



UNIVERSITY *of* DUBUQUE

COMMERCIAL HELICOPTER PILOT CERTIFICATION TRAINING COURSE OUTLINE

COMMERCIAL PILOT CERTIFICATION COURSE

STUDENT FLIGHT RECORD

University of Dubuque / 2000 University Ave / Dubuque, IA 52001
AIR AGENCY CERTIFICATE NO. GV8S178Q

FTN # _____

Pilot's Legal Name _____ SODA
Pilot's Official Signature _____
SSN _____ Date of Birth _____

Citizenship

I certify that _____ has presented to me a _____
(Certified Birth Certificate or U.S. Passport), establishing that _____ (he or she) is a U.S. citizen or
national in accordance with 49 CFR 1552.3 (h).

Instructor _____ Date _____
Certificate No. _____ Expires _____

Permanent Address

Street _____
City, State, Zip _____

Phone

Home _____ School _____ Cell _____
Date of Enrollment _____ Date Completed _____

Medical Certificate Class _____ Date Issued _____ Expires _____

Private Pilot Certificate No. _____ Date Issued _____

Last Flight Review Date _____ / _____ / _____

Complex Endorsement Date _____ Instructor _____

HP Endorsement Date _____ Instructor _____

Graduation Record

FAA Knowledge Test Date _____ Score _____

End-of-course graduation Date _____ Result _____

End-of-course Examiner _____

Records certified complete and accurate:

Name _____ Date _____
Title _____

PREVIOUS EXPERIENCE
EVALUATION

DUAL	_____	SOLO	_____
	—		
X-C SOLO	_____	X-C-PIC	_____
	—		
NIGHT DUAL	_____	NIGHT SOLO	_____
	—		
NIGHT LANDINGS	_____	HOOD	_____
	—		
FLIGHT TRAINING DEVICE	_____	ACTUAL IFR	_____
	—		

DATE _____
FLIGHT / ORAL BY _____ TITLE _____

CREDIT GIVEN
TERMINATION OF TRAINING

DATE _____

GROUND HOURS:	Part 141	_____	Part 61	_____	HOURS AWARDED	_____
		—		—		—
FLIGHT HOURS:	Part 141	_____	Part 61	_____	HOURS AWARDED	_____
		—		—		—

CERTIFIED BY _____

CHIEF INSTRUCTOR

CERTIFICATE NO.

TRANSFERRED

SCHOOL _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TRANSFER DATE _____

AIR AGENCY NO. _____

COPY ISSUED TO STUDENT: DATE _____ BY _____

COMMERCIAL PILOT CERTIFICATION

STAGE ONE
Cross-Country Flight
Lessons 1—7

Training Course Outline

Training

40 hours (approx) of Cross-Country flight training
which includes:

- 10 hours in cross-country flight in helicopters
- 2 hours minimum **day cross-country** flight
- 2 hours minimum of **night cross country** flight
- One cross-country flight (3 legs (1 leg 50 nm))
- 5 hours in night VFR PIC

Stage One Objectives

Students will plan and fly multiple PIC cross-country flights to improve their aviation, navigation, and communication skills. Cross-country flights will be conducted VFR as regulations and conditions permit.

Stage One Completion Standards

This stage will be complete when the student meets all lesson standards and satisfactorily performs the Stage One Check.

Hours		

STAGE ONE—Lesson 1 *Briefing*
CROSS-COUNTRY FLYING AND NAVIGATION

OBJECTIVE: A review of all aspects of VFR cross-country flying and navigation.

TIME: As required.

PILOT ASSESSMENT

- ___ ___ ___ Hypoxia, hyperventilation
- ___ ___ ___ Dehydration, fatigue
- ___ ___ ___ Alcohol, drugs, carbon monoxide
- ___ ___ ___ Ear/sinus, vertigo, motion sickness
- ___ ___ ___ Emotional, immature behavior
- ___ ___ ___ High altitude operations
- ___ ___ ___ Oxygen requirements
- ___ ___ ___ Flight plan requirements

WEATHER INFORMATION

- ___ ___ ___ Current weather charts
- ___ ___ ___ Forecast weather charts
- ___ ___ ___ Winds aloft reports
- ___ ___ ___ METARs, TAFs
- ___ ___ ___ PIREPs, SIGMETs, AIRMETs
- ___ ___ ___ TWEBs, HIWAS, EFAS

