COWG MOUNTAIN FLIGHT TRAINING	DATE OF FLIGHT TRAINING:		
MEMBER'S NAME (print or type)	CAPID	FAA CERTIFICATE NO.	CHARTER NO.
MEMBER'S ADDRESS (print or type)	LAST CAPF 5 DATE	GROUND SCHOOL	GROUND SCHOOL CERTIFICATE DATE

I. ORAL DISCUSSION		**IV. RIDGE FLYING**	
A. Mountain Weather		A. Recognition and Use of Orographic Lift	
B. Effect of Density Altitude		B. Recognition of Areas of Lift and Sink	
C. Orographic Effects on Winds		C. Proper Ridge Crossing Techniques	
D. Route Planning		D. Planning for Emergencies	
E. Oxygen Regulations and Use		**V. NAVIGATION**	
F. One-way, High Altitude, Obstructed Airport		A. Use and Limitations of Navaids	
G. Survival Equipment and Techniques		B. Use of Sectional Charts	
II. PREFLIGHT PLANNING		C. Use of Compass/DG	
A. Planning the Route		D. Magnetic Variation and its Limits	
B. Density Altitude Computations		E. Use of Major Terrain Features	
C. Aircraft Loading		**VI. EMERGENCY PROCEDURES**	
D. Weather Briefing and Analysis		A. Deteriorating Weather	
E. Oxygen Equipment Checkout		B. Engine Failure	
F. Preflight Inspection (aircraft and pilot)		C. Partial Power Loss	
III. AIRPORT OPERATIONS		D. Inability to Maintain Altitude (downdraft)	
A. High Altitude Takeoff and Landing		E. Inability to Attain Altitude (density altitude)	
B. One-Way Takeoff and Landing (terrain)		F. Whiteout	
C. One-Way Takeoff and Landing (gradient)			
D. On a Mesa or Bench Takeoff and Landing			

I certify that I have provided flight training as indicated and that the above-named member (instructor initials blanks):

_____Has demonstrated proficiency required to fly as PIC over mountainous terrain.

_____Requires additional training. See comments below.

COMMENTS

DATE	FLIGHT TIME	INSTRUCTOR'S NAME AND CAPID	INSTRUCTORS SIGNATURE

INSTRUCTIONS FOR COWG MOUNTAIN FLIGHT TRAINING

The COWG Form 9 can be considered a checklist of the skills that must be mastered in order to safely fly COWG aircraft over terrain that lies above 8000 ft. MSL. Unlike the CAPF 5, a COWG F9 flight may combine instruction and evaluation. The intent is that these skills be practiced and demonstrated on a cross-country flight in mountainous terrain lasting between three and four hours. During this flight, landings and takeoffs shall be made at several mountain airports with varying characteristics such as high altitude, significant runway gradients, or terrain dictating one-way operations. The route shall include pass or ridge crossings over terrain higher than 11,000 ft.

The COWG Form 9 need *not* involve canyon flying or terrain following, although the instructor and student may agree to this sort of training in addition to the required skills. Successful completion of the F9 is required for the CAPF 5 Mountain Flying Endorsement in the Colorado Wing, but it is not sufficient to obtain the Emergency Services Mountain Flying Certification (MFC).

In order to take a COWGF9 flight, the student must have a current CAPF 5 and present a completion certificate from one of the following courses, dated within the preceding 24 calendar months:

1. AOPA Air Safety Institute Mountain Flying Course
2. Colorado Pilots Association Mountain Flying—High Elevation Airport Operations Ground School
3. CAP Mountain Flying Ground School
4. CAP Mountain Fury Ground School

The student must perform at least 4 take offs and landings to a full stop at mountain airports:
1. High-altitude takeoff and landing at KLXV or KTEX,
2. One-way(terrain/obstacle) takeoff and landing at KGWS.
3. One-way (gradient) takeoff and landing at KANK or KASE
4. On a Mesa or “Bench”, takeoff and landing at 00C, SBS, 7V2, TEX, 99V.

All items must be completed indicating S—Satisfactory, U—Unsatisfactory, or V—Verbally briefed. Use the COMMENTS section to briefly describe the flight (route, airports used for takeoffs and landings, passes crossed) and any significant observations.

The member must upload the completed COWGF 9 to eServices Ops Quals as part of the documentation that will be validated for their CAPF 5 Mountain Flying endorsement.