



MANDATORY SAFETY and MEDICAL NOTES

Age Limits

Children under the age of 18 will require a parent's or guardian's written consent and if under 16 must be accompanied by a parent, guardian or other nominated adult while at the airfield. There is no upper age limit, but participants must be physically able and medically well to participate in gliding. Children under the age of 14 will be able to fly at the discretion of the instructor conducting the lesson.

Sizes and Weights

If you are heavier than 16 stones 4 lbs (228lb or 103kg) you may not be able to fly in our gliders as most gliders have a pilot weight limit of 242 lb or 110kg for each seat, which includes the weight of the parachute. Very tall or very small people (over 6'2"/189cm or under 4'7"/140cm) may not be able to fly in our gliders. Please seek advice from a club official.

Parking

Please note that your car insurance may not be valid while driven or parked on the airfield. No vehicle may be driven onto the airfield without the express permission of a Club official. Please ensure you comply with all signage and park in the visitors' car park while at the club.

Alcohol

Even the most moderate drinker should be aware that the Railways & Transport Safety Act makes it an offence for pilots, including glider pilots, to fly while over the prescribed limit for alcohol.

The Law is very clear on this and applies to you, even for a first flight experience.

IT IS AGAINST THE LAW TO FLY IN A GLIDER WITH AN ALCOHOL CONCENTRATION IN YOUR BLOOD EXCEEDING 20mg per 100ml.

This is ¼ of the Drink/Drive limit and effectively means zero alcohol!

MEDICAL INFORMATION

When undertaking a first flight experience, you will be doing so with a suitably qualified instructor. However, you must still be physically able to get in and out the glider without assistance and medically well enough to take part in an adventure air sport.

The following conditions may cause difficulty while flying. If you suffer from any of these, you should obtain a doctor's opinion first.

Blackouts from any cause	Migraine
Epilepsy	Diabetes of any form
Severe head injury	Kidney stones
Recurrent fainting or giddiness	Psychiatric disorders
Angina	Severe motion or travel sickness
Coronary artery disease	Restricted mobility
Bronchitis	
Long COVID	

In addition, pregnancy, use of prescription drugs and the donation of blood may make you temporarily unfit to fly and you should seek medical advice before doing so. The Yorkshire Gliding Club Ltd reserves the right to refuse to fly any person we reasonably believe is physically or mentally unwell enough for flight instruction.