PUBLICATIONS

- ___ ___ ___ Sectionals, WACs, TACs, IFR Enroute charts
- ___ ___ ___ FAR/AIM
- ___ ___ ___ Airport/Facility Directories
- ___ ___ ___ NOTAMs

PART 61 AND 91

- ___ ___ ___ Review Part 61—currency, Commercial Pilot
- ___ ___ ___ Pilot in command 91.3
- ___ ___ ___ Operating limitations 91.9
- ___ ___ ___ Reckless ops 91.13
- ___ ___ ___ Dropping objects 91.15
- ___ ___ ___ Alcohol/Drugs 91.17
- ___ ___ ___ Preflight actions 91.103
- ___ ___ ___ Seatbelts & harnesses 91.107
- ___ ___ ___ Near other acft 91.111
- ___ ___ ___ Right-of-way rules 91.113
- ___ ___ ___ Aircraft Speeds 91.117
- ___ ___ ___ Minimum altitudes 91.119
- ___ ___ ___ Altimeter setting 91.121
- ___ ___ ___ Light gun signals 91.125
- ___ ___ ___ Fuel req 91.151
- ___ ___ ___ Airspace 91.126-91.135
- ___ ___ ___ VFR minimums 91.155

PART 91 AND 61 (continued)

- ___ ___ ___ Special VFR 91.157
- ___ ___ ___ VFR cruise altitudes 91.159
- ___ ___ ___ VFR flight plans 91.169
- ___ ___ ___ Operation of nav lights 91.209
- ___ ___ ___ Instr/Equip Req 91.205
- ___ ___ ___ ELTs 91.207
- ___ ___ ___ Inop equipment 91.213

AIRSPACE

- ___ ___ ___ Traffic patterns—entry, exit, altitudes
- ___ ___ ___ Class A, B, C, D, E, G airspace
- ___ ___ ___ TFRs, Special Use Areas (SUAs)
- ___ ___ ___ VFR/IFR cruising altitudes
- ___ ___ ___ Land and Hold Short Operations

THE HELICOPTER

- ___ ___ ___ ARROW
- ___ ___ ___ POH Section 1—General
- ___ ___ ___ POH Section 2—Limitations
- ___ ___ ___ POH Section 3—Emergency Procedures
- ___ ___ ___ POH Section 4—Normal Procedure
- ___ ___ ___ POH Section 5—Performance
- ___ ___ ___ POH Section 6—Weight & Balance/Equip List
- ___ ___ ___ POH Section 7—Systems (review all systems)
- ___ ___ ___ POH Section 8—Service
- ___ ___ ___ POH Section 9—Supplements
- ___ ___ ___ Airworthiness Directives, Service Bulletins
- ___ ___ ___ Inspections—Annuals/100 hrs-50 hrs/

FLIGHT PLANNING

- ___ ___ ___ Finding runway lengths
- ___ ___ ___ Drawing the True Course
- ___ ___ ___ Marking obstructions to flight
- ___ ___ ___ Measuring TC and mileage
- ___ ___ ___ Flight log preparation
- ___ ___ ___ VOR navigation
- ___ ___ ___ RNAV/GPS navigation

Hours		

STAGE ONE—Lesson 1 *Briefing*
CROSS-COUNTRY FLYING AND NAVIGATION

FLIGHT PLANNING *(continued)*

- ___ ___ ___ Dead reckoning
- ___ ___ ___ Pilotage
- ___ ___ ___ Performance charts
- ___ ___ ___ Fuel planning
- ___ ___ ___ Weight and balance
- ___ ___ ___ Go/No-go decisions
- ___ ___ ___ Alternate planning
- ___ ___ ___ Filing flight plans—VFR

COMMUNICATIONS

- ___ ___ ___ Flight Service Stations
- ___ ___ ___ Flight Watch—122.0
- ___ ___ ___ Center—frequencies
- ___ ___ ___ Unicom, Multi-com
- ___ ___ ___ Emergency—121.5
- ___ ___ ___ Position reporting

SPECIAL EMPHASIS

- ___ ___ ___ Aeronautical Decision Making (ADM)
- ___ ___ ___ Land and Hold Short Operations
- ___ ___ ___ Controlled Flight Into Terrain
- ___ ___ ___ RUNWAY INCURSION avoidance
- ___ ___ ___ Wake turbulence/Wind shear
- ___ ___ ___ Positive transfer of controls
- ___ ___ ___ Collision avoidance
- ___ ___ ___ Icing conditions awareness
- ___ ___ ___ SRM

COMPLETION STANDARDS

This lesson will be complete when the student's knowledge of all items listed rates a grade of 2 or better.

