Initial Flight Training (IFT) Pre-Arrival Guide

Version 24 – January 2017



Pre-Arrival Guide Index

- First Things First
- Welcomes
- Travel and In-Processing
- Uniforms
- Rules of Engagement
- Medical & Student Pilot Certificates
- **Fitness**

1st Flying Training Squadron **Doss Aviation IFT**

"The Gateway to USAF Aviation"

First Things First...

NOTE: Private Pilot Certificate (PPC) holders are IFT exempt. Questions? Call AETC/A3FP at (210) 652-9652.

READ AND COMPLY WITH THIS <u>ENTIRE</u> GUIDE!! FAILURE TO DO SO COULD RESULT IN YOUR REMOVAL FROM IFT!

IF YOU DO NOT FALL IN THE PHYSIOLOGICAL LIMITS BELOW OR IF YOU HAVE OTHER QUESTIONS NOT ADDRESSED IN THE GUIDE, CONTACT THE IFT REGISTRAR: roger.dellinger.2@us.af.mil or 719-423-8336

YOU MUST FIT WITHIN PHYSIOLOGICAL LIMITS TO FLY IN THE DA-20:

Standing Height must be between 61 and 77 inches (inclusive).

Sitting Height must be between 32 and 40 inches (inclusive).

Buttock to knee length must not be longer than 27 inches.

Your Mailing Address while attending IFT:

Doss Aviation Initial Flight Training C/O (First Name, Last Name & Class #)

Suite 200

1 William White Blvd. Pueblo CO 81001 **Contact Information:**

Registrar: (719) 423-8336

Medical Techs: (719) 423-8333/8335 DOSS Lodging: (719) 423-8505 DOSS Security: (719) 423-8535

1 FTS: (719) 423-8340

1 FTS e-mail: 1fts.workflow@us.af.mil

_				_			
Т	h	in	σc	to	А	\sim	•
	ш	111	E 3	ιU	u	u	

\square Read this entire guide and watch the Success at IFT video via the <u>DOSS website!</u>
$\hfill\square$ Comply with pre-arrival requirements outlined in their respective sections:

- Travel and In-Processing
 - Complete your travel arrangements in DTS
 - Coordinate your travel with Doss NLT 7 days prior to class start date
- o Uniforms
- Medical and Student Pilot Certificates
- ☐ Be prepared to accomplish a Physical Fitness Assessment (PFA) on Day 1
- ☐ Memorize Boldface and Ops Limits



306 FTG/CC Welcome

Welcome to the 306th Flying Training Group and beautiful Pueblo, Colorado. As you walk through the doors of the 1st Flying Training Squadron, the gateway to USAF aviation, you take your first steps into Air Force Flight Training. The program you are about to enter stresses airmanship and discipline and will lay the foundation for your operational career.

I challenge each of you to do the right things while with the 1 FTS. Focus on your mission tasks to include your academics and flight preparation. Take care of your classmates and yourself. I expect you to do those things in accordance with our core values. Protect your integrity, strive for excellence in your first flight training experience, and remember the Air Force and its mission is bigger than all of us.

On behalf of the 306th Flying Training Group, we wish you success during your time in Pueblo and in the rest of your Air Force career.

//SIGNED//
DALE E. HETKE, Col, USAF
Commander



1 FTS/CC Welcome

Congratulations on your selection for Initial Flight Training and the opportunity to become a professional military aviator. On behalf of the United States Air Force, Doss Aviation and the City of Pueblo, I would like to welcome you to the "Gateway to Air Force Aviation." Take pride in this accomplishment and remember that the same skills used to achieve this milestone will serve you well in the days ahead.

Make no mistake about it, IFT is a highly structured military flight training operation; the days are long and expectations are high. If you have ongoing medical or personal issues that may interfere with your training, you need to discuss with your supervisor whether or not this is the right time for you to attend IFT. This program may very well be the most challenging undertaking you have ever experienced. In return, you will gain skills and abilities that will be invaluable to your success in follow-on flight training.

This is a once in a lifetime opportunity. There are no second chances. Inappropriate use of alcohol, sexual misconduct, discrimination of any kind, or conduct unbecoming an officer, will not be tolerated. Any offense of this nature will be considered grounds for dismissal.

