



LIFT PROGRAM INFORMATION SHEET

Welcome

The LIFT team welcomes you to an inspirational flying program. We believe that this will offer you a unique opportunity to see yourself with new perspective, gain self confidence while developing some important life skills. This sheet outlines program information and some requirements to assist with your preparation for the program that will maximise the positive benefit you receive.

LIFT Program Introduction

Whether you are taking part in the one day GLUE program or multi-day RISK program, you are entering a unique, dynamic and interactive hands on learning environment that we believe you will enjoy and learn a great deal from. All LIFT programs emphasise harmonious teamwork, effective communication and persistent self discipline. As a participant you will receive tailored flying training from LIFT approved flying instructors at the Royal Newcastle Aero Club (RNAC), where you actually learn to fly the aircraft and are immersed in a unique and exciting learning environment. While you enjoy the amazing experience of learning to fly you will also be learning important life skills and gaining a new understanding of your value and ability.

Program Location

LIFT programs are run from Maitland Airport, 604 New England HWY, Rutherford NSW.

Standard Program Schedule

TIME	ACTIVITY
0930-1000	Arrival and morning tea
1000-1030	Program Theory Session
1030-1045	Aviation Safety Brief
1045-1115	Aircraft preparation
1115-1330	Flying and related activities + Lunch
1330-1400	Revision and Consolidation

LIFT Program Indemnity

The flying instruction for LIFT programs is provided by LIFT approved instructors from the RNAC. These instructors are experienced in aviation instruction as well as working with youth. LIFT program enrolment will require you to sign an indemnity form. While LIFT and the RNAC manage the risks associated with flying to a very high degree, complete safety cannot be assured.



Medical Management

Flying activities are managed so that at all times during flight, the aircraft can return to land quickly should the need arise. Please ensure you have your medication with you if required and that your mentor/ teachers know when you need to take it. In order to get the most from the program it is important that you are feeling well and take your medication.

Clothing

In order to remain comfortable and participate in all activities, please ensure on the day you wear or bring with you:

- Neat and comfortable clothing. Be aware that you could get slightly dirty during the hands on activities. Clothing with offensive logos or words on them must not be worn.
- Well fitting closed in shoes with a non-slip type of sole.

It is desirable to have a hat and a pair of sunglasses however LIFT will supply sunglasses during the flight if required.

Bags and Personal Property

You are encouraged to bring a bag to hold your belongings. An area will be provided to store bags and while the general area is under surveillance, all items brought to the LIFT programs are done so at your own risk. No alcohol or drugs are to be brought to the program; failure to comply will result in immediate suspension from the course.

Cameras

LIFT Instructors will have a camera and, subject to your having signed the image capture approval form, will be taking photos of you flying the aircraft. You do not need to bring a camera however feel free to do so. Should you bring a camera it will be your responsibility to look after it, LIFT will not accept liability for loss of or damage to personal cameras.

Mobile phones

Mobile phones are not to be used while participating in the activities on the day as they can cause a significant distraction to both your concentration and those around you. If phones are brought to the program they must be left on silent mode and remain in the participant's bag. LIFT will not accept liability for loss of or damage to personal mobile phones

Money

Food and drink is provided as part of the program. There is a soft drink machine in the Aero Club, cost \$2 per drink. Please keep any money with you, do not leave it in your bag. LIFT will not accept liability for loss of money.

Food

Morning and afternoon tea consisting of cool drinks, tea/ coffee and biscuits will be served. A BBQ lunch will also be provided. ***If you have special food requirements*** please let LIFT know ASAP and



we will accommodate your needs. If you are unable to let us know more than 48 hours prior to the course we may not be able to support your specific dietary needs. It is highly recommended you eat a healthy breakfast on the morning of the program.

Sickness

If you have suffered a cold or flu in the 7 days prior to the course, please contact LIFT on 0402 222 440 to advise so that flying profiles can be modified where required.

Weather

Poor weather can affect the LIFT flying program. If the weather on the day is unsatisfactory for flying, the course will be postponed to another suitable date at no additional cost.

Emergency Contact Information

Your support organisation must ensure that the attending mentor/ program supervisor has emergency contact details for all participants.

Cockpit Operations/ Protocols

As an essential part of LIFT programs you will be learning to fly the aircraft from the pilot's position (left seat). The LIFT approved RNAC Instructor Pilot will operate the aircraft from the right hand seat but will need to manipulate some essential controls on the left side of the instrument panel. This combination of enclosed space and the need for the instructor to access essential controls on the left side of the cockpit may result in inadvertent contact between you and the instructor. Every effort will be made to minimise such contact but if you feel uncomfortable with this please let us know and we can easily make arrangements to have you fly in the co-pilots seat.

Conclusion

The LIFT team is excited to be taking you through our flying program and we believe that you will learn some great skills and have an unforgettable day. If you have any concerns or questions please feel free to ask on the day and the LIFT instructor will be happy to put your mind at ease.

Sincerely,

A handwritten signature in black ink, appearing to be "PS", with a horizontal line extending to the right.

Paul Simmons

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Directions to Rutherford Airport

LIFT programs are run from Maitland Airport, 604 New England HWY, Rutherford NSW. Take the New England HWY out past Rutherford and the airport is on the right side. Park in the dirt car park and come into the single story brick building where the LIFT program is conducted.

Unless you have received specific direction to the contrary the program starts at 0930. Drive time from Newcastle suburbs is approximately 45 minutes.