Instructor	Student	Date
_____	_____	_____
_____	_____	_____
_____	_____	_____

Hours		

STAGE ONE—Lesson 2 *Dual Aircraft*
NAVIGATION REVIEW

OBJECTIVE: To review the student's ability to navigate using GPS navigation.
TIME: As required.

PREFLIGHT BRIEFING

- ___ ___ ___ Cockpit Resource management
- ___ ___ ___ VOR position finding
- ___ ___ ___ VOR radial intercepting
- ___ ___ ___ VOR radial tracking
- ___ ___ ___ RNAV/GPS navigation

STARTUP

- ___ ___ ___ Engine start
- ___ ___ ___ Comm radio setup
- ___ ___ ___ VOR setup
- ___ ___ ___ RNAV/GPS setup

TAKEOFF/CLIMB

- ___ ___ ___ Takeoff
- ___ ___ ___ Takeoff clearance
- ___ ___ ___ Takeoff—normal, xwind, steep
- ___ ___ ___ Traffic pattern departure

BASIC MANEUVERS

- ___ ___ ___ Climbs— with turns
- ___ ___ ___ Level-off from climb
- ___ ___ ___ Cruise —scanning
- ___ ___ ___ Straight & level, level turns
- ___ ___ ___ Unusual attitude recovery
- ___ ___ ___ Engine checks

RADIO NAVIGATION

- ___ ___ ___ VOR position finding, tracking, intercepting
- ___ ___ ___ GPS position finding, tracking, intercepting
- ___ ___ ___ Station passage identification
- ___ ___ ___ Partial panel, all maneuvers above

BASIC MANEUVERS

- ___ ___ ___ Descents— with turns
- ___ ___ ___ Level-off from descent
- ___ ___ ___ Instrument approach—full panel
- ___ ___ ___ Instrument approach—partial panel

POSTFLIGHT

- ___ ___ ___ Debrief
- ___ ___ ___ Update syllabus and logbook

COMPLETION STANDARDS

The student will be able to perform all maneuvers and achieve a grade of 2 or better on each task.

Instructor	Student	Date	Acft Type	N #

	Dual Day	Dual Night	Dual X-Ctry	Dual Inst	Dual FTD	Solo Day	Solo Night	Solo/PIC X-Ctry	Total Solo/PIC	Total Acft	Total Inst/FTD
Previous											
This Lesson											
Total											

Hours		

STAGE ONE—Lesson 3 *Solo or PIC Aircraft*
VFR CROSS-COUNTRY FLIGHT TRAINING

OBJECTIVE: The student will refine cross-country piloting skills.
TIME: As required.

PREFLIGHT BRIEFING *(student briefs instructor)*

- ___ ___ ___ Discussion of this lesson
- ___ ___ ___ ADM
- ___ ___ ___ LAHSO
- ___ ___ ___ CFIT
- ___ ___ ___ RUNWAY INCURSION avoidance
- ___ ___ ___ Wake turbulence/wind shear
- ___ ___ ___ Collision avoidance

EMERGENCY PROCEDURES (ORAL REVIEW)

- ___ ___ ___ Checklist usage
- ___ ___ ___ Fire—startup, engine or electrical in-flight, cabin, wing
- ___ ___ ___ Icing—structural in-flight, static port blockage, carb ice
- ___ ___ ___ Engine failure—takeoff ,after takeoff, inflight,
- ___ ___ ___ Electrical malfunctions
- ___ ___ ___ Off airport emergency landings

PREFLIGHT

- ___ ___ ___ ✓ Cockpit
- ___ ___ ___ Certificates & Documents—ARROW
- ___ ___ ___ ✓ Preflight inspection
- ___ ___ ___ Aircraft servicing

STARTUP

- ___ ___ ___ ✓ Engine start
- ___ ___ ___ Comm radio setup
- ___ ___ ___ VOR, RNAV/GPS setup

TAXI (IF APPLICABLE)