I and the rest of my staff here in the 1 FTS want you to succeed at IFT. With a personal commitment, earnest preparation, and a positive attitude, you will. Again, congratulations and best of luck as you start your career as a military aviator.

//SIGNED//
MICHAEL R. MAEDER, Lt
Col, USAF Commander

Travel and In-Processing

<u>DAY 0:</u> This is the day you are expected to arrive and in-process. <u>This is one day BEFORE the class start date on your RIP/orders.</u> If you arrive <u>before</u> DAY 0, you will be responsible for hotel expenses (off-site) and transportation costs. Plan to arrive on DAY 0 between 0900 and 1800 Mountain Time.

<u>DAY 1:</u> This is the class start date on your RIP/orders. On DAY 1 you will receive welcome briefings, start academics, perform a Physical Fitness Assessment, and take a Boldface/Ops Limits test.

You must complete an online travel itinerary form at least 7 days prior to class start date!

Use this link: http://www.dossaviation.com/usaf-ift/incoming-students/travel-itinerary
This information is used to create your security badge and schedule airport shuttles.

Driving

- IFT is located at 1 William White Blvd, Pueblo, CO, 81001.
- Students arriving by POV need to arrive <u>NLT 1600L</u>.

Flying Commercial Air

- Fly into Pueblo Airport (PUB) or Colorado Springs Airport (COS) as a final destination. DO NOT choose Denver International (DIA).
- Students arriving by Commercial Air need to arrive <u>NLT 1800L</u>. If travel plans cannot ensure arrival by 1800L, call (719) 423-8505 to coordinate alternate arrival plans.
- Rental cars are not an authorized reimbursable expense for IFT. Use the shuttle.
- Call 719-423-8505 to confirm your shuttle reservation
 - The shuttle attendant will be located in front of the info center near the baggage area at COS and in front of the terminal at PUB.
 - If you are delayed or have trouble finding the shuttle attendant, call 719-423-8505/8500.

Lodging Note

• Some students will be double-billeted. If you would like to volunteer for double-billeting and choose your roommate, contact IFT Lodging at 719-423-8505 no later than 2 weeks prior to your arrival. Those sharing a room must be enrolled in the same training track (i.e., Pilot or CSO).

In-Processing

- IFT staff will give you detailed in-processing guidance upon arrival.
- You will wear blues during in-processing; you may arrive in civilian clothes and then change.
- Have your CAC (with valid PIN), medical forms, and student pilot certificate (if required) easily accessible upon arrival.

Departure

• Students will plan to depart on the day following their checkride. Exceptions must be coordinated with the 1 FTS prior to the checkride.

Uniforms

- Get uniforms that fit from your home station and bring them to IFT. IFT does not provide uniforms for students.
 - All students bring:
 - Blues Jacket not required
 - Flight suits with rank and Velcro already sewn on
 - Name tags
 - AETC patches
 - Flight boots
 - Flight gloves
 - Flight cap
 - USAF PT gear
 - AF- or USMC-related baseball-style cap for wear while flying (Recommended)
 - Conservative, non-offensive civilian clothing, including PT gear, for wear during non-duty hours and during individual PT. (Recommended)
 - If any part of your training falls between 1 Oct and 30 Apr, bring:
 - Flight jacket with rank and Velcro already sewn on (Required)
 - 1 pair thermal underwear (Recommended)
 - Black watch cap (Recommended)
- You will wear blues until all members of your flight pass the boldface/ops limits test at the same time.
 Don't be the weak link that keeps your flight in blues study before you arrive.

IFT Rules of Engagement (ROE)

- Do not bring any firearms to IFT (this also means NO firearms in your vehicle).
- Do not bring any pets to IFT.
- NO incense, candles, plug-in deodorizers or other personal appliances may be used anywhere at IFT.
- You are encouraged to bring personal hygiene products.
- Guest Hours: 1700L 2200L on Fri, 0800L 2200L Sat, Sun, and Holidays
 - IFT is a fast paced training program that demands all of your attention
 - Guests (including spouses) are not allowed outside of listed guest hours.

Medical and Student Pilot Certificates

<u>It is your responsibility to verify you have the appropriate paperwork!</u> If your medical unit gives you a sealed envelope, verify the paperwork prior to them sealing it, or open it and make sure it is correct.

NOTE: Military medical paperwork takes precedence over FAA medical paperwork. <u>Bring your entire DD Form 2808 (usually consists of 3-4 pages)</u>.

