



## **SOUTHERNINTERIOR** FLIGHT CENTRE

### **Commercial Aviation Diploma Program**

## **First Year Flight Syllabus Winter 2012**

NOTE: The requirements for the Commercial Pilot License include:

**Total Time:**

- 200 Hours Flight Time
- 100 Hours Pilot-In-Command (PIC)
- 20 Hours PIC Cross-Country

**Training Time** - must be recorded in Pilot Training Record:

**35 Hours Dual** (not including simulator time):

- 5 Hours Night, including 2 Hours Night Cross-Country
- 5 Hours Cross-Country (may include 2 Hours Night Cross-Country from above)
- 20 Hours Instrument (maximum 10 Hours in simulator)

**30 Hours Solo:**

- 5 Hours Night, with 10 takeoffs and landings
- 300 nm **Radius** Cross-Country, including 3 *Full Stop* Landings away from point of departure (ensure log book entry is correct)

### **Category 1 Medical**

**Warning: Your Transport Canada Written Exam and your Flight Test must occur within 12 months of the Licence Application**





## **Commercial Aviation Diploma Program First Year Flight Syllabus**

The First year Commercial Aviation Diploma Program Flight Syllabus is based on a repetitive outline. Each week there is a Dual Mutual flight, a Mutual flight, and a Solo Simulator session. There is a fourth lesson each week that takes various forms. It may be Dual Mutual, Dual, Mutual, or Solo. The fourth lesson may be in a simulator or in an aircraft.

### **Dual (D)**

A lesson with one instructor and one student.

### **Dual Mutual (DM)**

A Dual Mutual flight consists of a lesson with one instructor working with two students. The students are to work as a team. The pre and post-flight activities are shared and the briefings are conducted together. The flight itself is arranged that one student will fly the first lesson while the other observes from the rear seat. During a stop the students will switch places and the lesson will continue.

### **Mutual (M)**

Similar to the Dual Mutual, but without an instructor. The students are to work as a team. The pre and post-flight briefings are conducted together. The flight itself is arranged that one student will fly the first lesson while the other observes from the right seat. During a stop the students will switch places and the lesson will continue.

### **Solo (S)**

Solo is one student working alone.

# First Year Flight Syllabus

## **Dual Simulator (DS)**

A simulator lesson with one instructor and one student.

## **Solo Simulator (SS)**

A simulator session with one student working alone.



# Marking Scale

Southern Interior Flight Centre Marking scale is taken from the Transport Canada Private and Commercial Flight Test Guides. These criteria assume no unusual circumstances. Consideration will be given to unavoidable deviations from the published criteria due to weather, traffic, or other situations beyond the reasonable control of the candidate.

When applying the 4-point scale, award the mark that best describes the weakest element(s) applicable to the candidate's performance. Remarks to support mark awards of 1 or 2 must link to a safety issue, a qualification standard, or an approved technique or procedure.

<b>4</b>	<p>Performance is well executed considering existing conditions:</p> <ul style="list-style-type: none"> <li>• Aircraft handling is smooth and positive with a high level of precision.</li> <li>• Technical skills indicate a thorough knowledge of procedures, aircraft systems, limitations and performance characteristics.</li> <li>• Situational awareness is indicated by continuous anticipation and vigilance.</li> <li>• Flight management skills are exemplary and threats are consistently anticipated, recognized and well managed.</li> <li>• Safety margins are maintained through consistent and effective management of aircraft systems and mandated operational protocols.</li> </ul>
<b>3</b>	<p>Performance is observed to include minor errors:</p> <ul style="list-style-type: none"> <li>• Aircraft handling with appropriate control input includes minor deviations.</li> <li>• Technical skills indicate an adequate knowledge of procedures, aircraft systems, limitations and performance characteristics to successfully complete the task.</li> <li>• Situational awareness is adequately maintained as candidate responds in a timely manner to cues and changes in the flight environment to maintain safety while achieving the aim of the sequence/item.</li> <li>• Flight management skills are effective. Threats are anticipated and errors are recognized and recovered.</li> <li>• Safety margins are maintained through effective use of aircraft systems and mandated operational protocols.</li> </ul>
<b>2</b>	<p>Performance is observed to include major errors:</p> <ul style="list-style-type: none"> <li>• Aircraft handling is performed with major deviations and/or an occasional lack of stability, over/under control or abrupt control input.</li> <li>• Technical skills reveal deficiencies either in depth of knowledge or comprehension of procedures, aircraft systems, limitations and performance characteristics that do not prevent the successful completion of the task.</li> <li>• Situational awareness appears compromised as cues are missed or attended too late or the candidate takes more time than ideal to incorporate cues or changes into the operational plan.</li> <li>• Flight management skills are not consistent. Instrument displays, aircraft warnings or automation serve to avert an undesired aircraft state by prompting or remedying threats and errors that are noticed late.</li> <li>• Safety margins are not compromised, but poorly managed.</li> </ul>
<b>1</b>	<p>Performance is observed to include critical errors or the <i>Aim</i> of the test sequence/item is not achieved:</p> <ul style="list-style-type: none"> <li>• Aircraft handling is performed with critical deviations and/or a lack of stability, rough use of controls or control of the aircraft is lost or in doubt.</li> <li>• Technical skills reveal unacceptable levels of depth of knowledge or comprehension of procedures, aircraft systems, limitations and performance characteristics that prevent a successful completion of the task.</li> <li>• Lapses in situational awareness occur due to a lack of appropriate scanning to maintain an accurate mental model of the situation or there is an inability to integrate the information available to develop and maintain an accurate mental model.</li> <li>• Flight management skills are ineffective, indecisive or noncompliant with mandated published procedures and/or corrective countermeasures are not effective or applied.</li> <li>• Safety margins are compromised or clearly reduced.</li> </ul>

**Lesson 50-D Instrument/Upper Air ReviewC-172**  
**Dual 1.2 hours** **Not Mutual**  
**Date Completed:** \_\_\_\_\_ **Day**  
**Instructor Signature:** \_\_\_\_\_ **0.4 Hood**

**Aim**

The aim of this flight is to practice and review upper air exercises, and emergency procedures.

**Reference**

Flight Training Manual  
Part 2 – Exercises 11 through 24

**Preflight Briefing**

Procedures for each exercise

**Flight Sequences**

Instrument flight to/from practice area

1. Steep Turns
2. Slow Flight
3. Stalls
4. Spins
5. Spiral Dives
6. Precision 180 Approach
7. Emergency Procedures

**Post Flight Briefing**

Next lesson is a mutual review flight.

**Notes:**

**Aim**

The aim of this flight is to review air exercises and forced approaches.

**Reference**

Flight Training Manual

Part 2 – Exercises 9, 11, 12 & 22

**Preflight Briefing**

Review procedures for air exercises

**Flight Sequences**

1. Steep Turns
2. Slow Flight
3. Stalls
4. Precision 180 Approach
5. Emergency Procedures

**Post Flight Briefing**

Next lesson is a solo simulator session for ADF and VOR intercepts.