- ___ ___ ___ ✓ Taxi
- ___ ___ ___ Taxi clearance
- ___ ___ ___ Hover check
- ___ ___ ___ Traffic awareness

TAKEOFF

- ___ ___ ___ ✓ Takeoff
- ___ ___ ___ Takeoff clearance
- ___ ___ ___ Takeoffs—normal, crosswind, steep
- ___ ___ ___ Climbs—with turns
- ___ ___ ___ Pattern departure

BASIC MANEUVERS

- ___ ___ ___ Level-off from climb procedure
- ___ ___ ___ ✓ Cruise
- ___ ___ ___ Straight & level
- ___ ___ ___ Turns to headings
- ___ ___ ___ Engine checks/traffic checks

NAVIGATION

- ___ ___ ___ Open flight plan
- ___ ___ ___ Course intercepting, tracking
- ___ ___ ___ Radar services
- ___ ___ ___ Pilotage, Dead Reckoning
- ___ ___ ___ Navigation log completion
- ___ ___ ___ Diversion and lost procedures

BASIC MANEUVERS

- ___ ___ ___ ✓ Descent
- ___ ___ ___ Descents with turns
- ___ ___ ___ Level-offs from descents

LANDING

- ___ ___ ___ Approach—location, communication
- ___ ___ ___ Approach—tower, no tower
- ___ ___ ___ Pattern entry
- ___ ___ ___ ✓ Landing
- ___ ___ ___ Landing clearance
- ___ ___ ___ Stabilized approach
- ___ ___ ___ ✓ Go arounds
- ___ ___ ___ Landings—normal, crosswind, steep
- ___ ___ ___ Positive aircraft control

Hours		

**STAGE ONE—Lesson 3 *Solo or PIC Aircraft*
VFR CROSS-COUNTRY FLIGHT TRAINING**

LANDING (continued)

- ___ ___ ___ Touchdown
- ___ ___ ___ Taxi clearance
- ___ ___ ___ ✓ Taxi
- ___ ___ ___ Taxi—wind, speed, hazards, hover, air
- ___ ___ ___ ✓ Shutdown

POSTFLIGHT

- ___ ___ ___ Postflight inspection of aircraft
- ___ ___ ___ Close flight plan
- ___ ___ ___ Debrief
- ___ ___ ___ Update syllabus and logbook

COMPLETION STANDARDS

This lesson will be complete when the student can achieve a grade of 2 or better on all tasks.

Instructor	Student	Date	Acft Type	N #
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

	Dual Day	Dual Night	Dual X-Ctry	Dual Inst	Dual FTD	Solo Day	Solo Night	Solo/PIC X-Ctry	Total Solo/PIC	Total Acft	Total Inst/FTD
Previous											
This Lesson											
Total											

Hours		

STAGE ONE—Lesson 4 *Dual Aircraft*
CROSS-COUNTRY FLIGHT TRAINING (2hr day X-Ctry)

OBJECTIVE: The student will plan and fly day cross-country flights; one of which will be at least 2 hours in duration and have one leg of at least 50 nm between points on the flight.

TIME: As required.

PREFLIGHT BRIEFING

- ___ ___ ___ Discussion of this lesson
- ___ ___ ___ Aeronautical Decision Making (ADM)
- ___ ___ ___ LAHSO
- ___ ___ ___ CFIT
- ___ ___ ___ RUNWAY INCURSION avoidance
- ___ ___ ___ Wake turbulence/wind shear
- ___ ___ ___ Positive transfer of controls
- ___ ___ ___ Collision avoidance
- ___ ___ ___ Emergency Procedures (Briefing)
- ___ ___ ___ Fire—startup, engine or electrical in-flight, cabin, wing
- ___ ___ ___ Icing—structural in-flight, static port blockage, carb ice
- ___ ___ ___ Electrical—over-voltage light, ammeter discharge

PREFLIGHT

- ___ ___ ___ Cockpit
- ___ ___ ___ Certificates & Documents—ARROW
- ___ ___ ___ Preflight inspection
- ___ ___ ___ Aircraft servicing

STARTUP

- ___ ___ ___ Engine start
- ___ ___ ___ Comm radio setup
- ___ ___ ___ VOR setup
- ___ ___ ___ RNAV/GPS setup

TAXI—(IF APPLICABLE)

