

Instrument Stage 3 Stage Check

IFR XC from KRAL to KCRQ

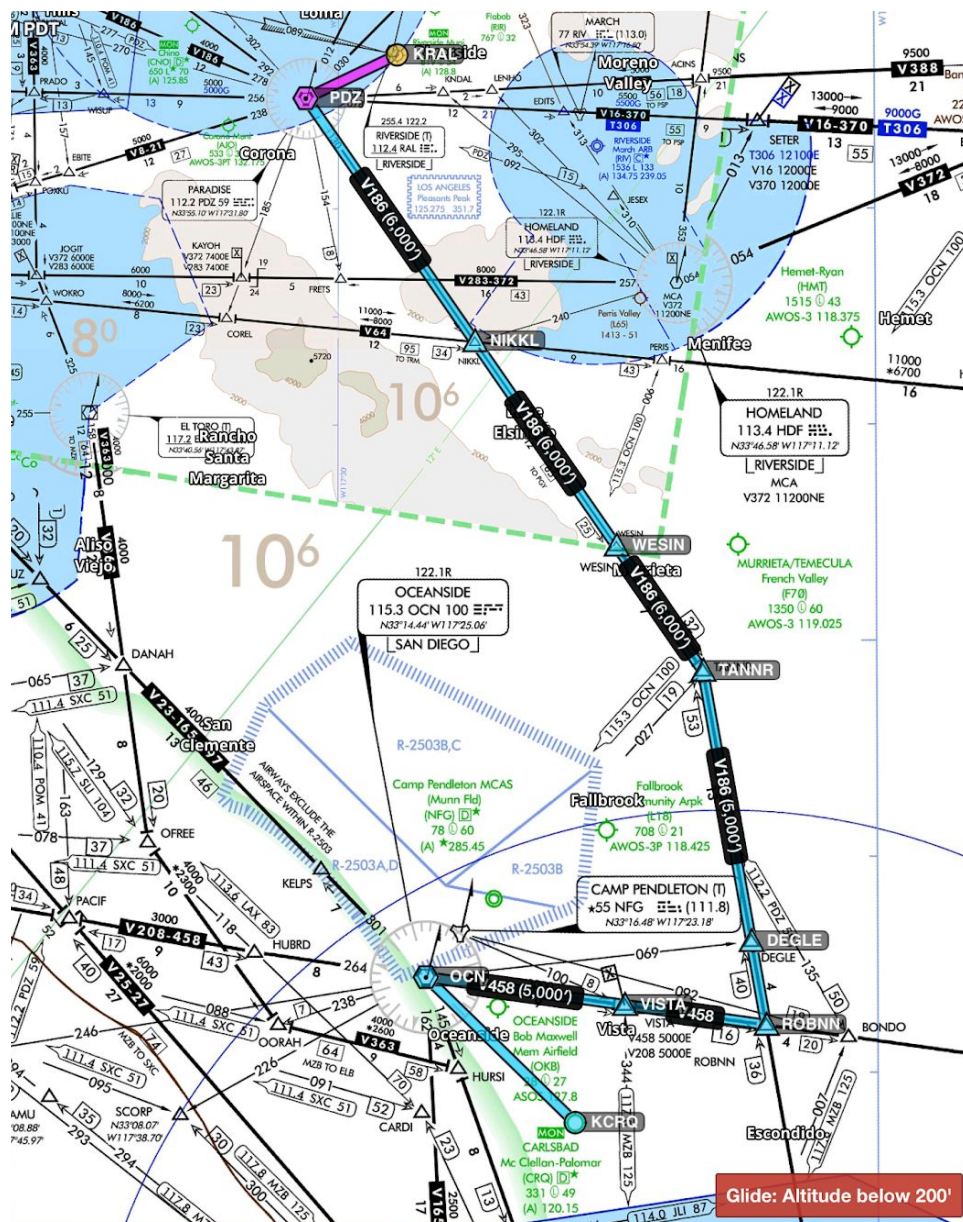
Route: KRAL - PDZ - V186 - ROBNN - V458 - OCN - KCRQ

METAR: KCRQ 200253Z 22007KT 5SM FEW002 BKN030 OVC040 21/20 A2991 RMK AO2
SLP126 T02110199

TAF: KCRQ 200134Z 2002/2102 20005KT P6SM FEW010
FM200500 23008KT P6SM SCT250
TEMPO 2005/2008 BKN008
FM211100 VRB04KT 4SM BR BKN008
FM211500 VRB04KT 4SM BR BKN005
FM210100 VRB05KT P6SM BKN006

Departure Time: 0300Z

ETE: 54 minutes



1. In order to fly this cross country what must you have flown within the last 6 months?
2. What if you were to fly passengers on this flight?
3. What is the difference between currency and proficiency?
4. If you receive your instrument rating in the PA-28-181, but none are available for this flight, are you allowed to fly in IMC in our 172? Would this be a good idea?
5. How would you assess your health to fly?
6. What factors would go into making this a go or no go decision?
7. What personal documents must you have onboard to act as PIC?