**Notes:**



**Lesson 53-DS**                      **ADF Holds**                      **Frasca 131**  
**Dual 1.0 hours**                      **Not Mutual**  
**Date Completed:** \_\_\_\_\_ **Day**  
**Instructor Signature:** \_\_\_\_\_

**Aim**

The aim of this flight is to introduce holding patterns.

**Required Reading**

Flight Training Manual  
Part 2 – Exercise 24  
AIM RAC 10.0 - Holding Procedures

**Preflight Briefing**

Pattern Flying and Holds - Suggest instructor use the 56SS syllabus sequence so that the student will be familiar with holding procedures prior to doing this solo.

**Flight Sequences**

1. Practice ADF Tracking, Intercepts and Holds

**Post Flight Briefing**

Next flight is ADF and VOR intercepts.

**Notes:**



**Lesson 54-DM      VOR and ADF Intercepts      C-172**  
**Dual 1.2 hours      Mutual**  
**Date Completed: \_\_\_\_\_ Day**  
**Instructor Signature: \_\_\_\_\_ 1.0 Hood**

**Aim**

The aim of this flight is to improve ADF and VOR intercepts and tracking.

**References**

Flight Training Manual  
Part 2 – Exercise 24

**Preflight Briefing**

ADF and VOR orientation, intercepts and tracking

**Flight Sequences**

Student #1:

1. From Kelowna NDB Intercept B13 Northbound
2. Abeam Vernon NDB Intercept V302 to Enderby VOR – Suggest 90 Degree Intercept
3. Fly this Airway Until 12 DME From YNY VOR – Then Fly Direct to CZAM

Student #2:

1. From CZAM Fly Direct to Enderby NDB
2. Prior to Reaching NY Intercept B13 From NY NDB
3. When Abeam Vernon NDB Intercept V302 Southbound – Suggest 90 Degree Intercept
4. Over WTMAN Intersection Plan for Fintry Arrival into CYLW

**Post Flight Briefing**

Next lesson is a review of the ADF and VOR and precautionary landings.

**Notes:**



**Lesson 55-M Instrument Flight**  
**Solo 1.2 hours**  
**Date Completed:** \_\_\_\_\_  
**Student Signature:** \_\_\_\_\_

**C-172**  
**Mutual**  
**Day**

**Aim**

The aim of this flight is to improve ADF and VOR intercepts and tracking, review precautionary landing.

**References**

Flight Training Manual  
Part 2 – Exercises 21 & 24

**Preflight Briefing**

ADF and VOR orientation, intercepts and tracking

**Flight Sequences**

1. ADF Intercepts & Tracking - 90° & 45° Intercepts
2. VOR Intercepts & Tracking - 90° & 45° Intercepts
3. Precautionary Landing

**Post Flight Briefing**

Next lesson is a solo simulator review of the ADF holds.

**Notes:**

**Aim**

The aim of this session is to practice ADF holds.

**Required Reading**

Hold handout

AIM RAC 10.0 – Holding procedures

**Preflight Briefing**

ADF holds

**Flight Sequences**

1. Depart CYXX (IXX), Climb Runway Heading to 3000'
2. Intercept an Inbound Track of 210° to the Abbotsford NDB (344) with a 60° Intercept
3. Hold on an Inbound Track of 180°, all Turns Right, Maintain 3000'
4. Once Established in the Hold, Depart From the Outbound Leg, Fly Heading 000° for 5 minutes
5. Intercept an Inbound Track of 150° to the Abbotsford NDB (344) With a 60° Intercept
6. Hold on an Inbound Track of 030°, All Turns Right, Maintain 3000'
7. Once Established in the Hold, Depart From the Outbound Leg, Fly Heading 210° for 5 minutes
8. Intercept an Inbound Track of 000° to the Abbotsford NDB (344) with a 60° Intercept
9. Hold on an Inbound Track of 150°, All Turns Right, Maintain 3000'

**Post Flight Briefing**

Next lesson is an introduction to VOR holds.

**Notes:**

**Lesson 57-DS**                      **VOR Holds**  
**Dual 1.0 hours**  
**Date Completed:** \_\_\_\_\_  
**Instructor Signature:** \_\_\_\_\_

**Frasca 131**  
**Not Mutual**  
**Day**

**Aim**

The aim of this flight is to practice VOR holds.

**Required Reading**

Hold handout

AIM RAC 10.0 – Holding procedures

**Preflight Briefing**

Introduction to VOR holds – Suggest instructor follows 60SS syllabus sequence so that the student is familiar with the procedures prior to doing the session solo.

**Flight Sequences**

1. VOR Intercepts
2. VOR Tracking TO and FROM
3. VOR Holds

**Post Flight Briefing**

Next lesson is an in-flight practice of ADF holds.

**Notes:**

**Lesson 58-DM**                      **ADF Holds**  
**Dual 1.2 hours**  
**Date Completed:** \_\_\_\_\_  
**Instructor Signature:** \_\_\_\_\_

**C-172**  
**Mutual**  
**Day**  
**1.0 Hood**

**Aim**

The aim of this flight is to practice ADF holds.

**Required Reading**

Hold handout

AIM RAC 10.0 – Holding procedures

**Preflight Briefing**

Pattern flying and holds

**Flight Sequences**

1. Practice ADF Holds

**Post Flight Briefing**

Next lesson is a mutual review of ADF holds.

**Notes:**



**Lesson 59-M Instrument Flight C-172**  
**Solo 1.2 hours Mutual**  
**Date Completed: \_\_\_\_\_ Day**  
**Student Signature: \_\_\_\_\_**

**Aim**

The aim of this flight is to practice pattern flying and ADF holds.

**Required Reading**

Hold handout

AIM RAC 10.0 - Holding procedures

**Preflight Briefing**

Pattern flying and holds

**Flight Sequences**

1. Practice ADF Holds
2. Pattern – Full Panel

**Your flight partner is the safety pilot so ensure he/she is looking outside the aircraft.**

**Post Flight Briefing**

Next lesson is a solo simulator practice of VOR holds.

**Notes:**

**Aim**

The aim of this flight is to practice the VOR holds.

**Required Reading**

Hold handout

**Flight Sequences**

1. Depart CYXX (IXX), Climb Runway Heading to 3000'
2. Intercept the 030° Radial to the Watcom VOR (113.0) With a 60° Intercept
3. Hold Inbound on the 090 Radial, All Turns Right, Maintain 3000'
4. Once Established in the Hold, Depart From the Outbound Leg, Fly Heading of 090° for 5 minutes
5. Intercept the 120° Radial to Whatcom VOR (113.0) with a 60° Intercept
6. Hold Inbound on the 000° Radial, All Turns Right, Maintain 3000'
7. Once Established in the Hold, Depart From the Outbound Leg, Fly Heading of 000° for 5 minutes
8. Intercept the 330° Radial to Whatcom VOR (113.0) with a 60° Intercept
9. Hold Inbound on the 120° Radial, All Turns Right, Maintain 3000'

**Remember:**

1. What is my outbound?
2. What sector does the outbound lie within?
3. What heading do I turn to after crossing the station?