- ___ ___ ___ Taxi
- ___ ___ ___ Taxi clearance
- ___ ___ ___ Hover check
- ___ ___ ___ Traffic awareness

TAKEOFF

- ___ ___ ___ Takeoff
- ___ ___ ___ Takeoff clearance
- ___ ___ ___ Takeoff—normal, crosswind, steep
- ___ ___ ___ Pattern departure

BASIC MANEUVERS

- ___ ___ ___ Climbs with turns
- ___ ___ ___ Level-off from climb procedure
- ___ ___ ___ Cruise
- ___ ___ ___ Straight & level
- ___ ___ ___ Turns to headings
- ___ ___ ___ Engine checks/traffic checks

NAVIGATION

- ___ ___ ___ Open flight plan
- ___ ___ ___ Course intercepting, tracking—VOR/GPS
- ___ ___ ___ Pilotage, dead reckoning
- ___ ___ ___ Ground speed calculation
- ___ ___ ___ Navigation log usage
- ___ ___ ___ Diversion and lost procedures

EMERGENCY PROCEDURES (Practical Review)

- ___ ___ ___ Engine failure—takeoff, after takeoff, inflight
- ___ ___ ___ Forced landings—power, no power

BASIC MANEUVERS

- ___ ___ ___ Descent
- ___ ___ ___ Descents with turns
- ___ ___ ___ Level-off from descent

LANDING

- ___ ___ ___ Approach—location, communication
- ___ ___ ___ Approach—tower, no tower
- ___ ___ ___ Pattern entry, if appropriate
- ___ ___ ___ Landing
- ___ ___ ___ Landing clearance
- ___ ___ ___ Stabilized approach
- ___ ___ ___ Go arounds

Hours		

STAGE ONE—Lesson 4 *Dual Aircraft*
CROSS-COUNTRY FLIGHT TRAINING (2hr day X-Ctry)

LANDING *(continued)*

- ___ ___ ___ Landings—normal, crosswind, steep
- ___ ___ ___ Positive aircraft control
- ___ ___ ___ Touchdown
- ___ ___ ___ Taxi clearance
- ___ ___ ___ ✓ Taxi
- ___ ___ ___ ✓ Shutdown

POSTFLIGHT

- ___ ___ ___ Postflight inspection of aircraft
- ___ ___ ___ Close flight plan
- ___ ___ ___ Debrief/Update syllabus and logbook

Cross-Country Route	Distance

COMPLETION STANDARDS

This lesson will be complete when the student can a grade of 2 or better on all tasks.

Instructor	Student	Date	Acft Type	N #

	Dual Day	Dual Night	Dual X-Ctry	Dual Inst	Dual FTD	Solo Day	Solo Night	Solo/PIC X-Ctry	Total Solo/PIC	Total Acft	Total Inst/FTD
Previous											
This Lesson											
Total											

Hours		

STAGE ONE—Lesson 5 *Dual Aircraft*

NIGHT CROSS-COUNTRY FLIGHT TRAINING (2hr night X-Ctry)

OBJECTIVE: The student will plan and fly night cross-country flights; one of which will be at least 2 hours in duration and have **one leg of at least 50 nm between points** on the flight.

TIME: As required

PREFLIGHT BRIEFING

- ___ ___ ___ Discussion of this lesson
- ___ ___ ___ ADM and risk management
- ___ ___ ___ LAHSO
- ___ ___ ___ CFIT/Wire strike avoidance
- ___ ___ ___ RUNWAY INCURSION avoidance
- ___ ___ ___ Wake turbulence/wind shear avoidance
- ___ ___ ___ Checklist usage
- ___ ___ ___ Positive transfer of controls
- ___ ___ ___ TFRs
- ___ ___ ___ Collision avoidance
- ___ ___ ___ Aviation security
- ___ ___ ___ SRM

EMERGENCY PROCEDURES (ORAL REVIEW)

- ___ ___ ___ Engine failure—takeoff, after takeoff, inflight
- ___ ___ ___ Forced landing—power, no power
- ___ ___ ___ Fire—startup, engine or electrical in-flight, cabin
- ___ ___ ___ Icing—structural in-flight, static port blockage, carb ice
- ___ ___ ___ Electrical malfunctions

