

Unit n°3:
Meteorology and aerology
Human factors
Performance
Airspace
Environment- free flight authority

1. METEOROLOGY AND AEROLOGY

A. Global scale: meteorology

- ✓ Global circulations, pressure systems

B. Local scale: aerology

- ✓ Breezes
- ✓ Obstacles effects
- ✓ Thermals
- ✓ Convergences

C. Weather forecasting

- ✓ Global forecasting tools, the models
- ✓ Local forecasting tools
- ✓ Stability and instability, the sounding
- ✓ Dangerous phenomenon

2. Human factors, security

A. Safety

- ✓ introduction, 3 simples rules
- ✓ Risk homeostasis
- ✓ what is the definition of the risk?
- ✓ Conclusion, the 3 levels

B. Psychological aspects of paragliding

- ✓ Three stages of stress
- ✓ Coping: four strategies
- ✓ Three times to deal with the stress
- ✓ Four stress factors
- ✓ Two tools

C. Risk management

- ✓ Accident causes
- ✓ Avoid accidents
 - typical risky situations
- ✓ what to do in case of accident

3. PERFORMANCE FLYING

- ✓ Drift and strategy
- ✓ Wing polar best air glide, best ground glide
- ✓ Flying fast. Why, how.
- ✓ Transition strategy
 - Best glide strategy
 - MacCready strategy, what it is and how we can use it
 - Which one to use and in what situation

4. AIRSPACES

- ✓ Airspaces CTR TMA AWY..., NOTAM
- ✓ Rules

5. ENVIRONMENT

- ✓ Personal attitude, community

6. FREE FLYING AND AUTHORITIES

- ✓ Free flight history and philosophy
- ✓ Civil Aviation, FAI - CIVL, EHPU, Federation and club, APPI