CSO candidates:

- Obtain an Initial Flying Class 1A flight physical
- Proof of completion is the DD Form 2808 with the HQ AETC stamp (see example on next page)
- CSOs coming from NAS Pensacola will come with their 2992 IAW their local policy
- You DO NOT need an FAA medical or Student Pilot Certificate

Pilot candidates:

- Obtain an Initial Flying Class 1 flight physical
- Proof of completion is the DD Form 2808 with the HQ AETC stamp (see example on next page)
- FAA Class III medical exams are no longer required for IFT student pilots
- Begin the process to obtain a Student Pilot Certificate (see directions below)

RPA candidates:

- Obtain an Initial Flying Class 2U flight physical
- Proof of completion is the DD Form 2808 with the HQ AETC stamp (see example on next page)
- Obtain an FAA Class III medical exam (see example on next page)
 - Can be accomplished at Military Flight Screening (MFS)
 - o If not done at MFS, you must obtain one from an FAA Aviation Medical Examiner (AME)
 - AME database: http://www.faa.gov/pilots/amelocator
- Begin the process to obtain a Student Pilot Certificate (see directions below)

Student Pilot Certificate Instructions

If you obtained your FAA Class III medical and Student Pilot Certificate <u>BEFORE 1 APR 2016</u> bring both parts of your Paper FAA Class III medical/ Student Pilot Certificate.

Otherwise, obtain the Student Pilot Certificate using the following procedures:

- 1. Create an Integrated Airman Certification and Rating Application (IACRA) account at https://iacra.faa.gov.
- Create a Student Pilot Certificate Application and record your FAA Tracking Number (FTN). Note: If IFT start date is within 60 days, use Special Mailing Address of "1 William White Blvd, Attention 1 FTS Registrar, Suite 200, Pueblo, CO 81001"
- 3. Physically present yourself to a Certificated Flight instructor (CFI), Designated Examiner (DE), or Flight Standards District Office (FSDO) to have them electronically submit your application to the FAA.

For more detailed instructions reference the "Student Pilot Certificate (SPC) Application Instructions" document on the Doss Aviation IFT website.

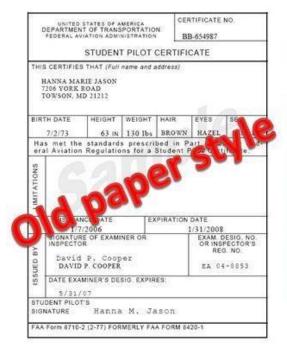
Questions?

For medical questions contact IFT Independent Duty Medical Technicians (IDMTs) at: (719) 423-8333/8335. For Student Pilot Certificate Questions contact 1 FTS at (719) 423-8340.