PREFLIGHT

- ___ ___ ___ Cockpit
- ___ ___ ___ Certificates & Documents—ARROW
- ___ ___ ___ Preflight inspection
- ___ ___ ___ Aircraft servicing

STARTUP

- ___ ___ ___ Engine start
- ___ ___ ___ Comm radio setup
- ___ ___ ___ VOR setup
- ___ ___ ___ RNAV/GPS setup

TAXI—(IF APPLICABLE)

- ___ ___ ___ Taxi
- ___ ___ ___ Taxi clearance
- ___ ___ ___ Hover check
- ___ ___ ___ Traffic awareness

TAKEOFF

- ___ ___ ___ Takeoff
- ___ ___ ___ Takeoff clearance
- ___ ___ ___ Takeoffs—normal, crosswind, steep
- ___ ___ ___ Pattern departure

BASIC MANEUVERS

- ___ ___ ___ Climbs with turns
- ___ ___ ___ Level-off from climb procedure
- ___ ___ ___ Cruise
- ___ ___ ___ Straight & level
- ___ ___ ___ Turns to headings
- ___ ___ ___ Engine checks/traffic checks

NAVIGATION

- ___ ___ ___ Open flight plan
- ___ ___ ___ Course intercepting, tracking—VOR/GPS
- ___ ___ ___ Pilotage, Dead Reckoning
- ___ ___ ___ Ground speed calculation
- ___ ___ ___ Navigation log usage
- ___ ___ ___ Diversion and lost procedures

BASIC MANEUVERS

- ___ ___ ___ Descent
- ___ ___ ___ Descents with turns
- ___ ___ ___ Level-offs from descents

Hours		

**STAGE ONE—Lesson 5 *Dual Aircraft*
NIGHT CROSS-COUNTRY FLIGHT TRAINING**

LANDING

- ___ ___ ___ Approach—location, communication
- ___ ___ ___ Approach—tower, no tower
- ___ ___ ___ Pattern entry, if appropriate
- ___ ___ ___ Landing
- ___ ___ ___ Landing clearance
- ___ ___ ___ Stabilized approach
- ___ ___ ___ Go arounds
- ___ ___ ___ Landings—hover, set down
- ___ ___ ___ Touchdown
- ___ ___ ___ Taxi clearance
- ___ ___ ___ Taxi
- ___ ___ ___ Taxi—wind, speed, hazards, hover, air
- ___ ___ ___ Shutdown

POSTFLIGHT

- ___ ___ ___ Postflight inspection of aircraft
- ___ ___ ___ Close flight plan
- ___ ___ ___ Debrief
- ___ ___ ___ Update syllabus and logbook

Cross-Country Route	Distance

COMPLETION STANDARDS

This lesson will be complete when the student can achieve a grade of 2 or better on all tasks.

Instructor	Student	Date	Acft Type	N #

	Dual Day	Dual Night	Dual X-Ctry	Dual Inst	Dual FTD	Solo Day	Solo Night	Solo/PIC X-Ctry	Total Solo/PIC	Total Acft	Total Inst/FTD
Previous											
This Lesson											
Total											

Hours		

STAGE ONE—Lesson 6
CROSS-COUNTRY ORAL REVIEW

OBJECTIVE: The student will demonstrate practical knowledge of areas of cross-country flight at the commercial pilot level.

TIME: As required.

PILOT ASSESSMENT

- ___ ___ ___ Hypoxia, hyperventilation
- ___ ___ ___ Dehydration, fatigue
- ___ ___ ___ Alcohol, drugs, carbon monoxide
- ___ ___ ___ Ear/sinus, vertigo, motion sickness
- ___ ___ ___ Emotional immature behavior
- ___ ___ ___ High altitude operations
- ___ ___ ___ Oxygen requirements
- ___ ___ ___ Flight plan requirements

WEATHER INFORMATION

- ___ ___ ___ Current weather charts
- ___ ___ ___ Forecast weather charts
- ___ ___ ___ Winds aloft reports
- ___ ___ ___ METARs, TAFs, FA's
- ___ ___ ___ PIREPs, SIGMETs, AIRMETs
- ___ ___ ___ HIWAS

PUBLICATIONS

- ___ ___ ___ Sectionals, WACs, TACs, IFR enroute charts
- ___ ___ ___ FAR/AIM
- ___ ___ ___ Airport/Facility Directories
- ___ ___ ___ NOTAMs

