

Initial Flight Training (IFT) Pre-Arrival Guide



AETC, USAF
Doss Aviation IFT

“The Gateway to USAF Aviation”



First Things First...

**YOU MUST READ AND COMPLY WITH ALL SECTIONS OF THIS GUIDE!!
FAILURE TO DO SO COULD RESULT IN YOUR REMOVAL FROM IFT!**

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.

IF YOU DO NOT FALL IN THESE RANGES, CONTACT THE IFT REGISTRAR

IMMEDIATELY AT: roger.dellinger.2@us.af.mil or 719-423-8336

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

NOTE: As of Dec 2012, AFI 36-2205 V3 has been revised. All students with a Private Pilot Certificate (PPC) are IFT exempt (no waiver required). If you have questions, contact AETC/A3FP at 210-652-9652.

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Things to do:

- Read this entire guide!
- Complete your travel arrangements in DTS
- Coordinate your travel with Doss NLT 7 days prior to class start date (see Travel Section)
- Comply with all pre-arrival requirements:
 - Uniforms (see Uniforms Section)
 - Medical (see Medical Section)
- Be prepared to accomplish a Physical Fitness Assessment (PFA) on Day 1 (Day 0 = Arrival Day)
- Memorize Boldface and Ops Limits



306 FTG/CC Welcome Letter

MEMORANDUM FOR INITIAL FLIGHT TRAINING (IFT) STUDENTS

FROM: 306 FTG/CC

SUBJECT: Welcome to the 306th Flying Training Group

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 1st 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//

STEVEN G. BURGH, Col, USAF
Commander



1 FTS/CC Welcome Letter



MEMORANDUM FOR INITIAL FLIGHT TRAINING (IFT) STUDENTS

FROM: 1 FTS/CC

SUBJECT: Welcome to IFT

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 & 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. 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//

MARK D. LEWIS, Lt Col, USAF
Commander



1 FTS/DO Guidance

- **Day 0.** This is the day you are expected to check in. Check in on-time and in the correct uniform (blues, no tie rgrd). More info is provided in the In-Processing Section of this guide.
- **Rules.** You are expected to comply with many policies and regulations which promote safe operations and professionalism. Deviations from these rules may be grounds for elimination. Be on-time, be professional, and be prepared.
- **Be Ready To Fly.** As a student enrolled in a formal training course, you must be prepared to fly at any time during your duty day. Changes often occur after the schedule has been posted and you may be required to fly earlier than originally scheduled. Keep this in mind when considering alcohol consumption and crew rest. Refer to AFI 11-202, Vol. 3, General Flight Rules, for more specific guidance.
- **Mutual Support.** You are taking your first steps toward becoming a member of the world's premier Air Force. Mutual support (both on and off the IFT property) is a critical component and a requirement for success. Look out for each other and help struggling classmates. Study in groups, talk about your mistakes and lessons learned, be a designated driver, etc...
- **Fitness.** Fitness is a critical part of a successful aviation career. You will take a Physical Fitness Assessment (PFA) on Day 1 of your IFT training to identify those individuals who need extra attention to meet current AF standards. More info is provided in the Fitness Section of this guide.
- **No Hat-No Salute.** It is common for Air Force flight line operations to be conducted with a No Hat-No Salute policy. The ramp and the area between the ramp and Doss facility are considered No Hat-No Salute areas. When transiting these areas, do not wear your flight cap and do not render salutes.
- **Motorcycles.** All motorcycle operators must comply with current Air Force policy. Proof of training (competency cards) must be presented to your MTO during in-processing. Helmet and equipment wear is mandatory. Failure to comply with AF policy may result in loss of SGLI death benefits.
- **Further Guidance.** You will be in-briefed by the 1st FTS Commander, your Military Training Officer (MTO), Doss leadership, and various support agencies during Day 1 briefings. Ensure any questions you have are addressed by these individuals. If you require immediate assistance or have any questions that cannot wait until then, please contact me at 719-423-8345.