8. What documents must the aircraft have onboard prior to this flight?

9. What is BasicMed and what are its privileges and limitations?

10. How can you be eligible for BasicMed?

11. What medical is required for an instrument rating? Can you fly IFR under BasicMed?

12. What equipment must be operative for this flight?

13. When is ADS-B required?

14. Where would you find the CBU maintenance records?

15. How can you determine if the plane is airworthy?

16. What inspections must have been completed for this flight to be legal?

17. What information should you as the PIC be familiar with before this flight?

18. List and describe the different types of NOTAMS.

19. How can you get a standard weather briefing?

20. What other sources can you use for flight planning purposes?

21. Explain the difference between IFR vs IMC?

22. What is a METAR? Are there different types?

23. Interpret this METAR.

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KCRQ 190022Z AUTO 28007KT 10SM FEW021 SCT028 BKN060 16/10 A3004 RMK AO2 T01610100
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24. What is the difference between AWOS and ASOS?

25. What is a TAF and how long is it valid for? How far does it go out

26. Interpret this TAF.

KONT 182103Z 1821/1924 25012G20KT P6SM VCSH SCT025 BKN035

TEMPO 1821/1823 3SM -RA BKN015

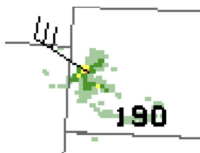
FM190500 24007KT P6SM VCSH SCT025 BKN035

FM191600 24006KT P6SM SCT025 SCT035

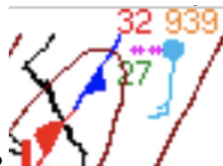
FM191900 25013G20KT P6SM SCT025 SCT035

27. In the TAF above what does the TEMPO indicate?

28. What chart is this from and what is it showing?



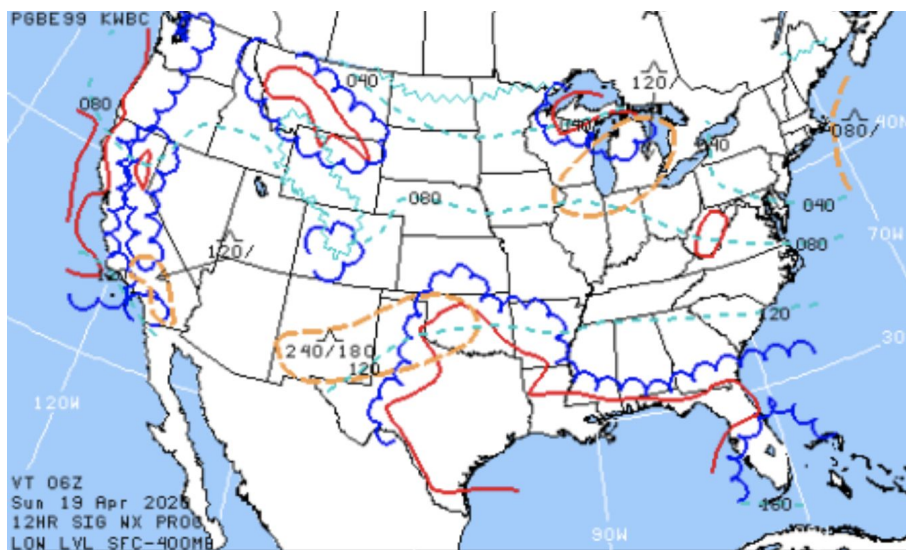
29. How often is a surface analysis chart issued and is it actual or forecasted weather?