**Post Flight Briefing**

Next lesson is a dual simulator introduction to NDB approaches.

**Notes :**

**Lesson 61-DS**      **NDB Approaches**      **Frasca 131**  
**Dual 1.0 hours**  
**Date Completed:** \_\_\_\_\_ **Not Mutual**  
**Instructor Signature:** \_\_\_\_\_ **Day**

**Aim**

The aim of this flight is to learn how to fly NDB approaches.

**Acceptable Performance**

The student shall be able to conduct a full procedure NDB approach with assistance.

**References**

AIM RAC 9.0 – IFR arrival procedures

**Flight Sequences**

1. Depart Boundary Bay (CZBB)
2. NDB tracking
3. NDB approach into Abbotsford (CYXX)

**Post Flight Briefing**

Next lesson is a U.S. cross border cross-country flight.

**Notes:**

**Lesson 62-DM**                      **Cross-Country**                      **C-172**  
**Dual 1.2 hours**    **CYLW - CAQ5 (or CAR3)**                      **Mutual**  
**Date Completed:** \_\_\_\_\_                      **Day**  
**Instructor Signature:** \_\_\_\_\_                      **1.2 hrs X-C**

**Aim**

The aim of this flight is to review procedures associated with cross country flight to an uncontrolled aerodrome.

**Required Reading**

AIM RAC 4.5 – Aircraft Operations – Uncontrolled Aerodromes

**Preflight Briefing**

VFR Enroute/Uncontrolled Aerodrome Procedures

**Flight Sequences**

Student 1: CYLW – CAQ5 (Nakusp) or CAR3 (Lillooet)

Student 2: CAQ5 or CAR3 – CYLW

1. Weather Update
2. Preflight Planning – Including VFR nav log
3. File Flight Plan
4. Open Flight Plan
5. Departure and Enroute Procedures
6. Short Field Landing
7. Close Flight Plan

**Post Flight Briefing**

Next lesson is a cross-country flight to CZAM.

**Notes:**

**Lesson 63-M**                      **Cross-Country**                      **C-172**  
**Solo 1.2 hours**                      **CYLW-CZAM**                      **Mutual**  
**Date Completed:** \_\_\_\_\_                      **Day**  
**Student Signature:** \_\_\_\_\_                      **1.2 hrs X-C**

**Aim**

The aim of this flight is to practice cross-country flying techniques.

**Required Reading**

Flight Training Manual  
Part 2 – Exercise 23

**Preflight Briefing**

Review cross-country procedures

**Flight Sequences**

First Student: CYLW - CZAM

Second Student: CZAM - CYLW

1. Weather Briefing, Preflight Activities, Routing
2. NOTAMs
3. File and Open Flight Plan
4. Departure Procedures – Time-Off & ETAs
5. Enroute Procedures – Groundspeed Checks, Revised ETAs
6. Drift Corrections, Diversions
7. Map Reading, Radio Frequencies Enroute & Updates on Wx
8. Close Flight Plan
9. Navigation Logs to be Handed in to the Instructor for Review and Marking After Completion of Trip

**Post Flight Briefing**

The next lesson is a review of NDB Approaches.

**Notes:**



**Aim**

The aim of this simulator session is to practice flying NDB approaches, and NDB missed approaches.

**Acceptable Performance**

The student shall perform full procedure NDB approaches

**Required Reading**

AIM RAC 9.0 – IFR arrival procedures

**Preflight Briefing**

Review CAP chart for Abbotsford (CYXX) NDB RWY 07 (GNSS) approach.

**Flight Sequences**

1. Depart CYXX Runway 07 – Climb Runway Heading to 3,000’ Then Turn Right Direct to XX NDB
2. Cross XX and Fly Outbound on Track of 247 for 3 Minutes
3. Turn Left to 202 for 1 Minute Then Turn Right to 022 and Intercept Inbound Track of 067 to XX
4. Cross XX and Note Time. Descend to 860’ for Approach into CYXX. Maintain Outbound Track of 067 for 2:30 minutes
5. Conduct Missed Approach (Climb on Track of 067 to 1,200’ Then Right Climbing Turn to Heading of 202 to 3,000’. Turn Right to XX NDB).
6. Repeat Steps 2 – 4 and Land at CYXX

**Post Flight Briefing**

Next flight is an introduction to LO charts and localizer approaches.

**Notes:**

**Lesson 65-DS Localizer Approaches Frasca 131**  
**Dual 1.0 hours Not Mutual**  
**Date Completed: \_\_\_\_\_ Day**  
**Instructor Signature: \_\_\_\_\_**

**Aim**

The aim of this simulator session is to conduct localizer approaches.

**Reference**

AIM RAC 9.0 – IFR arrival procedures  
Enroute Low Altitude Chart – LO 2

**Preflight Briefing**

Review CAP chart for Kelowna (CYLW) ILS/DME 1 RWY 16 approach, including LOC/DME minima

**Flight Sequence**

1. Depart CYLW
2. Full Procedure Localizer Approach into CYLW
3. Missed Approach
4. Full Procedure Localizer Approach for Landing

**Post Flight Briefing**

Next flight is a review of VOR and ADF, forced approaches and localizer approaches.

**Notes:**



**Aim**

The aim of this flight is to review ADF & VOR intercepts and tracking, forced approaches, and localizer approaches.

**Required Reading**

Flight Training Manual

Part 2 – Exercises 22 & 24

AIM COM 3.12 & 3.13.2

**Preflight Briefing**

Enroute Low Altitude Chart – LO 2

Review CAP chart for Kelowna (CYLW) ILS/DME 1 RWY 16 approach, including LOC/DME minima

**Flight Sequences**

1. VOR & ADF Intercepts and Tracking
2. Forced Approach
3. Localizer Approach into CYLW (Traffic Permitting)

**Your flight partner is the safety pilot so ensure he/she is looking outside the aircraft.**

**Post Flight Briefing**

Next lesson is a solo simulator session to review NDB approaches.

**Notes:**

**Aim**

The aim of this lesson is to practice NDB approaches.

