

## Progresjonskort PP - Sikkerhetskurs (SIV)



First name		Weight	
Surname		Height	
Adress		Paraglider	
Born		Size	
Mobile		Harness	
E-mail		Size	

### PP - SIV

#### Instructors who have signed this card

Name:	Membership #:	Sign:
Name:	Membership #:	Sign:
Name:	Membership #:	Sign:
Name:	Membership #:	Sign:

Exercises	Date:	Notes:	Sign:
<b>Compulsory exercises for PP4:</b>			
Performed simulated throw of reserve			
Fullstall - controlled opening and exit without significant collapses			
Spin - minimum 360°, controlled exit without significant collapses			
Entering spin, reckonize, max 90°, controlled exit in turn without significant collapses			
Asymmetrical collapse, minium 50%, both sides - directional stable			
Asymmetrical collapse, minium 50%, both sides - with use of minimum 50% speedbar			
Full frontal collapse			
Hard 360° turns or deep spiral with <b>significant increase</b> in height loss. Controlled exit without significant collapses or height gain.			
<b>Voluntary exercises:</b>			
Auto-rotation			
Pitch-exercise / porpoising			
Wing-overs			
SAT			
Reserve throw			

<b>Passed SIV training:</b>	Date:	Signature main instructor
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Note: The deep spiral will need to go past a 45 degr angle between the wing and the horizon to gain required heighth loss.