

FLIGHT RELEASE OFFICER CHECKLIST

1. Are PIC(s) qualified to fly the CAP aircraft for the type of flight proposed (consult the Ops-Qual FRO Report)? Does the PIC(s) possess the appropriate pilot currency for the flight?
2. Are all aircraft occupants CAP members? If not, have applicable procedures been followed for non-CAP members, including CAPF 9 if applicable?
3. Is the correct mission symbol selected?
4. Is the route of flight complete, and does the PIC have permission to fly to destinations outside the wing? Does permission exist for all landings at every airport IAW CAPR 60-1?
5. Will a flight plan be filed (required for over 50 nm)? If not, what is the estimated landing time? Unless an FAA flight plan is filed and activated, the FRO is responsible for initiating missing aircraft procedures two hours after the estimated landing time if not notified the flight was safely concluded.

I.M.S.A.F.E.

The “IM SAFE” card is a personal checklist that ensures the following statement is valid:

I’m physically and mentally safe to fly, not being impaired by:

Illness. Even a minor illness suffered in day-to-day living can seriously degrade performance of many piloting tasks vital to safe flight. The safest rule is not to fly while suffering from any illness. If this rule is considered too stringent for a particular illness, the pilot should contact an Aviation Medical Examiner for advice.

Medication. Pilot performance can be seriously degraded by both prescribed and over-the-counter medications, as well as by the medical conditions for which they are taken. The FARs prohibit pilots from performing crewmember duties while using any medication that affects the faculties in any way contrary to safety.

Stress. Stress from everyday living can impair pilot performance, often in very subtle ways. Stress and fatigue (lack of adequate rest) can be an extremely hazardous combination.

Alcohol. Extensive research has provided a number of facts about hazards of alcohol consumption and flying. As little as one ounce of liquor, one bottle of beer, or four ounces of wine can impair flying skills.

Fatigue. Fatigue and lack of adequate sleep continue to be some of the most treacherous hazards to flight safety, as it may not be apparent to a pilot until serious errors are made.

Emotion. The emotions of anger, depression, and anxiety may lead to taking risks that border on self-destruction