**References**

AIM RAC 9.0 – IFR arrival procedures  
Review CAP chart for Kelowna (CYLW) ILS/DME 1 RWY 16 approach, including LOC/DME minima

**Flight Sequences**

1. Depart CYLW. Climb to 3,000' Then Initiate Right Climbing Turn to 6,300' Direct to LW NDB
2. Cross LW NDB and Note Time. Hold Outbound Track of 006 for One Minute, Then Turn Left to Intercept Inbound Track of 156. Maintain 6,300'
3. Once Established in the Hold Conduct Two Revolutions, Then Leave the Hold by Flying an Outbound Track of 336 for 4 Minutes (Extended Racetrack Configuration). Turn Left to Intercept an Inbound Track of 156 to LW NDB. Upon intercepting 156 Descend to 4,300'
4. Cross LW NDB, Note the Time, Then Fly an Outbound Track of 150, Descending to 2,840'. With an Approach Ground Speed of 70 knots, Time to the Missed Approach Point (MAP) Will be 5:03 Minutes. If Visual Reference is Established, Land at CYLW. If Not, Conduct a Missed Approach (Climb Direct to EX NDB, Then Right Turn to 3,500'on Track of 185. Right Climbing Turn Direct to LW NDB on Track of 353) for Full Procedure NDB B approach.

**Post Flight Briefing**

Next session is an introduction to ILS approaches.

**Notes:**

**Lesson 69-DS**      **ILS Approaches**      **Frasca 131**  
**Dual 1.0 hours**      **Not Mutual**  
**Date Completed:** \_\_\_\_\_ **Day**  
**Instructor Signature:** \_\_\_\_\_

**Aim**

The aim of this simulator session is to provide an introduction to ILS approaches.

**Required Reading**

AIM RAC 9.0 – IFR arrival procedures  
AIM COM 3.13

**Preflight Briefing**

Review CAP chart for Abbotsford (CYXX) ILS RWY 07 approach

**Flight Sequences**

1. Depart CYXX Runway 07
2. ILS Rwy 07 Approach
3. Conduct Missed Approach
4. ILS Rwy 07 Approach With Landing at CYXX

**Post Flight Briefing**

Next lesson is a review of instrument flying, partial panel unusual attitudes and air exercises.

**Notes:**

**Lesson 70-D**      **Air Exercises Review**      **C-172**  
**Dual 1.2 hours**      **Not Mutual**  
**Date Completed:** \_\_\_\_\_ **Day**  
**Instructor Signature:** \_\_\_\_\_ **0.4 Hood**

**Aim**

The aim of this flight is to review pattern flying, unusual attitudes, and review air exercises

**Required Reading**

Flight Training Manual

Part 2 – Exercises 9, 11-15, 21, 22 & 24

**Preflight Briefing**

Review timed turns and pattern flying

**Flight Sequences**

Instrument flying to/from practice area

1. Partial Panel – Straight & Level
2. Partial Panel – Timed Turns
3. Partial Panel – Climbs & Descents
4. Partial Panel – Unusual Attitudes
5. Steep Turns
6. Slow Flight
7. Stalls
8. Spins
9. Spiral Dives
10. Slips
11. Forced Approach
12. Precautionary Landing

**Post Flight Briefing**

Next lesson is a mutual review of this flight, excluding unusual attitudes, spins and spiral dives.

**Notes:**



**Lesson 71-M**      **Air Exercise Review**  
**Solo 1.2 hours**  
**Date Completed:** \_\_\_\_\_  
**Student Signature:** \_\_\_\_\_

**C-172**  
**Mutual**  
**Day**

**Aim**

The aim of this flight is to review upper air exercises.

**Required Reading**

Flight Training Manual

Part 2 – Exercises 9, 11, 12, 21, 22 & 24

**Preflight Briefing**

Review timed turns and pattern flying

**Flight Sequences**

1. Partial Panel – Timed Turns
2. Steep Turns
3. Slow Flight
4. Stalls
5. Forced Approach
6. Precautionary Landing

**Your flight partner is the safety pilot so ensure he/she is looking outside the aircraft.**

**Post Flight Briefing**

Next lesson is a solo simulator session to review localizer approaches and missed approaches.

**Notes:**

**Lesson 72 -SS Localizer Approaches Frasca 131**  
**Solo 1.0 hours Not Mutual**  
**Date Completed: \_\_\_\_\_ Day**  
**Student Signature: \_\_\_\_\_**

**Aim**

The aim of this session is to practice a localizer approach and missed approach.

**Reference**

AIM RAC 9.0 – IFR arrival procedures  
AIM COM 3.12 & 3.13.2

**Preflight Briefing**

Review CAP chart for Abbotsford (CYXX) ILS RWY 07 approach

**Flight Sequence**

1. Depart CYXX, Climb to 3,000' Then Right Climbing Turn Direct to XX NDB
2. Cross XX NDB and Intercept Localizer Outbound for 4 Minutes, Then Turn Left to 202 for 1 minute. Turn Right to 022 to Intercept Localizer Inbound to XX NDB. Descend to 1,700'
3. Cross XX NDB at 1,700', Note Time and Descend to 700'
4. At Time of 3:41, While at 700', Conduct Missed Approach (Climb on Track of 067, Right Climbing Turn to Heading of 202 to 3,000'. Right Turn to XX NDB)
5. Cross XX NDB and Repeat Steps 2-3, Then Land in CYXX

**Post Flight Briefing**

Next flight is a solo night cross-country to CZAM.

**Notes:**



**Lesson 73-S**                      **Night Cross-Country**                      **C-172**  
**Solo 2.0 hours**                      **CYLW-CZAM**                      **Not Mutual**  
**Date Completed:** \_\_\_\_\_                      **Night**  
**Student Signature:** \_\_\_\_\_                      **2.0 hrs X-C**

**Aim**

The aim of this flight is to practice cross-country flying at night.

**Required Reading**

Flight Training Manual

Part 2 – Exercise 23

AIM RAC 4.5.2 – Traffic Circuit Procedures (Uncontrolled)

**Preflight Briefing**

Review night circuit procedures for CYLW and CZAM

**Flight Sequences**

CYLW-CZAM – Then a few circuits

CZAM-CYLW – Then a few circuits

1. Flight Planning, File Flight Plan, Open Flight Plan
2. Departure Procedures
3. Enroute Procedures
4. Close Flight Plan

**Check NOTAMs to verify that the runways are open, and that all required lights are serviceable.**

**Remember your survival gear and flashlight!**

**Post Flight Briefing**

Next flight is a mid-semester progress check.

**Notes:**

**Lesson 74-D**                      **Progress Check**                      **C-172**  
**Dual 1.2 hours**                      **Dual**  
**Date Completed:** \_\_\_\_\_ **Day**  
**Instructor Signature:** \_\_\_\_\_ **0.4 Hood**  
**Student Signature:** \_\_\_\_\_  
**Mark** \_\_\_\_\_ **/160**    **%** \_\_\_\_\_

**Aim**

The aim of this flight is to check the student’s progress to ensure a strong foundation is in place before advancing to more difficult exercises. Marks from this flight will contribute to the semester grade for the Flight Lab.