Welcome to IFT,

//SIGNED//

KEVIN D. HORNBERG, Lt Col, USAF
Director of Operations

IFT Rules of Engagement (ROE)

This is an abbreviated list of ROEs for the IFT Facility. For a complete list and further explanation of these rules, please refer to the IFT website at www.dossifs.com:

- Professional conduct is expected at all times. Unprofessional conduct is reason for dismissal.
- Except for luggage drop-off, students will park in Lots B or C.
- No firearms are allowed on the IFT grounds (this also means NO firearms in your vehicle).
- Security is provided 24/7 through camera surveillance and roving patrols. However, Doss is not responsible for any valuable items left in your room or car. Report any stolen items to the Security Operations Center at X8535.
- Quiet Hours: 2000L – 0600L Sun – Thurs
 - Noise will be kept to a minimum and common areas are closed. Offenders will be reported to the Military Training Officers (MTOs). Please respect your neighbors and DO NOT slam your room door.
 - Crew Rest: Students are required to crew rest inside the IFT building. If scheduled to fly the next day, you are expected to crew rest in your room at least 8 hrs prior to your scheduled report time.
- 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. You will not have a lot of free time for non-IFT events. Therefore, students are highly encouraged to attend training unaccompanied.
 - Guests (including spouses) are not allowed outside of listed guest hours unless coordinated prior with the MTO and Doss Security.
 - In the event you decide to travel accompanied, you are responsible to coordinate for all dependent needs, including off-site lodging and transportation.
 - Guests must check in and out at the IFT front desk, wear a badge while in IFT, be accompanied at all times, and may not remain overnight. Guests are not allowed in the gym or on the aircraft ramp without prior MTO approval. Guests may eat, but must pay for meals in the Doss Dining Facility.
 - Contact Doss Security Ops Center at x8535 prior to guest arrival to coordinate for site entry.
- Conservative and non-offensive civilian clothing is authorized for wear during non-duty hours.
- Food and drinks are only authorized in IFT hallways if they are in a container with a lid.
- The Tiger Den (student recreation lounge) may be used for recreation Mon-Fri after 1630 or after the end of flying with MTO approval, and all day Sat-Sun or holidays. Students may study in the Tiger Den at any time. Students will NOT operate the Tiger Den popcorn machine.
- Alcohol is only permitted in your hotel room and the Tiger Den. Consumption is PROHIBITED everywhere else in the facility (except for the Flight rooms with Flt CC approval). Unprofessional behavior will not be tolerated.
- Pets are NOT ALLOWED at IFT. This includes **all** animals (fish and hermit crabs included).
- Guests are encouraged to bring personal hygiene products and a standard gym lock.
- DO NOT use tobacco ANYWHERE inside the facility (tobacco area is located outside adjacent to the outdoor track).
- NO post-solo water sports (no dunk tanks, Gatorade baths, supersoakers, fire extinguishers, etc.).
- NO incense, candles, plug-in deodorizers or other personal appliances may be used anywhere at IFT.
- If you break something in the room, notify lodging. You are responsible for damage resulting from neglect or abuse.
- DO NOT tape, tack, nail, paint, alter, or otherwise affix anything to any walls at IFT.
- DO NOT keep exercise equipment in your room. This includes pull up bars, weights, kettle bells and bicycles. There is no weather-proof storage area for pedal bikes.
- DO wear shirts & shoes (and shorts/pants) outside your room. • Liquid bleach is NOT ALLOWED at IFT.
- DO NOT use the dining facility immediately following a workout. Only clean clothes/people please.
- Only one entrée per person per meal in the Doss Dining Facility. Additional entrees can be purchased at listed price.
- Outside food delivery (e.g. pizza delivery) will be to the front gate only. Notify the SOC at (x8535).
- Authorized ball caps (sold in the Shoppette or by the 1FTS MTO) may be worn to and from the aircraft and when flying only. DO NOT wear ball caps inside the IFT building.
- To the maximum extent possible, students are expected to depart on the day following their checkride. Exceptions (earlier or later) must be coordinated with the assigned MTO.

