

<b>COWG MOUNTAIN FLIGHT TRAINING</b>		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 METHOD	GROUND SCHOOL DATE
<b>I. ORAL DISCUSSION</b>		<b>IV. RIDGE FLYING</b>	
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		<b>V. NAVIGATION</b>	
F. One-way, High Altitude, Obstructed Airport		A. Use and Limitations of Nav aids	
G. Survival Equipment and Techniques		B. Use of Sectional Charts	
<b>II. PREFLIGHT PLANNING</b>		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		<b>VI. EMERGENCY PROCEDURES</b>	
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	
<b>III. AIRPORT OPERATIONS</b>		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 CAP member (instructor will initial below):			
_____ Has demonstrated proficiency required to fly as PIC over mountainous terrain.			
_____ Requires additional training. See comments below.			
<b>COMMENTS</b>			
DATE	FLIGHT TIME	INSTRUCTOR'S NAME AND CAPID	INSTRUCTORS SIGNATURE

## INSTRUCTIONS FOR COWG MOUNTAIN FLIGHT TRAINING

The COWG Form 9 consists of an instructional flight conducted by an experienced CAP Instructor Pilot (IP) that covers the mountain flying skills that must be mastered to safely fly CAP aircraft in terrain higher than 8,000 feet MSL. The intent is that these skills be practiced and demonstrated on a cross-country flight of approximately 3-4 hours in mountainous terrain that crosses the continental divide. During the flight, takeoffs and landings shall be made at Colorado mountain airports with varying characteristics such as high density altitude, significant runway gradients/terrain restrictions that dictate one-way runway operations. All landings at mountain airports above 8,000 ft MSL will be made to a full stop and will not include touch-and-go operations. The route shall include mountain pass or ridge crossings over terrain higher than 11,000 ft MSL.

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 COWG Form 9 is required prior to receiving the CAPF 70-5a Mountain Flying Endorsement (MFE) but it is not sufficient to obtain the Emergency Services Mountain Flying Certification (MFC) required to be a mountain mission pilot.

Prior to scheduling a COWG Form 9 training flights, the applicant must have a current CAPF 70-5a and present a completion certificate from one of the following courses, dated within the preceding 12 calendar months:

1. CAP Mountain Fury Ground School (available online via eServices AXIS training portal)
2. Colorado Wing Mountain Flying Ground School (in-residence)
3. Colorado Pilots Association Mountain Flying Operations Ground School

The student must perform at least 4 takeoffs and landings to a full stop at mountain airports that cover the following characteristics:

1. High-altitude takeoff and landing at an airport over 9,000 MSL (KLXV or KTEX)
2. One-way(terrain/obstacle) takeoff and landing (KGWS or KASE)
3. One-way (gradient) takeoff and landing (KANK or KASE)
4. On a Mesa or "Bench" takeoff and landing (00C, KSBS, 7V2, KTEX, 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 will upload the completed COWG Form 9 to eServices Ops Quals as part of the documentation that will be validated for their CAPF 70-5a Mountain Flying Endorsement. The COWG Form 9 is a one-time requirement for Colorado Wing pilots. Once complete, the CAP pilot will complete an abbreviated CAPF 70-5a to add the MFE endorsement. This flight may be done the same day as the training flight but must be administered by a CAP check pilot.

The MFE will be renewed on subsequent annual checkrides at the discretion of the check pilot based on the experience of the CAP pilot, and may include additional mountain flying skills evaluation in accordance with the CAPF 70-5a and applicable CAP Standards.