**Required Reading**

Transport Canada Flight Test Guide  
 Commercial Pilot License - Aeroplane (TP13462E)

<b>Flight Sequences</b>				<b>Marks</b>
1. Preflight - Flight Data Sheet	<b>1 2 3 4</b>	<b>x 4</b>		_____
- Weather Assessment	<b>1 2 3 4</b>	<b>x 2</b>		_____
- Documents	<b>1 2 3 4</b>	<b>x 1</b>		_____
- Aircraft Inspection	<b>1 2 3 4</b>	<b>x 1</b>		_____
2. Emergency Procedures	<b>1 2 3 4</b>	<b>x 4</b>		_____
3. Short Field Takeoff	<b>1 2 3 4</b>	<b>x 2</b>		_____
4. Straight & Level - Various Speeds	<b>1 2 3 4</b>	<b>x 3</b>		_____
5. Climb & Descend - Various Rates	<b>1 2 3 4</b>	<b>x 3</b>		_____
6. Unusual Attitudes	<b>1 2 3 4</b>	<b>x 3</b>		_____
7. Partial Panel	<b>1 2 3 4</b>	<b>x 3</b>		_____
8. Partial Panel Unusual Attitudes	<b>1 2 3 4</b>	<b>x 3</b>		_____
9. Steep Turns	<b>1 2 3 4</b>	<b>x 3</b>		_____
10. Slow Flight	<b>1 2 3 4</b>	<b>x 3</b>		_____
11. Forced Approach	<b>1 2 3 4</b>	<b>x 3</b>		_____
12. Precision 180 Landing	<b>1 2 3 4</b>	<b>x 2</b>		_____
<b>Total</b>		<b>%</b>		<b>_____ /160</b>

See Pages 4 & 5 for a description of the Marking Scale. A total mark of 60% or greater is required to pass. Students scoring less than 60% will be required to complete additional training and repeat this syllabus lesson.

**Notes:**



**Lesson 75-S**                      **Upper Air Review**                      **C-172**  
**Solo 1.2 hours**                      **Not Mutual**  
**Date Completed:** \_\_\_\_\_ **Day**  
**Student Signature:** \_\_\_\_\_

**Aim**

The aim of this flight is to review upper air exercises, forced approaches and emergency procedures.

**Required Reading**

Flight Training Manual  
Part 2 – Exercises 9, 11, 12, & 22

**Preflight Briefing**

Review forced approach procedures

**Flight Sequences**

1. Steep Turns
2. Slow Flight
3. Stalls
4. Forced Approach
5. Precision 180 Approach
6. Emergency Procedures

**Post Flight Briefing**

Next lesson is a solo simulator practice of holds and approaches.

**Note:**



**Lesson 76-SS Holds and Approaches Frasca 131**  
**Solo 1.0 hours Not Mutual**  
**Date Completed: \_\_\_\_\_ Day**  
**Student Signature: \_\_\_\_\_**

**Aim**

The aim of this session is to review holds and approaches.

**Required Reading**

AIM RAC 9.0 – IFR arrival procedures  
Hold handout

**Preflight Briefing**

Review of holds and approaches

**Flight Sequences**

1. Depart CYXX. Climb to 3,000' on Heading 067. Right Climbing Turn to XX NDB
2. Conduct Procedure Turn, then YXX ILS Rwy 07 Approach
3. Missed Approach
4. Track Directly to Whatcom VORTAC (HUH)
5. Hold at HUH, on Inbound Radial, Maintain 3,000'
6. Track Directly from HUH to XX NDB. Hold as Published.
7. NDB RWY 07 Approach and Landing

**Post Flight Briefing**

Next lesson is the mid-semester simulator test.

**Notes:**

**Lesson 77-DS Progress Check ADF & VOR Frasca 131**  
**Dual 1.0 hours** **Not Mutual**  
**Date Completed:** \_\_\_\_\_ **Day**  
**Instructor Signature:** \_\_\_\_\_  
**Student Name:** \_\_\_\_\_  
**Mark** \_\_\_\_\_ **/40** **%** \_\_\_\_\_

**Aim**

The aim of this session is to assess ADF and VOR navigation skills, and full panel scan technique. Marks from this progress check will contribute to the semester grade for the Flight Lab.

**Reference**

Flight Test Guide - Commercial Pilot License (TP13462E)

**Flight Sequences**

Flight to be conducted with wind from 340° at 10 knots

	<b>Marks</b>	
1) ADF		
- Tune, Identify, Test All Stations	<b>1 2 3 4</b>	_____
- Orientation – Find Brg TO & FROM	<b>1 2 3 4</b>	_____
- Intercept & Track TO	<b>1 2 3 4</b>	_____
2) VOR/DME		
- Tune, Identify, Test All Stations	<b>1 2 3 4</b>	_____
- Orientation – Radials & Distance	<b>1 2 3 4</b>	_____
- Intercept & Track FROM	<b>1 2 3 4</b>	_____
3) Instrument		
- Full Panel Scan	<b>1 2 3 4</b>	_____
- Full Panel Unusual Attitudes	<b>1 2 3 4</b>	_____
- Partial Panel	<b>1 2 3 4</b>	_____
- Partial Panel Unusual Attitudes	<b>1 2 3 4</b>	_____
<b>Total</b>	<b>_____40</b>	<b>_____ %</b>

See Pages 4 & 5 for a description of the Marking Scale. A total mark of 60% or greater is required to pass. Students scoring less than 60% will be required to complete additional training and repeat this syllabus lesson.

**Notes:**



**Lesson 78-DM**      **Cross-Country Proficiency**      **C-172**  
**Dual 1.2 hours**      **CYLW-CYCW/CYGE**      **Mutual**  
**Date Completed:** \_\_\_\_\_      **Day**  
**Instructor Signature:** \_\_\_\_\_      **1.2 hrs X-C**

### **Aim**

The aim of this flight is to review cross-country procedures and flight planning techniques.

### **Required Reading**

CFS – CYGE Golden & CYCW Chilliwack  
AIM RAC 1.1.3(b) - DRCO Procedures

### **Preflight Briefing**

Uncontrolled Aerodrome Procedures

*NOTE:* Each student is required to do a detailed flight plan, weight & balance, and weather assessment.

### **Flight Sequences**

Student 1: CYLW to CYGE or CYCW (plan both)

Student 2: CYGE or CYCW to CYLW (plan both)

1. Flight Planning, File Flight Plan, Open Flight Plan
2. Soft Field Takeoff
3. Set Heading Procedures
4. Enroute Procedures
5. Short Field Landing
6. Close Flight Plan

### **Remember – Cross-Country Survival Gear**

**\*\*MAKE SURE YOU RECEIVE A WEATHER BRIEFING\*\***

If you have time, check out the pie in Chilliwack!

### **Post Flight Briefing**

Next lesson is a solo cross-country flight to Golden.

### **Notes:**



**Lesson 79-M Cross-Country Proficiency C-172**  
**Solo 1.2 hours CYLW-CYGE Mutual**  
**Date Completed: \_\_\_\_\_ Day**  
**Student Signature: \_\_\_\_\_ 1.2 hrs X-C**

**Aim**

The aim of this flight is to practice cross-country procedures.

