

6.bis_ ROUTINE BEFORE TRAINING & COMPETITION FLIGHT

TIME (Example)	YOUR TIMING	ROUTINE
minus 1h30	h. mn	Confirm your flight order scheduled (T), names of the five pilots flying just before you to update your take off time (T).
minus 1h10	h. mn	Get the maximum of information concerning surface wind, plus at 300, 600 et 1000 meters, and remind you to update it during the next hour.
minus 1h	h. mn	<ul style="list-style-type: none"> - Aircraft preparation and check, fuel, oil, alternate (ground) battery - Cockpit preparation, harness, headset, gloves, sunglasses, flying shoes, umbrella for shade - Have your bag with cool or warm drinks, cereals bars, fruits, etc... tools, glue, Velcro, pen, paper, light cover, and everything else you may need, like MP3 ?
minus 50 minutes	h. mn	Physical preparation: warming up, especially neck, shoulder and elbow, stomach muscles, <i>and so on...</i>
minus 45 minutes	h. mn	Mental preparation: work on images according to mental states you need for this next flight (anchorage with word and movement).
minus 40 minutes	h. mn	Programme repetition according to your specific aim for this flight <ul style="list-style-type: none"> → at your maximum rhythm to be sure you know it by heart → at the real rhythm to include the maximum of details <ul style="list-style-type: none"> - associate - or dissociate if your stress level is too high
minus 25 minutes	h. mn	Moving to the aircraft reminding the mental state you need, activating anchorage.
minus 20 minutes	h. mn	Strapping in, insisting on routine for strapping and start engine.
minus 10 minutes	h. mn	Engine start and warming up the engine. !! reminding of inner images before taxiing while being aware people around you A/C.
T / O TIME	h. mn	<ul style="list-style-type: none"> - Checklist. - Take off. - Reset clock watch.
plus few seconds		<ul style="list-style-type: none"> - Confirm the clock watch is working. - Check list before entering the box and check the head and cross wind. - Update the wind consequences if it's different than the expected wind. - Check harness and warm up manoeuvres.

Have fun !!!

After each flight, remind you to rehydrate yourself and make some muscles stretching.



Patrick PARIS – Academy Of Aerobatics