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| --- | --- | --- | --- | --- | --- |
| Flight no: | CPL(H) 39.\_\_\_ | Trainee name & ARN: |  | | |
| Date: |  | Instructor: |  | | |
| Aircraft registration: |  | Aircraft type: |  | Flight time: |  |

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| Lesson Overview  * First solo navigation exercise – outside controlled airspace * Navigation route: [Enter navigation route] * **Suggested flight time: 1.0 hours** |
| Operational Limitations: During solo flight, trainees must only be authorised to practise sequences that have been assessed to performance standard 2 or 1, on a minimum of two separate flights.  Except in emergency or urgency situations, or in the interests of maintaining safety, the trainee must not operate contrary to the limitations and guidelines specified by the authorising flight instructor. |

| COMMENTS AND OUTCOME | | |
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|  | | |
| **Proceed to next training session?** | **Yes** | **No** |

| Instructor’s signature & date | Trainee’s signature & date |
| --- | --- |
|  |  |