30. What weather is this station reporting?

31. How often is a prognostic chart issued and is it actual or forecasted weather?

32. Based on this chart what weather can we expect to experience in Southern California?



33. How often is the Winds Aloft Forecast updated?

34. Why do some winds aloft stations have missing temperatures or winds?

35. Interpret the following winds aloft data.

3325-11

9900+10

781224

36. What information does HIWAS provide and how can you obtain this information?

37. What is an AIRMET? How long is it valid?

38. Describe the different types of AIRMETs.

39. What is a SIGMET? How long is it valid?

40. What weather conditions must exist for a SIGMET to be issued?

41. What is a convective SIGMET? How long is it valid?

42. What weather conditions would exist for a convective SIGMET?

43. What is required for a thunderstorm to form?

44. What pressure system is a thunderstorm likely to form in? Why?

45. What is the minimum recommended distance to stay away from a thunderstorm?

46. What should you do if you inadvertently enter a thunderstorm?

47. What is a microburst? What makes them so dangerous?

48. When can we expect to see visible moisture?

49. What are different weather products that you can find icing conditions?

50. What is required for frost to form?

51. Describe the different types of fog.

52. How do you determine atmospheric stability?

53. What is a PIREP? What are the different types?

54. Interpret these PIREPs.

a. SRQ UA /OV SRQ253008/TM 2330/FL040/TP C182/TA 18/WV 28030KT/TB NEG

b. ACK UUA /OV KACK/TM 2314/FL010/TP BE30/SK OVC010/RM LLWS +/- 15 KTS DURD ILS
RY6

55. What are the factors when picking your route? When picking altitude?

56. What is a TEC route and when would you use it?


57. What is a preferred route? Where can we find them?

58. What are unpublished RNAV routes? What are the rules for planning them?

59. What are the different ways you can file a flight plan?

60. How long before your departure time should you file your flight plan?

61. Fill in the following using the XC given at the beginning.

Draft						ICAO  Domestic	
Recent Flight Plans		Favorite Flight Plans		Save as Favorite		Notice: Per FAA Guidance, all civilian flight plans must be filed as ICAO flight plans.	
Aircraft ID	Flight Rule	Flight Type	No. of Aircraft	Aircraft Type	Wake Turbulence	Aircraft Equipment	
<input type="text"/>	<input type="text"/>	<input type="text"/>	1	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Departure	Airport Info	Departure Date & Time		Evaluate	Cruising Speed	Level	Surveillance Equipment
<input type="text"/>	Area Brief	MM/DD/YYYY HHMM PDT			<input type="text"/>	<input type="text"/>	<input type="text"/>
		1-120		Apply Minutes From Now			
Route of Flight				Map	Plan	Other Information (Optional)	
<input type="text"/>						<input type="text"/>	
Destination	Airport Info	Est Elapsed Time		Alternate 1 (Optional)	Airport Info	Alternate 2 (Optional)	Airport Info
<input type="text"/>	Area Brief	HHMM		<input type="text"/>	Area Brief	<input type="text"/>	Area Brief
Fuel Endurance	Persons on Board	Aircraft Color & Markings (Optional)		Supplemental Remarks (Optional)		Pilot In Command (Optional)	
HHMM	<input type="text"/>	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Emergency Radios	Survival Equipment	Jackets	Dinghies (Optional)			Pilot Contact Information	
<input type="checkbox"/> UHF <input type="checkbox"/> VHF <input type="checkbox"/> ELBA	<input type="checkbox"/> Polar <input type="checkbox"/> Desert <input type="checkbox"/> Maritime <input type="checkbox"/> Jungle	<input type="checkbox"/> Light <input type="checkbox"/> Fluorescent <input type="checkbox"/> UHF <input type="checkbox"/> VHF	Number	Capacity	Color	Covered	<input type="text"/>
			<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	
Route Brief				File	NavLog	Return Flight Plan Clear	

62. What should you do if you are unable to climb to your desired altitude because of icing?

63. What should you do if ATC gives you a clearance that is different than the one you filed?

64. What responsibilities does a pilot have concerning readback of ATC clearances and instructions?

65. What are the appropriate IFR cruising altitudes?

66. What are the supplemental oxygen requirements?

67. How would you get an IFR clearance if departing KRAL after the tower closes?

68. What does "hold for release" mean?

69. What is a clearance void time?

70. What does "cleared as filed" mean in an IFR clearance?

71. In an IFR clearance what is the difference between “maintain” and “cruise”?

72. When may the pilot in command deviate from a clearance?

73. Are we required to file an alternate for this flight? Why or why not?

74. Why can't all airports be used as alternates?

75. Given the weather conditions at the time of departure, would you still file an alternate? Why or why not?

76. How would you check the weather at your ETA if the destination does not have a METAR or TAF?

77. What approach would you choose given the route of flight?

78. What weather conditions must be forecast for us to use an airport as an alternate?

79. If the weather required us to file an alternate, would KRNM or F70 be more appropriate?

80. What approaches must our alternate airport have?

81. Can you file an airport as an alternate if it does not have any published instrument approach procedures?

82. How many minutes of fuel do we need for this flight?

83. If you are flying at 60kts at 8.2 gal/hr and have 30 miles to go. How much time will it take? How much fuel will you burn?

