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| --- | --- | --- | --- | --- | --- |
| Flight no: | NVFR(A)5 | Trainee name & ARN: |  | | |
| Date: |  | Instructor: |  | | |
| Aircraft registration: |  | Aircraft type: |  | Flight time: |  |

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| Lesson Overview  * Solo circuits in accordance with the limitations and guidelines advised by the authorising flight instructor * **Suggested flight time: 1.0 hour** |
| Operational Limitations: Note: Except in emergency or urgency situations, or in the interests of maintaining safety, the trainee must not operate contrary to the authorisation specified by the instructor |

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

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