



AOPA AIR SAFETY
INSTITUTE

VFR PILOT PERSONAL MINIMUMS CONTRACT

PILOT

MIN. HOURS (LAST 30/90 DAYS) _____/_____
MIN. HOURS IN TYPE (LAST 30/90 DAYS) _____/_____
MIN. LANDINGS (LAST 30/90 DAYS) _____/_____
NIGHT HOURS (LAST 30/90 DAYS) _____/_____

☐ VFR INTO IMC TRAINING COMPLETED WITHIN LAST 12 MONTHS

☐ MIN. RECURRENT TRAINING COMPLETED (circle one) PAST 6 / 12 / 24 MONTHS

ASI recommends recurrent training every 12 months with a CFI who's familiar with the aircraft make, model, and equipment.

AT A MINIMUM, MY OVERALL WELLNESS SHOULD BE

ADEQUATE OK WELL VERY WELL
□ □ □ □ □

ASI recommends considering sleep, medications, alcohol, stress, and other factors that could affect the safety of flight.

WEATHER

MAX. WIND VELOCITY AND GUST _____
MAX. CROSSWIND _____
MIN. CEILING DAY _____ NIGHT _____
MIN. VISIBILITY DAY _____ NIGHT _____

AIRPORT

RUNWAY MIN. LENGTH _____
RUNWAY MIN. WIDTH _____

ASI recommends performance degrades when density altitude is above 1,000 feet. As a result, ASI recommends adding 50 percent to the POH takeoff or landing distance over a 50-foot obstacle.

AIRCRAFT

MIN. FUEL RESERVES (hours : minutes)
DAY _____ : _____ NIGHT _____ : _____

ASI recommends landing with at least one hour of fuel remaining.

NIGHT FLIGHT IN A SINGLE-ENGINE AIRCRAFT Y / N

IF YES, LIST LIMITATIONS (e.g., no mountainous terrain, no over-water flights, will reach cruise altitude before sunset)

I WILL

- ☐ Only fly when I am proficient with the aircraft limitations, performance, normal and emergency procedures, systems, and avionics.
- ☐ Use precautions when transitioning to different aircraft/avionics/systems.
- ☐ Consider the risks of flying over mountainous terrain.
- ☐ Fly with a current GPS database, charts (or EFB), and a backup (as required).
- ☐ Consider increasing my personal minimums if friends and family are on board.
- ☐ Always get a recorded FAA weather briefing and file/activate a flight plan for flights away from home base.
- ☐ Request flight following if services are available.
- ☐ Fly with a qualified pilot or CFI (or postpone the flight) if my personal minimums are not met.

Pilot signature _____

CFI/witness _____

Last updated _____/_____/_____