

PRACTICAL PARAGLIDING TRAINING

Sign-off Manual

PAK1, PAK2, PAK3



NAME OF STUDENT:

NAME OF INSTRUCTOR (S):

Cloudbase Kenya recognized by:



PAK1 Sign-Off

Ground Handling Training

(Training Equipment Provided)

1. Day 1 Taster Training:

Introduction to the complete paragliding kit:

1. Wing: Overall geometry, Leading Edge, Trailing Edge, Cells, Cross Vents, Line Levels (ABC & Brakes)
2. Harness: Carabiners, legs straps, cross bracing, chest strap, try on
3. Reserve: Handle, Locks, Deployment simulation

Ground handling theory:

1. Why do we ground handle?
2. Basics about wind and direction and setting up glider on the ground, building of wall explained
3. Basic technique: Alpine/Front Launch & Reverse Launch explained

Ground Handling Practice:

- Strap in & build a wall in reverse
- Mushroom
- Front Launch practice in calm wind
- Reverse Launch practice in stronger wind (holding A's and C's first)

Date / Signature by Instructor

2. Day 1

Ground Handling Practice:

- Strap in & build a wall in reverse
- Mushroom
- Front Launch practice in calm wind
- Reverse Launch practice in stronger wind (holding A's and C's first)
- **Theory Chapters: Kenya Paragliding History**

_____ *Date / Signature by Instructor*

Day 2A Takeoff-Landing Technique:

- Sitting in harness that is hung up
- Different types of adjustments and seating positions and speed system pushing, reserve deployment simulation explained
- Practicing how to sit in harness, get out of & get into harness
- Practice takeoff position 1 and 2 (1: hands up & 2: torpedo hands backwards) with rolling in and out of harness

_____ *Date / Signature by Instructor*

Day 2B Ground Handling Practice:

- Strap in & build a wall in reverse
- Mushroom
- Front Launch practice in calm wind
- Reverse Launch practice in stronger wind (holding A's and C's first)
- First Hops
- **Theory Chapters: Basic License Booklet**

_____ *Date / Signature by Instructor*

Day 3 Ground Handling Practice:

- Strap in & build a wall in reverse
- Mushroom
- Front Launch practice in calm wind
- Reverse Launch practice in stronger wind (holding A's and C's first)
- First Hops
- **Theory Chapters: Equipment**

Date / Signature by Instructor

Day 4 Ground Handling Practice:

- Strap in & build a wall in reverse
- Mushroom
- Front Launch practice in calm wind
- Reverse Launch practice in stronger wind (holding A's and C's first)
- First Hops
- **Theory Chapters: Aerodynamics**

Date / Signature by Instructor

PAK1 Level GOAL reached! Well Done!

Student can ground handle independently.

After P1 Training is completed the P1 Level can be signed off in logbook and endorsed in PAK License booklet by instructor.

PAK2 Sign-Off

Basic Flight Training

(Personal Equipment Required)

1. Supervised Flights in still air:

- 15 x flights logged flights less than 2 minutes each
- **Theory Chapters: Weather**

_____ *Date / Signature by Instructor*

2. Supervised Flights from Kijabe Hill in still air:

- 1 high flight from Kijabe Hill (10-12 minutes)
- **Theory Chapters: Flight Management**

_____ *Date / Signature by Instructor*

3. Passed PAK2 written exam

_____ *Date / Signature by Instructor*

P2 Level GOAL reached! Well Done!

Student can fly independently in still air, with radio supervision.

After P2 Training is completed the P2 Level can be signed off in logbook and endorsed in CBK Training Certificate by instructor

PAK3 Sign-Off

Flight Training

1. Layout & Checks (tick-off)

- Good layout, daily inspection, pre-flight checks, five-point check
- Good unassisted pull-ups, inflations and ground control prior to take-off and hold your glider inflated directly overhead in sufficient wind
- **Theory Chapters: Risk Management / Aeromedical**

Date / Signature by Instructor

2. Maneuvers flown (tick-off)

- Good front take-off
- Good reverse pull-up
- Straight line flying
- S-turns or figure-of-8
- 180° turns, left and right
- 360° turns, left and right
- Big ears
- Rear risers landing
- Land accurately (three out of three attempts in 20m diameter circle)
- **Theory Chapters: Code of Conduct / Flying Disciplines / Basic Knowledge**

Date / Signature by Instructor

3. Flights (tick-off)

- Total of 35 flights (20 of these must be over 100m)
- 1 flight more than 30 minutes
- At least 2 flights at least 10 minutes duration
- Flown in ridge lift
- Fly at least two different sites
- **Theory Chapters: Insurance**

Date / Signature by Instructor

4. Tests

- Passed PAK3 theory test

Date / Signature by Instructor

5. Tests

- Passed PAK3 flight test

Date / Signature by Instructor

PAK3 Level GOAL reached! Well Done!

Student can now fly independently without supervision!

NOTES: