

Team Flying Questionnaire

Type of flying preferred (close/co-operative/open).

My goals for team flying are

What I like to **SAY** when:

- Flying together
- Small separation
- Larger separation
- When I'm low
- When you're low

What I like to **HEAR** when:

- Flying together
- Small separation
- Larger separation
- When I'm low
- When you're low

If I'm losing the plot,

- How my flying changes
- How my communication changes
- what will help me refocus.

Protocol if someone gets ahead (must wait, give me a minute, keep going)

Do the dynamics change if one person has a spectacular/disastrous day?

How will we evaluate the success of our team?

Will we use a mentor/coach?

How often will we practice?

Priorities: success of team vs friendship vs personal success

If an issue arises, how will it be handled before it grows into conflict (eg team meeting called in safe environment, via team manager, via email, via significant other)

How do we conclude the arrangement.

Post- Flight Evaluation Sheet

Date:	Speed:	H'cap Speed:
Task:		
		Time Flown:
Task distance:	Distance <i>flown</i> :	Thermal strength:

	Comments, as appropriate	poor	OK	good
<u>Pre-flight</u>				
Physical Health (sleep, nutrition, fitness)				
Psychological Health (confidence, relaxation, ability to focus)				
Preparation (instruments, glider, ballast, cockpit Timeliness)				
Task (weather, tactics, instruments)				
<u>In-flight</u>				
Physical Health (hydration, energy/nutrition)				
Psychological Health (confidence, error recovery, emotional control, ability to focus)				
Start (time, height, with team, tactics)				
Decisions (start time, on track, decisiveness, AAT, tactics)				
Thermalling (percentages, finding core, feeling air, selection, ruthless re climb rates)				
On Track (feeling air, heads up, deviation effectiveness, rhythm, low points)				
Finish (final glide, circuit)				
Safety (risk taking, LOOKOUT, low points)				
Team-work (crew, pilot(s), communication)				
<u>Post-flight</u>				
Did I get it right? (weather, start, task)				
Did it feel good?				
Debriefing/ Analysis				

What I did well:
What I could improve:
Goals for next flight:
1)
2)
3)