PART 61 AND 91

- ___ ___ ___ Review part 61—currency, Commercial Pilot
- ___ ___ ___ Pilot in command 91.3
- ___ ___ ___ Operating limitations 91.9
- ___ ___ ___ Reckless ops 91.13
- ___ ___ ___ Dropping objects 91.15
- ___ ___ ___ Alcohol/Drugs 91.17
- ___ ___ ___ Preflight actions 91.103
- ___ ___ ___ Seatbelts & harnesses 91.107
- ___ ___ ___ Near other aircraft 91.111
- ___ ___ ___ Right-of-way rules 91.113
- ___ ___ ___ Aircraft speeds 91.117
- ___ ___ ___ Minimum altitudes 91.119
- ___ ___ ___ Altimeter setting 91.121
- ___ ___ ___ Light gun signals 91.125
- ___ ___ ___ Fuel requirements 91.151

PART 61 AND 91 (continued)

- ___ ___ ___ Airspace 91.126—91.135
- ___ ___ ___ VFR minimums 91.155
- ___ ___ ___ Special VFR 91.157
- ___ ___ ___ VFR cruise altitudes 91.159
- ___ ___ ___ VFR flight plans 91.153
- ___ ___ ___ Operation of nav lights 91.209
- ___ ___ ___ Instr/equipment requirements 91.205
- ___ ___ ___ ELTs 91.207
- ___ ___ ___ Inop equipment 91.213
- ___ ___ ___ Review Part 91 IFR regulations

AIRSPACE

- ___ ___ ___ Traffic patterns—entry, exit, altitudes
- ___ ___ ___ Class A, B, C, D, E, G airspace
- ___ ___ ___ TFRs, Special Use Areas (SUAs)
- ___ ___ ___ VFR/IFR cruising altitudes
- ___ ___ ___ LAHSO

THE HELICOPTER

- ___ ___ ___ ARROW
- ___ ___ ___ General
- ___ ___ ___ Limitations
- ___ ___ ___ Emergency procedures
- ___ ___ ___ Normal procedures
- ___ ___ ___ Performance
- ___ ___ ___ Weight and balance/equip list
- ___ ___ ___ Airworthiness Directives, Service Bulletins
- ___ ___ ___ Inspections—Annuals/100s/50s

SYSTEMS

- ___ ___ ___ Ignition system
- ___ ___ ___ Electrical system
- ___ ___ ___ Cabin and carb heat systems
- ___ ___ ___ Fuel system
- ___ ___ ___ Oil system

Hours		

**STAGE ONE—Lesson 6
CROSS-COUNTRY ORAL REVIEW**

FLIGHT PLANNING

- ___ ___ ___ Finding runway lengths
- ___ ___ ___ Drawing the TC
- ___ ___ ___ Marking obstructions to flight
- ___ ___ ___ Measuring TC and mileage
- ___ ___ ___ Flight log preparation
- ___ ___ ___ VOR navigation
- ___ ___ ___ RNAV/GPS navigation
- ___ ___ ___ Dead reckoning
- ___ ___ ___ Pilotage
- ___ ___ ___ Performance charts
- ___ ___ ___ Fuel planning
- ___ ___ ___ Weight and balance
- ___ ___ ___ Go/no-go decisions
- ___ ___ ___ Alternate planning
- ___ ___ ___ Filing flight plans—VFR

COMMUNICATIONS

- ___ ___ ___ Flight service stations
- ___ ___ ___ Flight Watch—122.0
- ___ ___ ___ Center—frequencies
- ___ ___ ___ Unicom, Multicom
- ___ ___ ___ Emergency—121.5
- ___ ___ ___ Position reporting

SPECIAL EMPHASIS

- ___ ___ ___ ADM
- ___ ___ ___ LAHSO
- ___ ___ ___ CFIT
- ___ ___ ___ Runway incursion avoidance
- ___ ___ ___ Wake turbulence/wind shear
- ___ ___ ___ Positive transfer of controls
- ___ ___ ___ Collision avoidance

COMPLETION STANDARDS

This lesson will be complete when the student's knowledge of all items listed rates a grade of 2 or better.

