



General Aviation Upset Prevention and Recovery Course (1 day, 2 flights)

Loss of Control in Flight (LOC-I) is the single largest cause of accidents and fatalities in General Aviation (GA) - in most cases the aircraft was still flyable. Many GA pilots have little experience of flight outside the cruising performance envelope and therefore are most at risk of *not being able to avoid a flight upset in the first instance*, and may be poorly equipped to deal with loss of control in flight.

- Our General Aviation (GA) UPRT training will make you much better prepared to avoid, recognise and recover from flight upsets. Your confidence will also be much improved.
- We train using the same procedures as the Advanced UPRT course which is now compulsory for new commercial pilots (FCL.745.A Advanced UPRT – please note this is a different course).
- You will learn both preventative techniques and recovery skills.
- Tailored one-to-one training by highly skilled instructors.
- Gentle flights - G-forces only from 0.5G to 2.5G - no aerobatics or spinning.

Academic Ground Training (2-3 hours)

- UPRT Philosophy – The mantra of Avoid, Recognise, Recover
- Criticality of academic/practical knowledge, especially AoA
- Understanding what a Flight Upset is and isn't
- How to AVOID Flight Upsets – causes, awareness, TEM, automation mode confusion
- How to RECOGNISE Flight Upsets – understanding what 'normal' looks like, and why pilots lose SA
- How to RECOVER from Flight Upsets – Recovery strategies
- Review of counter-intuitive recovery actions and associated challenges
- Managing Startle and Fear – the biggest challenge of all
- Simplifying Flight Upset Recovery – KISS.
- Developing resilience – building layers of UPRT protection and the UH Coping Funnel

On Aircraft Training (2 flights – approx 1 hour 50 of flying) in the T67MA260 Slingsby Firefly

- Steep and Maximum Rate Turns
- Slow Flight at Vs1g – level turns; turning and climbing/descending
- Stalling
 - Clean, power On and Off
 - Accelerated
 - Go-arounds
- Upset Recovery
 - Nose High / Wings level and banked, high & low speed
 - Nose Low / Wings level and banked, high & low speed
 - High Bank angle / Overbank
 - From manoeuvre and Ballistic (vertical)
 - Trim runaways
- Spin
 - Incipient
 - Spiral Dive
- Wake Turbulence Recoveries
- Human Factors
 - Situational Awareness
 - Startle & Stress Response
 - Threat & Error Management
 - Crew Resource Management in the GA environment

Availability & Pricing:

- Our 1 day course is generally available on Tuesdays and Wednesdays and some Thursdays. The start time is normally 9.30am, aiming to finish by 3.30pm. Availability is much better in the winter months, when we can often fly at short notice.
- The price is £895 all inclusive (deposit of £200 required to book a date, with the balance payable on arrival).
- Please email info@ultimatehigh.co.uk or phone us on 01243 913916 for availability.

We also offer a half day (1 flight of 1 hour) introduction to GA UPRT which can be used as your 1 hour SEP Revalidation flight with an instructor.

The most common feedback from pilots that fly UPRT with us is:

"This is the most valuable and useful training I have ever done – it should be compulsory for all pilots".