**Required Reading**

CFS - CYGE Golden  
AIM RAC 1.1.3(b) - DRCO Procedures

**Preflight Briefing**

Uncontrolled Aerodrome Procedures

*NOTE:* Each student is required to do a detailed flight plan, weight & balance, and weather assessment.

**Flight Sequences**

Student 1: CYLW to CYGE

Student 2: CYGE to CYLW

1. Flight Planning, File Flight Plan, Open Flight Plan
2. Soft Field Takeoff
3. Set Heading Procedures
4. Enroute Procedures
5. Short Field Landing
6. Close Flight Plan

**Remember – Cross-Country Survival Gear**

**\*\*MAKE SURE YOU RECEIVE A WEATHER BRIEFING\*\***

**Post Flight Briefing**

Next lesson is a solo simulator practice of ILS approaches.

**Notes:**



**Aim**

The aim of this session is to practice conducting ILS approaches and missed approaches.

**Reference**

AIM RAC 9.0 – IFR arrival procedures

AIM COM 3.13

**Preflight Briefing**

Review CAP chart for Abbotsford (CYXX) ILS RWY 07 approach

**Flight Sequence**

1. Depart CYXX Runway 07
2. ILS Rwy 07 Approach
3. Conduct Missed Approach
4. ILS Rwy 07 Approach With Landing at CYXX

**Post Flight Briefing**

Next flight is the 300 NM solo cross-country. Complete a 'Cross-Country Request' form, with at minimum **two** alternate routes, for approval by the CFI, at least 72 hours in advance of the intended day of departure.

**Notes:**

**Lesson 81-S      300 NM Cross-Country      C-172**  
**Solo 8.0 hours      Not Mutual**  
**Date Completed: \_\_\_\_\_ Day**  
**Student Signature: \_\_\_\_\_ 8.0 hrs X-C**

### **Aim**

The aim of this flight is to practice flight planning, cross-country procedures and radio navigation techniques while experiencing flying in new areas.

This flight will not be booked for you. You must make the booking yourself and the flight must meet all the Transport Canada requirements for the 300 NM cross-country. The destination must take you more than 300 NM **radius** from your point of departure. The trip must also include **three** take-offs and landings at airports other than the departure point.

**Remember to complete a request form well ahead of time.**

### **Required Reading**

*SIFC contract - Cross-country policies*

CFS - For enroute, alternate, and destination aerodromes

Handout - Mountain flying

### **Preflight Briefing**

A detailed flight plan, ICAO form, weight & balance, and weather assessment are mandatory for all stages of this flight.

### **Flight Sequences**

1. Flight Planning, File Flight Plan, Open Flight Plan
2. Set Heading Procedures
3. Enroute Procedures
4. Radio Navigation Procedures
5. Close Flight Plan

### **Remember – Cross-Country Survival Gear**

**\*\*MAKE SURE YOU RECEIVE A WEATHER BRIEFING\*\***

Next lesson is a dual mutual cross-country instrument flight.



**Lesson 82-DM Instrument Cross-Country GSFC**  
**Dual 1.2 hours CYLW-CYKA Mutual**  
**Date Completed: \_\_\_\_\_ Day**  
**Instructor Signature: \_\_\_\_\_ 1.0 Hood**

**Aim**

The aim of this flight is to practice instrument cross-country flying techniques, and localizer and NDB approaches.

**Required Reading**

AIM RAC 9.0 – IFR arrival procedures

**Preflight Briefing**

Instrument approaches for CYKA & CYLW

**Flight Sequences**

*First Student:*

1. File Flight Plan CYLW to CYKA via Enderby VOR (YNY)
2. Fly Route to YKA on Instruments
3. CYKA LOC/DME or LOC/NDB C Approach
4. Emergency Procedures
5. Land at CYKA to Switch Pilots

*Second Student:*

1. File Flight Plan CYKA to CYLW via Enderby VOR (YNY)
2. Fly Route to CYLW on Instruments
3. CYLW LOC/DME Approach
4. Emergency Procedures

**Post Flight Briefing**

Next lesson is a mutual cross-country instrument flight.

**Notes:**



**Lesson 83-M Instrument Cross-Country GSFC**  
**Solo 1.2 hours CYLW-CYKA Mutual**  
**Date Completed: \_\_\_\_\_ Day**  
**Student Signature: \_\_\_\_\_ 1.2 hrs X-C**

### **Aim**

The aim of this flight is to practice instrument cross-country flying techniques, and localizer and NDB approaches.

### **Required Reading**

AIM RAC 9.0 – IFR arrival procedures

### **Preflight Briefing**

CAP - Instrument approaches for CYKA & CYLW  
Enroute Low Altitude Chart – LO 2

### **Flight Sequences**

*First Student:*

1. File Flight Plan CYLW to CYKA via B5
2. Fly Route to YKA on Instruments
3. CYKA NDB B Approach
4. Emergency Procedures
5. Land at CYKA to Switch Pilots

*Second Student:*

1. File Flight Plan CYKA to CYLW via B5
2. Fly Route to CYLW on Instruments
3. CYLW LOC/DME Approach
4. Emergency Procedures

### **Post Flight Briefing**

Next lesson is solo simulator practice of radio navigation.

**Notes:**

**Lesson 84-SS Instrument Cross-Country Frasca 131**  
**Solo 1.0 hours CYXX-CYYJ Not Mutual**  
**Date Completed: \_\_\_\_\_ Day**  
**Student Signature: \_\_\_\_\_**

### **Aim**

The aim of this session is to practice radio navigation using both ADF and VOR navigation aids.

### **Preflight Briefing**

Vancouver Terminal Area Chart (TAC)

CAP - Instrument departure from CYXX, and NDB/DME approach to CYYJ

### **Flight Sequences**

Complete the following navigation trip using VOR and ADF. Depart from IXX Runway 07.

- 1) Tune XX (344 KHz) and Track Direct to the NDB
- 2) Tune WC (332 KHz) and Track 310° to the NDB
- 3) Tune VR (266 KHz) and Track 220° to the NDB
- 4) Tune YVR (115.9 MHz) and Track to the VOR on the 005° Radial TO the Station
- 5) Tune AP (378 KHz) and Track 120° to the NDB
- 6) Tune YYJ (113.7 MHz) and Track the 011° Radial TO the VOR
- 7) Tune YJ (200 KHz) and Track 127° to the NDB
- 8) When at the YJ Beacon, Conduct the NDB/DME Approach for Rwy 27, and Land at CYYJ (Victoria)

### **Post Flight Briefing**

Next flight is a review of specialty takeoffs and landings.

