



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 primarily around the townships of Canungra and Beaudesert but we can move further afield if the conditions dictate.

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 agreements with the landowners 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 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 your 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 fields where there is little available shade. The possible need to move training location at short notice (due to a change in the wind direction) prohibits us from setting up any semi-permanent shade structure. So, when training in the summer, wear good sun protection.

Students are welcome to drive their vehicle to the training area but vehicles must be left (unless otherwise requested) on the public road. Paragliding Queensland's 4x4 will transport you from your vehicle to the training area.

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 training area has many gullies and ridges and 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) should be used 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 initial 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 very rough outline of the expected progress through your lesson course.

Day 1.

Morning., Signing paperwork, Initial introduction, safety briefing and sport overview.

Afternoon training at the training site: Inflation and ground run practice.

Day 2

Morning: Training site for continuing inflation and ground run practice. Short flights practicing good smooth launch.

Afternoon. More low short flights working on launch and directional control

Day 3.

Morning: Higher hill flights working on launching and directional control with turns on landing approach.

Afternoon: Ground handling and reverse inflation practice.

Day 4

Morning: Higher hill launching working on airspeed recognition and landing approaches,

Afternoon: More hill launching working towards unassisted landing approaches.

Day 5.

Morning: Hill launching but the possibility of towing if conditions and class progress permits

Afternoon: Theory: Basic Aeronautical Knowledge. Flight rules.

Day 6.

Morning: Mountain High glides.

Midday: Theory: Soaring

Afternoon: Soaring

Day 7

Morning: Mountain high glide. Possible

Midday: Theory.

Afternoon: Soaring or towing if conditions are not conducive to soaring

Day 8

Morning: Mountain high glide.

Midday: Theory presentation. Meteorology and theory of flight / aerodynamics.

Afternoon: Soaring Day

Day 9

Morning: Theory review and exam.

Your progress through the above schedule is **totally dependant**, but not limited to:
Weather conditions. Wind, rain, showers and thermic conditions can and do affect our training schedule

The season: The length of the day and weather varies greatly between summer and winter.

Your ability to master each required skill before moving onto the next.

The progress of the other students in the course; We try to stay as a cohesive group during the lesson course despite some students progressing quicker than others.

Access to training sites during the course: As all training is done on private land, our access to some training areas could possibly be curtailed due on request of the land owner.

NOTE: 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 has 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 orally.