Instructor	Student	Date
_____	_____	_____
_____	_____	_____
_____	_____	_____

Hours		

STAGE ONE—Lesson 7 *Dual Aircraft*

CROSS-COUNTRY STAGE CHECK

OBJECTIVE: The student will demonstrate the ability to plan and fly cross-country at flights at the commercial pilot level.

TIME: As required.

CROSS COUNTRY ORAL BRIEFING

- ___ ___ ___ Discussion of this lesson
- ___ ___ ___ Weather/flight planning and filing
- ___ ___ ___ Notams/AFD
- ___ ___ ___ ADM and risk management
- ___ ___ ___ Performance
- ___ ___ ___ Weight and balance
- ___ ___ ___ Flight log
- ___ ___ ___ Chart interpretation
- ___ ___ ___ Airspace/TFRs and SUA
- ___ ___ ___ FARs
- ___ ___ ___ Emergency procedures

PREFLIGHT

- ___ ___ ___ ✓ Cockpit—ARROW
- ___ ___ ___ ✓ Preflight inspection
- ___ ___ ___ Aircraft servicing

STARTUP

- ___ ___ ___ ✓ Engine start
- ___ ___ ___ Comm radio setup
- ___ ___ ___ VOR setup
- ___ ___ ___ RNAV/GPS setup

TAXI—(IF APPLICABLE)

- ___ ___ ___ ✓ Taxi
- ___ ___ ___ Taxi clearance
- ___ ___ ___ Hover check
- ___ ___ ___ Traffic awareness

TAKEOFF

- ___ ___ ___ ✓ Takeoff
- ___ ___ ___ Takeoff clearance
- ___ ___ ___ Takeoffs—normal, crosswind, steep
- ___ ___ ___ Pattern departure

BASIC MANEUVERS

- ___ ___ ___ ✓ Climbs
- ___ ___ ___ Level-off from climb
- ___ ___ ___ ✓ Cruise
- ___ ___ ___ Engine check/traffic check

NAVIGATION

- ___ ___ ___ Open flight plan
- ___ ___ ___ Communication procedures
- ___ ___ ___ VOR Course intercepting, tracking
- ___ ___ ___ GPS Course intercepting, tracking
- ___ ___ ___ Station passage recognition
- ___ ___ ___ Lost procedures
- ___ ___ ___ Loss of navigation systems
- ___ ___ ___ Pilotage/dead reckoning
- ___ ___ ___ Groundspeed calculation
- ___ ___ ___ Navigation log usage
- ___ ___ ___ In-flight radio resources
- ___ ___ ___ Diversion

EMERGENCY PROCEDURES

- ___ ___ ___ Engine failure—takeoff, after takeoff, inflight
- ___ ___ ___ Forced landings—power, no power

BASIC MANEUVERS

- ___ ___ ___ ✓ Descents
- ___ ___ ___ Descents with turns
- ___ ___ ___ Level-offs from descents

LANDING

- ___ ___ ___ Approach—location, communications
- ___ ___ ___ Approach to airport—tower, no tower
- ___ ___ ___ Pattern entry, if appropriate
- ___ ___ ___ ✓ Landing
- ___ ___ ___ Landing clearance
- ___ ___ ___ Stabilized approach

Hours		

STAGE ONE—Lesson 7 *Dual Aircraft*
CROSS-COUNTRY STAGE CHECK

LANDING (continued)

- ___ ___ ___ Go around
- ___ ___ ___ Landings—hover, set down
- ___ ___ ___ Touchdown
- ___ ___ ___ Taxi clearance
- ___ ___ ___ Taxi
- ___ ___ ___ Taxi—wind, speed, hazards, hover, air
- ___ ___ ___ Shutdown

FLIGHT PLAN ROUTE:

POSTFLIGHT

- ___ ___ ___ Postflight inspection of aircraft
- ___ ___ ___ Close flight plan
- ___ ___ ___ Debrief
- ___ ___ ___ Update syllabus and logbook

COMPLETION STANDARDS

This lesson will be complete when the student can perform all maneuvers and achieve a grade of 2 or better on all tasks.

Instructor	Student	Date	Acft Type	N #
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

	Dual Day	Dual Night	Dual X-Ctry	Dual Inst	Dual FTD	Solo Day	Solo Night	Solo/PIC X-Ctry	Total Solo/PIC	Total Acft	Total Inst/FTD	
Previous												
This Lesson												
Total												
							(5)	(±50)				

