can be answered with the word: "correct". Please have the necessary preparations with your gear done BEFORE you arrive to the general briefing. Inform your coach about any specialties as early as possible.

- ☐ I have read the script and understood it 100%. I have my questions noted to be able to discuss them on the general briefing.
- ☐ I have my goals for the training set.
- ☐ I know step by step how to fly all the manoeuvres that I am going to perform during the training.
- ☐ I know exactly how I have to react to any disorder, collapse or emergency situation.
- ☐ I am aware of all the information and specialties that stand in the manual of my paraglider regarding sinking manoeuvres or extreme flight manoeuvres or situations.
- ☐ My paragliding gear is airworthy, and every part (glider, harness, rescue) has a seal of approval. (Exception for some acro paragliders.)
- ☐ All the necessary maintenance on my gear has been carried out (Glider check in the last 24 months, rescue parachute repacked in the last 12 months).
- ☐ My rescue parachute is not older than the life span confirmed by the producer (10-12 years) and it is built in my harness correctly. (Compatibility check)
- ☐ My harness is set up correctly.
- ☐ I know where my rescue handle is and how I can activate my rescue system.
- ☐ I have removed all the electronic stuff from my gear that is not water resistant.
- ☐ I fly in the permitted weight range of my paraglider.
- ☐ I know exactly where to find the 'stabilo' line of my glider, which color it has, so that I can use it for opening a 'cravat' (a collapse that is stuck) on the glider.
- ☐ I have not changed the length of my brake lines. Or if yes, I have informed the head coach.
- ☐ I know how I hold my brake handles and that I still have some free length of the brake line available. Warning: a too short setup or an unfavourable holding of the brakes can result in emergency situations or it can make the deploying of the rescue more difficult or impossible.
- ☐ I am physically and psychically fit for the training.
- ☐ I have informed the head coach about every specialty that I have. (eg.: one arm weaker, cannot swim, eyesight problems...)
- ☐ I have a valid liability insurance.
- ☐ I have appropriate gloves for paragliding.

FIRST NAME, NAME : _____

SIGNATURE: _____

DATE : _____