### **Notes:**



**Lesson 85-S Specialty Takeoffs/Landings**

**C-172**

**Solo 1.4 hours**

**Not Mutual**

**Date Completed:** \_\_\_\_\_

**Day**

**Student Signature:** \_\_\_\_\_

**Aim**

The aim of this flight is to refine short and soft field takeoff and landing techniques.

**Required Reading**

Flight Training Manual

Part 2 – Exercises 16 & 18

**Preflight Briefing**

Review flight test guidelines associated with Exercises 16-18

**Flight Sequences**

1. Normal Takeoffs/Landings
2. Soft Field Takeoffs/Landings With & Without Obstacles
3. Short Field Takeoffs/Landings With & Without Obstacles
4. Precision 180 Approaches
5. Emergency Procedures

**Post Flight Briefing**

Next lesson is a dual mutual progress check.

**Notes:**



**Lesson 86-DM Cross-Country Progress Check C-172**  
**Dual 1.2 hours CYLW-CYCG Mutual**  
**Date Completed: \_\_\_\_\_ Day**  
**Instructor Signature: \_\_\_\_\_ 1.2 hrs X-C**  
**Student Signature: \_\_\_\_\_**  
**Mark \_\_\_\_\_/132 % \_\_\_\_\_**

**Aim**

The aim of this flight is to check the student’s progress. Marks from this flight will contribute to the semester grade for the Flight Lab.

**Required Reading**

Flight Test Guide - Commercial Pilot License (TP13462E)

**Flight Sequences**

Student 1: Plan & File CYLW-CYCG

Student 2: Plan & File CYCG-CYLW

**Marks**

1. Preflight – Nav Log	<b>1 2 3 4</b>	<b>x 3</b>	_____
- Weather Assessment	<b>1 2 3 4</b>	<b>x 3</b>	_____
- Documents	<b>1 2 3 4</b>	<b>x 1</b>	_____
- Walk around	<b>1 2 3 4</b>	<b>x 1</b>	_____
- Survival Gear	<b>1 2 3 4</b>	<b>x 1</b>	_____
2. Emergency Procedures	<b>1 2 3 4</b>	<b>x 3</b>	_____
3. Soft Field Takeoff	<b>1 2 3 4</b>	<b>x 2</b>	_____
4. File Open & Close Flight Plan	<b>1 2 3 4</b>	<b>x 1</b>	_____
5. Departure Procedures	<b>1 2 3 4</b>	<b>x 3</b>	_____
6. Enroute Procedures	<b>1 2 3 4</b>	<b>x 3</b>	_____
7. Diversion	<b>1 2 3 4</b>	<b>x 3</b>	_____
8. Wx Updates & Use of Radio	<b>1 2 3 4</b>	<b>x 2</b>	_____
9. Map Reading & Revised ETAs	<b>1 2 3 4</b>	<b>x 3</b>	_____
10. Uncontrolled Procedures	<b>1 2 3 4</b>	<b>x 2</b>	_____
11. Soft Field Landing	<b>1 2 3 4</b>	<b>x 2</b>	_____
<b>Total</b>		<b>% _____/132</b>	

**Post Flight Briefing**

See Pages 4 & 5 for a description of the Marking Scale. A total mark of 60% or greater is required to pass. Students scoring less than 60% will be required to complete additional training and repeat this syllabus lesson.

**Notes:**



**Lesson 87-M**                      **Instrument Review**                      **C-172**  
**Solo 1.2 hours**  
**Date Completed:** \_\_\_\_\_  
**Student Signature:** \_\_\_\_\_  
**Mutual**  
**Day**

**Aim**

The aim of this flight is to practice instrument flying.

**Required Reading**

Flight Training Manual  
Part 2 – Exercises 22 & 24

**Preflight Briefing**

Full and partial panel instrument scan

**Flight Sequences**

Mutual review of instrument flying including the following sequences:

1. Full Panel - Straight & Level, Climbs, Descents, Turns
2. Full Panel - Timed Turns
3. Partial Panel - Straight & Level, Climbs, Descents, Turns
4. Partial Panel - Timed Turns
5. ADF & VOR Orientation, Tracking FROM & TO
6. Forced Approach

**Your flight partner is the safety pilot so ensure he/she is looking outside the aircraft.**

**Post Flight Briefing**

Next lesson is a solo simulator review of instrument flying.

**Notes:**

**Lesson 88-SS**      **Instrument Review**      **Frasca 131**  
**Solo 1.0 hours**      **Not Mutual**  
**Date Completed:** \_\_\_\_\_ **Day**  
**Student Signature:** \_\_\_\_\_

**Aim**

The aim of this flight is to review pattern flying and holds.

**Required Reading**

Flight Training Manual  
Part 2 - Exercise 24  
AIM RAC 10.0 - Holds

**Preflight Briefing**

Pattern flying and holds

**Flight Sequences**

1. Practice Hold and Hold Entries
2. Pattern - Full Panel
3. Pattern - Partial Panel

**Post Flight Briefing**

Remember to book your preflight test.

Next lesson is a dual review of air exercises.

**Notes:**

**Lesson 89-D**                      **Air Exercises Review**                      **C-172**  
**Dual 1.2 hours**                      **Not Mutual**  
**Date Completed:** \_\_\_\_\_ **Day**  
**Instructor Signature:** \_\_\_\_\_ **0.4 Hood**

**Aim**

The aim of this flight is to review air exercises.

**Required Reading**

Flight Training Manual

Part 2 - Exercises 9, 11, 12, 13, 14, 15, 21, 22 & 24

**Preflight Briefing**

Review exercises in flight sequence

**Flight Sequences**

1. Instrument Flying To and From the Practice Area
2. Steep Turns
3. Slow Flight
4. Stalls
5. Spins
6. Slips
7. Diversion
8. Forced Approach
9. Precautionary Landing
10. Emergency Procedures

**Post Flight Briefing**

Next flight is flight test preparation.

**Notes:**

**Lesson 90-D**      **Flight Test Preparation**      **C-172**  
**Dual 1.2 hours**      **Air Exercise Review**      **Not Mutual**  
**Date Completed:** \_\_\_\_\_      **Day**  
**Instructor Signature:** \_\_\_\_\_      **0.6 Hood**

### **Aim**

The aim of this flight is to improve proficiency with short and soft field takeoff and landing techniques, and conduct a general review of upper air exercises.

### **Required Reading**

Flight Training Manual

Part 2 - Exercises 9, 12, 13, 14, 15, 16, 18, 21, 22 & 24

### **Preflight Briefing**

Commercial flight test standards

### **Flight Sequences**

1. Instrument Flying To and From the Practice Area
2. Soft Field Takeoff
3. Steep Turns
4. Stalls
5. Spins
6. Spirals
7. Slips
8. Forced Approach
9. Precautionary landing
10. Short Field Landing

### **Post Flight Briefing**

Next flight is dual mutual flight test preparation.