Medical - DD Form 2808 Example

	REPORT OF MEDICAL EXAMINATION	1. DATE OF EXAMINATION (YYYYMMDD) 20100222	2. SOCIAL SECUI	RITY NUMBER	
	100	Company of the Compan	1000	- S- Wall	
	PRIVI AUTHORITY: 10 USC 504, 505, 507, 532, 978, 1201, 1202 PRINCIPAL PURPOSEISI: To obtain medical data for determin applicants and members of the Armed Forces. The informatio the Armed Forces. ROUTINE USE(BI: None. BOUTINE USE(BI: None. DISCLOSURE: Voluntary; however, failure by an applicant to individual's application to enter the Armed Forces. For an Arm being placed in a non-deployable status.	tion of medical fitness for enlist will also be used for medical be provide the information may resu	pards and separation of Serv alt in delay or possible reject	vice members from	
	3. LAST NAME - FIRST NAME - MIDDLE NAME (SUFFIX)	RESS (Street, Apartment Number, City, State and ZIP Code) 5. HOME TELEPHONE NUMBER (Include Area Code)			
	CIV 19821028 27 X Male Asi	1.4	Native Hawaiian or Other Pacific Islander Decline to Respond	THNIC CATEGORY Interpolation Decline to Respond attro	
	11. TOTAL YEARS GOVERNMENT 12. AGENCY (Non-Service Memb SERVICE a. MILITARY b. CIVILIAN 14.8. RATING OR SPECIALTY (Aviators Only) b. TOTAL FLYING		13. ORGANIZATION UNIT AND 364th Recruiting Squado c. LAST SIX MONTHS		
	Elt Surgeon	tampeourd Other	16. NAME OF EXAMINING LOCATION, AND ADDRESS (Include ZIP Code) 60 AMDS/SGPFP		
	Navy Reserve Commission Marine Corps National Guard Separation CLINICAL EVALUATION (Check each item in appropriate column,	Retirement U.S. Service Academy ROTC Scholarship Program Enter "NE" if not evaluated.)	101 Bodin Circle Travis AFB CA 94535-18	300	
	17. Head, face, neck, and scalp 18. Nose	Nor- Ab- NE AA NOTES: (Desc	ribe every abnormality in detail. each comment. Continue in ite ssary.	Enter pertinent item em 73 and use additional	
	19. Sinuses 20. Mouth and throat 21. Ears - General (Int. and ext. canals/Auditory acuity under item 71)	x 22: Valsalva formal, bilateral. x 23: Auster Grid passes. Ocular Fundus normal.			
	22. Drums (Perforation) 23. Eyes - General (Visual acuity and refraction under items 61 - 64) 24. Ophthalmoscopic	30: Visual Examples	only completed, normal ed, WHNS. Testicles WNL of fracture	al	
	25. Pupils (Equality and reaction) 26. Ocular motility (Associated parallel movements, Mystagolis) 27. Heart (Thrust, size, hythm, soundscool) 28. Lungs and chest (Include by State) 29. Vascular system (Pypingaline, spy)	X 34: No history 35: Normal Ar 40: Neurologi	of Fracture ch-Asymptomatic cal examination WNL.		Mhan a farma canciata af
	28. Vascular system (Variosines, env.) 30. Anus and rectum Mamoritaties Pistulae) (Prostage Vidicated) 31. Abdomos visces and udge (Sal)	X Symptomatic:	Pulled: No		When a form consists of nan one page, make sure
	33. Upper extremities extremities (Except Vect)	X Qualified: Yes			ng all pages of the form.
HQ AETC Star		X X		•	Form 2808 is 3 pages.)
	38. Skin, lymphatics 39. Neurologic 40. Psychiatric (Specify any personality deviation)	X X X	l		
	41. Polvic (Fernalec andy) 42. Endocrine 43. DENTAL DEFECTS AND DISEASE (Please explain. Use dental for by denist. If dental examination by denist. If dental examination and properties of the properties of t	n if completed X Normal Arch	ued) (Circle category) Mild Moderate Severe	XAsymptomatic Symptomatic	
	DD EODM 2009 IAN 2002 DeD exception	to SF 88 approved by ICMR, August 3, 20 7IOUS EDITION IS OBSOLETE.	000.	Page 1 of 3 Pages	

Student Pilot Certificates



New plastic style



Medical - FAA Medical Exam Reimbursement Procedure

CLAIM FOR REIMBURSEMENT FOR EXPENDITURES ON OFFICIAL BUSINESS			HQ USAFA/FMA	2304 Cadet Drive, Suite 2200			2. YOUCHER NUMBER 3. SCHEDULE NUMBER			
Land	00.0	Read the Privacy Act St	tatement on the back of th			5. PAID BY				
A NAME CLEEK, From months initially DOE, JOHN B.			8. SOCIAL SECURITY NO.							
O HAW S	Street	Name, Unit # ATE, Zip code		4. OFFICE TRUBBIO						
6. EXPE	NOITU	RES (If fare claimed in col. (g) the claimant.)	exceeds charge for one pe	rson, show in cal. I	(h) the num	ber of addition	al persons v	which ac	companie	
DATE	c	Show agengerate code in cot: (b): A - Local travel B - Telephone or telegraph, o	D - Funeral Honors		MUEAGE BATE	-	AMOUNT CLAIMED			
2011	Đ	C - Other expenses Stemized	NO. OF		MLEAGE 0	FARE OR TOU	PER- SONS	MISCEL		
W	a.	au FROM	penditures in specific detail.)	TO	MLES		in .	in.	#	
dd Mmm	c	FAA Class III Certificate					WEIT	The same	110.00	
		Water State Control to Auto	The state of the s					+		
	"I certify this claim is true, correct and proper. Th urgent and unforescen public necessity for the exp personal funds; and that payment or credit has not SSGN.			enditure of my						
		HERE								
								-		
	1				-		-	+	+	
	H							+		
If additions	If additional space is required continue on the back. SACK.		FORWARD FROM THE							
7. AMOU	INT C	LAIMED (Total of cols. If), (g) a	110.00 Lth bear	TOTALS			100 000		110.00	
as nece are inci	tuded, i	oproved. Long distance telephone in the interest of the Government, the approving official must have be elepartment or agency to so certi-	Riste: If long distance cells on authorized in writing, by	 I certify that the belief and that 	payment or	ie and correct to tredit has not be Sign Original O	en received b	ny kinowi ry me.	edge and	
Sign Original Only			week 1	CLAMANT SIGN HERE		dd Mmm yy				
APPROVING OFFICIAL	•		GATE	a. PATE (Sprature)		CASH PAYMENT		UTE PECEI	/ED	
This claim is certified correct and proper for payment. Sign Original Only		nent.				4. AS	MOUNT			
CERTIFYING DIFFICER SIGN HERE		OLAR SERVICE AND S	CATE	12. PAYMENT MADE BY CHECK NO.						
ACCOON	ravia (CLASSIFICATION								
DoD Over	print 4	1/2002					ARD FORM			

