

Recovery From Unusual Attitudes - Ground Lesson

Attention

I was busy looking at my tablet and now I am 500 ft low.

Objective

To know when you are in an unusual flight attitude and how to get back to straight and level.

Schedule

Ground instruction – 10 minutes

Air instruction – 10 minutes

Reference Material

Instrument Flying Handbook FAA-H-8083-15B

flightinstructorguide.com

What

This lesson will explain common causes of unusual attitudes as well as the proper techniques to recover from a climbing turn or spiraling descent using a full or partial panel (gyro failure).

Why

You don't want to end up crashing into terrain because you did not realize you were descending. You also don't want to put the plane in a near stall because you were climbing.

Material

May result from a number of conditions

Turbulence

Preoccupation with cockpit duties

Disorientation

Carelessness in crosschecking

Instrument Failure

Errors in instrument interpretation

Confusion

Lack of proficiency in aircraft

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Nose High (Climbing Turn) Detection

Altimeter increasing
VSI increasing
Airspeed decreasing
Attitude in the blue

Recovering from nose-high unusual attitudes

Add power
Lower the nose
Level the wings
Return to the original altitude and heading



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Nose Low (Diving Spiral) Detection

Altimeter decreasing

VSI decreasing

Airspeed increasing

Attitude indication

Recovering from nose-low unusual attitudes

Reduce power

Level the wings

Raise the nose to level flight attitude