### **Notes:**



**Lesson 91-M**      **Flight Test Preparation**  
**Dual 1.2 hours**      **Air Exercise Review**  
**Date Completed:** \_\_\_\_\_  
**Instructor Signature:** \_\_\_\_\_

**C-152**  
**Mutual**  
**Day**

**Aim**

The aim of this flight is to improve proficiency with short and soft field takeoff and landing techniques, and conduct a general review of upper air exercises.

**Required Reading**

Flight Training Manual

Part 2 - Exercises 9, 12, 15, 16, 18, 21, 22 & 24

**Preflight Briefing**

Commercial flight test standards

**Flight Sequences**

1. Instrument Flying To and From the Practice Area
2. Soft Field Takeoff
3. Steep Turns
4. Stalls
5. Slips
6. Forced Approach
7. Precautionary landing
8. Short Field Landing

**Post Flight Briefing**

Next a solo simulator session to practice ADF & VOR holds.

**Notes:**

**Aim**

The aim of this flight is to review pattern flying and holding patterns.

**Required Reading**

AIM RAC 10.0 - Holds

**Preflight Briefing**

Pattern flying and holds

**Flight Sequences**

1. Practice ADF and VOR Holds
2. Practice Flying Patterns

**Post Flight Briefing**

Remember to book your preflight test. Obtain a copy of the Preflight Test Quiz from your instructor.

Next flight is solo flight test preparation.

**Notes:**

**Lesson 93-S**      **Flight Test Preparation**      **C-152**  
**Solo 1.2 hours**      **CYLW-CZAM**      **Not Mutual**  
**Date Completed:** \_\_\_\_\_      **Day**  
**Student Signature:** \_\_\_\_\_

**Aim**

The aim of this flight is to practice navigation procedures in preparation for the Commercial Flight Test, by simulating a cross-country flight from CYLW to CZAM.

**Required Reading**

Flight Test Guide - Commercial Pilot License (TP13462E)  
POH - Systems & Emergencies

**Preflight Briefing**

Commercial flight test standards

**Flight Sequences**

1. Weather Briefing, Preflight Activities, Routing
2. NOTAMs
3. Simulate Filing and Opening Flight Plan
4. Departure Procedures – Time-Off & ETAs
5. Enroute Procedures – Groundspeed Checks, Revised ETAs
6. Drift Corrections
7. Map Reading, Radio Frequencies Enroute & Updates on Wx
8. Diversion
9. Emergency Procedures
10. Simulate Closing Flight Plan

**Post Flight Briefing**

Next is a dual flight to determine whether the student is ready for the Commercial Flight Test.

**Notes:**



**Lesson 94-D**      **Flight Test Preparation**      **C-152/172**  
**Dual 1.2 hours**      **Not Mutual**  
**Date Completed:** \_\_\_\_\_ **Day**  
**Instructor Signature:** \_\_\_\_\_ **0.6 Hood**

### **Aim**

The aim of this flight is to determine if the student is ready for the Commercial Flight Test.

### **Required Reading**

Flight Test Guide - Commercial Pilot License (TP13462E)  
POH - Systems & Emergencies

### **Preflight Briefing**

The route for this flight will be provided by your instructor before your briefing time. It will be your responsibility to obtain this information from your instructor, and to carry out ALL preflight activities. Obtain a full weather briefing, and be at SIFC early!!

### **Flight Sequences**

1. Simulated VFR Cross-Country Flight
2. Diversion
3. Instrument Flying and Radio Navigation
4. Upper Air Exercises
5. Forced Approach
6. Precautionary Landing
7. Circuits for Specialty Takeoffs and Landings, Including Precision 180 Approach
8. Emergency Procedures

### **Post Flight Briefing**

Remember to schedule a ground session with your instructor to review the Preflight Test Quiz, and ground portions of the Commercial Flight Test.

Next is a mutual flight to increase proficiency to flight test standards.

### **Notes:**



**Lesson 95-M Flight Test Preparation**  
**Dual 1.2 hours**  
**Date Completed:** \_\_\_\_\_  
**Instructor Signature:** \_\_\_\_\_

**C-152**  
**Mutual**  
**Day**

**Aim**

The aim of this flight is to increase proficiency to within flight test standards.

**Required Reading**

Flight Test Guide - Commercial Pilot License (TP13462E)  
POH - Systems & Emergencies

**Preflight Briefing**

Commercial flight test standards  
Plan VFR flight from CYLW to CZAM to CYGE

**Flight Sequences**

1. Simulated VFR Departure
2. Fly on Instruments to Practice Area
3. Enroute Procedures
4. Diversion
5. ADF and VOR Orientation, Tracking & Intercepts
6. Steep Turns
7. Slips
8. Forced Approach
9. Precautionary Landing
10. Circuits for Specialty Takeoffs and Landings, Including Precision 180 Approach
11. Systems & Emergency Procedures

**Post Flight Briefing**

Next is a solo flight to increase proficiency to flight test standards.

**Notes:**



**Lesson 96-S Flight Test Preparation**  
**Dual 1.2 hours**  
**Date Completed:** \_\_\_\_\_  
**Instructor Signature:** \_\_\_\_\_

**C-152**  
**Not Mutual**  
**Day**

**Aim**

The aim of this flight is to increase proficiency to within flight test standards.

**Required Reading**

Flight Test Guide - Commercial Pilot License (TP13462E)  
POH - Systems & Emergencies

**Preflight Briefing**

Commercial flight test standards  
Plan VFR flight from CYLW to CZAM to CYGE

**Flight Sequences**

1. Simulated VFR Departure
2. Enroute Procedures
3. Diversion
4. ADF and VOR Orientation, Tracking & Intercepts
5. Steep Turns
6. Stalls
7. Slips
8. Forced Approach
9. Precautionary Landing
10. Circuits for Specialty Takeoffs and Landings, Including Precision 180 Approach
11. Systems & Emergency Procedures

**Post Flight Briefing**

Remember to schedule a ground session with your instructor to review the Preflight Test Quiz, and ground portions of the Commercial Flight Test.

Next is the Commercial Preflight Test.

**Notes:**



**Lesson 97-D Commercial Preflight Test C-152/172**  
**Dual 2.0 hours Not Mutual**  
**Date Completed: \_\_\_\_\_ Day**  
**Instructor Signature: \_\_\_\_\_ 0.4 Hood**

**Aim**

The aim of this flight is to determine if the student is ready for the Commercial Flight Test.

**Required Reading**

Flight Test Guide - Commercial Pilot License (TP13462E)  
POH - Systems and Emergencies

**Preflight Briefing**

The Instructor will provide the route for this flight before your briefing time. It will be your responsibility to obtain this information from your instructor, and to carry out ALL preflight activities. Obtain a full weather briefing, and be at SIFC early!!

**Flight Sequences**

Will be specified by the instructor

**Post Flight Briefing**

Next is the Commercial Flight Test. Scheduling of the flight test will be made by the instructor, in consultation with the examiner.

**Notes:**