Download the SF 1164 from here: http://www.dossaviation.com/library/IFT/SF1164.pdf
Complete the highlighted fields of the SF 1164 (example shown above) by typing your information into the form. Finance will not accept handwritten forms.

Required Fields:

- 4a. Your full name LAST, FIRST MI.
- **4b.** Your Social Security #
- 4c. Your Mailing Address
- 4d. Your Phone #
- 6a. Day Month of FAA exam (i.e., 23 Jun) also ensure the year is correct at the top of this column
- 6i and 7. Enter the Amount in 3 places (must match amount on receipt)
- **Bold center box**: Sign your name after the statement (digital signature accepted)
- **10.** Sign and date (digital signature accepted)

Print the SF1164, sign the SF1164, and bring the SF1164 and the receipt for your FAA medical with you to the day 1 IDMT brief. The receipt must have your name on it, be the actual receipt (not a bank statement), and be legible. To expedite reimbursement, call the IDMT office to submit your paperwork electronically, or the IDMT will collect this paperwork on Day 1 and submit it for reimbursement.

DA-20 Boldface

Be able to write and speak this boldface verbatim when you arrive.

DA20-C1 BOLDFACE

ABORT

THROTTLE — IDLE
BRAKES — AS REQUIRED
FLAPS — CRUISE

ENGINE MALFUNCTION — SUFFICIENT RUNWAY REMAINING TO LAND

AIRSPEED — 60 KIAS FLAPS — LDG

FUEL PRESSURE LOSS

FUEL PUMP — ON

ENGINE FIRE IN FLIGHT

FUEL SHUTOFF VALVE — OFF CABIN HEAT — OFF

ENGINE FIRE ON THE GROUND

FUEL SHUTOFF VALVE — OFF CABIN HEAT — OFF

ELECTRICAL FIRE ON THE GROUND

GEN/BAT MASTER SWITCH — OFF

ELECTRICAL FIRE IN FLIGHT

GEN/BAT MASTER SWITCH — OFF AIR VENTS AND WINDOWS — OPEN

CABIN FIRE IN FLIGHT

GEN/BAT MASTER SWITCH — OFF AIR VENTS AND WINDOWS — OPEN CABIN HEAT — OFF

DA20-C1 OPERATING INFORMATION TABLE

Indicated Airspeeds (KIAS)		Power Plant Operation	
V _{S0} Stall speed with flaps LDG	34	RPM normal operating range (tachometer green arc)	700-2800
V _{S1} Stall speed with flaps CRUISE	42	Min. RPM during engine runup idle check	975
V _R Rotate speed	44	Min. RPM ("area idle") if beyond gliding range of a runway	1400
Lift-off speed	52	Min. RPM during operations with fuel pump off	1400
Min. Forced landing final approach speed with flaps LDG	55	Min. permissible full-throttle static RPM during engine runup	2000
Standard pattern SFL final approach speed with flaps LDG	60	Max. permissible continuous RPM if an IFT student is PF	2700
V _X Best angle of climb speed with flaps T/O	60	Max. permissible continuous RPM (tach redline)	2800
Normal landing final approach speed	60	Min. RPM drop during magneto check	25
Min. engine-out speed to sustain windmilling prop	60	Max. RPM drop during magneto check	150
Min. Forced landing final approach speed with flaps T/O	60	Max. RPM drop difference between magnetos	50
Min. Forced landing final approach speed with flaps CRUISE	65	Max. permissible continuous bhp	125
No-Flap landing final approach speed	65	Min. oil pressure (psi)	10
V _X Best angle of climb speed with flaps CRUISE	65	Oil pressure normal operating range (psi)	30-60
