



## Paragliding Queensland Training information and lesson outline

Thank you for enquiring about paragliding training with Paragliding Queensland. We believe our training program will exceed your expectations and that you will leave us with the most thorough and complete grounding in the basic paragliding skills available anywhere in Australia.

### Training information:

#### Training location

Initial training is conducted within a 20km radius of the township of Canungra.

We usually meet at our shop in Canungra on the first day to complete the appropriate paperwork followed by an initial theory presentation.

On following days, we may meet either at the shop or the training location. Details on the meeting point will be given at the conclusion of the previous days training.

We use a variety of training locations depending on weather conditions and student progress. Initial training is conducted on private property. As part of the agreement with the land owners of our training sites, only persons participating in paragliding training who have signed a waiver and are financial members of the Hang Gliding Federation of Australia (HGFA) are permitted to enter the training sites. Family, friends, spectators and pets will not be allowed on the training area.

Once the training moves to mountain launches, the public are welcome to attend however we suggest that you advise family or friends against coming to watch until you have achieved a good degree of confidence. Accidents can and have been caused by nervousness resulting from the pressure of family and friends watching.

#### The training environment.

Initial training is conducted on flat and gently sloping treeless fields. The only shade available is from a sunshade/tarp over one of our company vehicles.

Students are welcome to drive their vehicle to the training area but vehicles must be left (unless otherwise requested) on the public road. Training usually takes place approximately 800m from the public road.

#### Training weather conditions:

The weather conditions expected during your training will depend on what time of the year you have chosen to do your training.

Winter: Max temp of 22c, light consistent winds with training commencing at 10am and concluding at sunset (5pm) most days. Cloudless skies and low humidity offer generally pleasant training.

Summer: Max temp 35c, warm to hot and sometimes gusty winds with fresh seabreezes in the afternoon. Training commencing at 6.30am and concluding at 3pm most days.

#### Personal requirements:

There are no toilet facilities in our training paddock however the paddock is over 1sq km so there is ample room to find a quiet "comfort station" if the need arises.

It is important that all students consume adequate quantities of water and food during training. It is not unusual to drink over 4lt of water during a summer training day so come prepared.

A broad brimmed hat (for use when not wearing your helmet) is required as well as regular applications sunscreen.

Clothing: Shorts and T shirt are ok however most students find that light loose fitting long clothing during the summer will help protect from the sun. Winter afternoons can chill down quite quickly so long pants and a sweatshirt for late in the day are recommended. Layers of light clothing are better than one layer of heavy.

Once our training moves to mountain launches, you will definitely need to bring a sweat shirt and long pants. It may be hot at the bottom of the mountain but when on launch and exposed to the wind, you will cool down quite rapidly even in summer.

Helmet: Paragliding Queensland supplies all your practical training equipment for use during your course which includes glider, harness, helmet and radio communications equipment. Some students feel more comfortable in their own helmet so if you have a good quality bicycle helmet that you wish to wear during your training, you are welcome to bring it along.

Footwear: Good sturdy footwear is mandatory. Good quality running shoes are ok but purpose made paragliding boots with lateral ankle support are ideal and highly recommended to help reduce the chance of ankle injury.

#### Lesson outline.

Below we have listed an outline of the expected progress through your lesson course. Please remember that this progress is totally dependant on the weather conditions and your progress through each phase of the course.

- Day 1. Morning. Initial introduction, signing paperwork, safety briefing and sport overview.  
Afternoon training at the training site: Inflation and ground run practice. Reverse inflation practice in sea breeze
- Day 2 Morning: Training site for continuing inflation and ground run practice. Short flights practicing directional control. Short /low tow flights  
Afternoon. High towing if able to maintain directional control during low tows.
- Day 3. Morning: Towing working on landing approaches  
Midday: Theory on airspeeds, turns and big ears  
Afternoon: Ground handling and reverse inflation practice in the sea breeze
- Day 4 Morning: High tows to work on turns, airspeed recognition and landing approaches,  
Midday: Theory presentation: Meteorology and theory of flight.  
Afternoon: towing to work on Big ears and accelerator.
- Day 5 Morning: Mountain High glides.  
Midday: Theory: Soaring  
Afternoon: Soaring
- Day 6 Morning: Reverse inflation practice if needed. Towing if conditions are not conducive to soaring.  
Midday: Theory.  
Afternoon: Soaring practicing asymmetric ears and then up to 50% asymmetric collapse
- Day 7 Morning: Theory presentation. Meteorology and theory of flight / aerodynamics.  
Afternoon: Soaring
- Day 8 Morning: Theory exam  
Afternoon: Soaring and check flight.

The theory component is predominately classroom discussion and working through a "question and answer" book. There is a theory exam at the end of the course which will have 80 multiple choice questions. If the student does not have a solid grasp of the English language then we are able to review the questions in an oral revision.