84. If you are flying at 90kts at 9.5 gal/hr and have 20 miles to go. How much time will it take? How much fuel will you burn?

85. If you are flying 120kts and burning 10gal/hr and have 40 miles to go. How much time will it take? How much fuel will you burn?

C- KCRQ

R- Riverside 1 Departure PDZ V186 ROBNN V458 OCN

A- Climb and maintain 4,000', expect 7,000' 10 minutes after departure

F- 125.5

T- 4623

86. Given this IFR clearance when departing KRAL, you lose two-way radio communications in IMC at 3,000 MSL. What should you do?

87. What items would you troubleshoot when you have a loss of two-way radio communication?

88. Departing PDZ joining V186 you experience a GPS LOI annunciation on the PFD. Are you still able to continue this flight?

89. While enroute, you lose a VOR receiver. What are the items you are required to report?

90. What specific reports should be made to ATC at all times without a specific request?

91. If enroute ATC advises you "radar contact lost". How would you make your non radar reports?

92. If while enroute, you notice the main battery is discharging. What might have happened? What actions should you take?

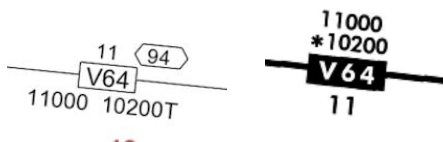
93. What action is recommended if you inadvertently encounter icing conditions?

94. If while enroute you encounter unforecasted rime icing what actions should you take?
95. What happens if while enroute you encounter unforecasted icing conditions and the engine starts to run rough. What may be happening? What actions should you take?
96. What are the three stages of a spin? How would you recover?
97. Describe the different illusions.
98. If while in IMC you believe you are experiencing spatial disorientation. What is the best thing you can do?

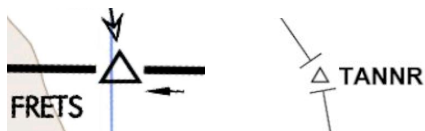
99. The TEC route from KCRQ to KRAL takes you through a restricted area. Do you need an extra clearance to fly through it?

100. What are the dimensions of a victor airway? Can you use GPS to navigate on a victor airway?

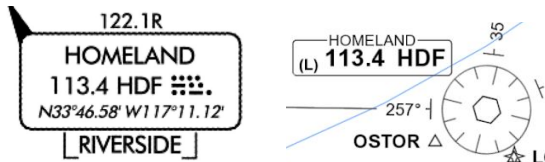
101. What information is given in the pictures below?



102. What is the difference between these two intersections?

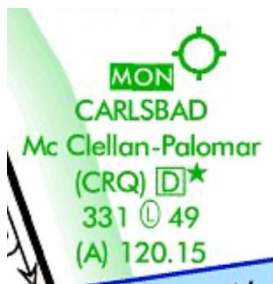


103. What information do these pictures provide about Homeland VOR?



104. How would you contact the flight service station at Homeland VOR?

105. Interpret this airport information.



106. What is the purpose of the “MON” above “CARLSBAD”. Do all airports have this?

107. Describe the different altitudes.

- a. MEA
- b. MOCA
- c. OROCA
- d. MORA
- e. MCA
- f. MRA
- g. MAA

108. How much clearance does the MEA give us in our area?

109. How do we know if we are a mountainous or non-mountainous area?
110. You are flying from a high to a low temperature area. Why is it important to have the correct altimeter setting?
111. While in IMC you get vectored off of V186 to avoid the Lake Elsinore jump zone. ATC then instructs you to fly heading 180 and expect vectors back on course. You lose two-way radio communication before they vector you back on course. What should you do if in IMC? What if you are in VMC?
112. What is the purpose of a STAR?
113. What should you do if you lose two-way radio communication while on a STAR?
114. If prior to a loss of two-way radio communication, you receive an EFC time from ATC for the Oceanside VOR and you arrive at this fix early. What should you do?

115. If prior to a loss of two-way radio communications ATC instructs you to fly heading 150 after TANNR intersection and to expect ILS RWY 24 into KCRQ. Shortly after TANNR you lose COMS. What should you do?

116. If icing is inadvertently encountered, how would aircraft configuration for approach and landing be different?

117. While on a GPS approach you receive a GPS LOI message what should you do?

118. If on the ILS you reach the decision altitude and still can't see the runway you go missed. While on the missed you lose two-way radio communication how do you navigate to your alternate?

119. When flying into KCRQ airport on an IFR flight plan when the tower is closed, ATC clears you for the approach and says, "change to advisory frequency change approved." Does this cancel your IFR flight plan?

120. When can you cancel an IFR flight plan?