V _Y Best rate of climb speed with flaps T/O	66	Max. time for oil pressure to reach 10 psi after start (sec.)	30
V _Y Best rate of climb speed with flaps CRUISE	70	Max. oil pressure for full power operation if OAT < 0°C (psi)	70
Best glide speed (1764 lbs)	73	Max. oil pressure (psi)	100
V _{FE} Max. Airspeed with flaps LDG	78	Min. oil temperature (°F)	75
V _{FE} Max. Airspeed with flaps T/O	100	Max. RPM after start until oil temp indication registers	1000
V _A Max. speed for full or abrupt control inputs (1764 lbs)	106	Oil temperature normal operating range (°F)	170-220
V _{NO} Max. structural cruising speed	118	Min oil temp. to begin an area SFL at area idle (°F)	170
Force a stopped propeller to windmill if starter is inop	137	Min. oil temp for full power operation if oil pressure norm (°F)	100
V _{NE} Never-exceed speed	164	Max. oil temperature (°F)	240
	•	Min. oil quantity (US qts)	4
Maneuvering		Max. oil quantity (US qts)	6
Positive limit load factor (flaps CRUISE)	+4.4	Fuel pressure lower limit red line (psi)	3.5
Negative limit load factor (flaps CRUISE)	-2.2	Fuel pressure upper limit red line (psi)	16.5
Positive limit load factor (flaps T/O or LDG)	+2.0	Max. continuous starter operation (sec.)	10
Negative limit load factor (flaps T/O or LDG)	0	Max. cumulative starter operation before 3-5min cooling (sec.)	30
Max. permissible bank angle for steep turns (in degrees)	60	Max. time for CHT below 300°F in descent (minutes)	5
		Min. CHT (°F) takeoff & descent	240
Voltmeter		CHT normal operating range (°F)	300-420
Voltmeter lower limit red arc (volts)	8-11	CHT caution range (°F)	420-460
Voltmeter caution range yellow arc (volts)	11-12.5	Max. CHT (°F)	460
Voltmeter green arc (volts)	12.5-16.1	Max. OAT (°C) operation w/ full winterization kit	0
Voltmeter upper limit red line (volts)	16.1	Max. OAT (°C) operation w/ partial winterization kit	12.5
Fuel		Pattern Wind Limits (KTS)	
Approved fuel grade	100LL	Max. tailwind dual or solo	5
Usable fuel (US gal.)	24.0	Max. student solo gust spread	8
Fuel tank capacity (US gal.)	24.5	Max. student solo gust spread Max. student solo crosswind	10
ruer tank capacity (OS gai.)	24.3	Max. dual crosswind if IFT student is PF below 500' AGL	15
Woight and Ralance		Max. student solo total wind	20
Weight and Balance Max. ramp weight (lbs)	1770	DA20-C1 Max. demonstrated crosswind component	20
Max. takeoff weight (lbs)	1764	Max. dual total wind if IFT student is PF below 500' AGL	25
Max. landing weight (lbs)	1764	Max. dual total wind it if I student is II below 500 MeE	
Forward CG limit (at or below 1653 lbs)	7.95	Misc.	
		Max. aircraft structural temperature (°C)	55
Forward CG limit (1764 lbs)	8.07	Propeller approx. minimum ground clearance (inches)	10
Aft CG limit (1764 lbs)	12.16	Main landing gear tire pressure (psi)	33
Aft CG limit (at or below 1653 lbs)	12.48		
Max. weight in baggage compartment (lbs)	44	Nose gear tire pressure (psi)	26

Min. OAT (°C) cabin heat not req for 10 min. before T/O

-20





Doss Aviation IFT

1 William White Blvd Pueblo, CO 81001

Doss Main Directory: 719-423-8600 Doss/1FTS Fax: 719-948-2822