

## REGULATIONS FOR HIGH ALTITUDE FLIGHTS WITH GLIDERS

### **High altitude flights with gliders**

All altitudes are measured from sea level.

#### ***Flights below 3500 meters***

Use of oxygen is not required for flights below 3500 meters.

However, during prolonged flights between 2000 and 3500 meters, use of oxygen is at pilot's discretion, but is highly recommended.

#### ***Flights between 3500 and 7000 meters, less than one hour***

At these altitudes, the use of an oxygen system is required. The pilot should begin breathing oxygen at ground level, or no later than when climbing through 3000 meters. If the flight above 3500 meters is less than one hour, either personal or permanently installed oxygen equipment is allowed. The equipment must be tested before every flight. Other periodically scheduled maintenance is not required.

#### ***Flights between 3500 and 7000 meters, over one hour***

For flights above 3500 meters and lasting more than one hour, equipment and knowledge are required as in the section "Flights above 7000 meters". (see below)

#### ***Flights above 7000 meters***

For flights above 7000 meters equipment that is approved by the manufacturer for the altitude in question is required. In addition to testing the oxygen equipment before any flight, the oxygen mask must be well fitted and tested for leaks by the pilot. Emergency oxygen system equipment must also be available. The pilot must take action to avoid decompression illness (the Bends). This may include breathing oxygen on the ground and during flight before the actual high altitude flight begins. The pilot should know his/her personal reactions to hypoxia by undergoing low-pressure chamber training. The pilot must have thorough knowledge about hypoxia and decompression illness, as well as the physiological limitations that apply when flying at high altitude. The pilot must also have knowledge about hypoxia at lower altitudes. The flight must be planned so that at least 30 minutes of breathable oxygen remains in the system when descending through 3000 meters.