In-Processing Guidance

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

DAY 1: This is the class start date on your RIP/orders. On DAY 1 you will receive all your welcome briefings, start academics, perform your practice PFA, and take your first Boldface/Ops Limits test.

Day 0 – In-Processing Day

- **In-processing: 0900-1600L (1800L if flying in Commercial) MT (arrive early in this window to allow time for in-processing)**
 - Plan your travel to arrive at IFT within this window (see Travel Section for more info)
 - Students arriving by POV need to arrive NLT 1600L for Check-in
 - Students arriving by Commercial Air should plan to arrive NLT 1800L (if travel plans cannot insure arrival by 1800L, call (719) 423-8505 to coordinate alternate arrival plans.)
 - **Uniform: Blues** (jacket not required, tie not required unless wearing long sleeve shirt)
 - You are required to wear blues during in-processing. If you arrive at IFT in civilian clothes, you will be directed to check into your room and to don your blues before continuing with in-processing. Please arrive within AF regulation standards for haircuts/appearance.
 - **Report in at the IFT front desk.** Ask the guard at the IFT front gate for directions to the front desk and where to park.
 - **Follow all directions given by the IFT staff to accomplish your in-processing.**
 - Lodging (**Note: Due to increased IFT student class sizes, some students will be double billeted. If you would like to volunteer and choose your own roommate, IFT Lodging needs to know this no later than 2 weeks prior to your arrival. You can do this by contacting the Lodging Front Desk at 719-423-8505. Those sharing a room must be enrolled in the same training track (i.e. Pilot, CSO, RPA).**)
- **Required Items for DAY 0:**
 - Blues (see Uniforms Section for other uniform requirements)
 - Medical forms – AF and FAA (see Medical Section for more info)
 - USAF CAC Card with a valid PIN#!

Travel

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

Plan to arrive at IFT on Day 0 between 0900 and 1800 MST. Allow enough time for in-processing.

VERY IMPORTANT!!

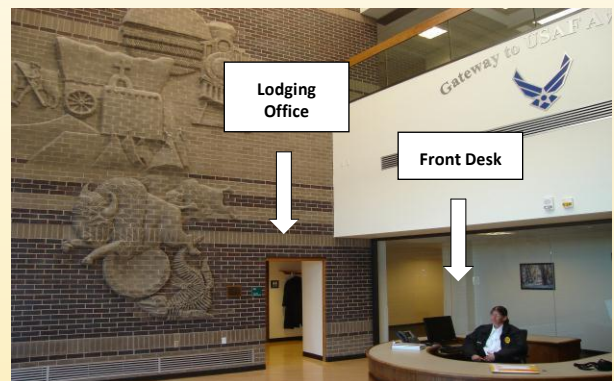
All students must complete an online travel itinerary form at least 7 days prior to class start date!

Use this link: http://dossifs.com/index.php?option=com_facileforms&Itemid=101

(This information is used to schedule airport shuttles and populate the security badge database.)

Driving

- IFT is located at 1 William White Blvd, Pueblo CO, which is very close to the Pueblo Airport. Use MapQuest, GoogleMaps, or a good GPS to find it. There is an elevated DA-20 “on-a-stick” in front of the building (see below). Ask the front gate guard for directions on where to park and where to report in (front desk – see below).



Flying Commercial Air

- Fly into Pueblo Airport (PUB) or Colorado Springs Airport (COS) as a final destination. These are the only two airports where you can board a shuttle to IFT. DO NOT choose Denver International.
- Plan to arrive at the Pueblo Airport (PUB) or the Colorado Springs Airport (COS) NLT 1800 if flying commercial air. For travel outside these times contact the Lodging Front Desk at (719)423-8505/8500
- 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.
- Please call 719-423-8505 to confirm your shuttle reservation or if you have any questions.
- Rental cars are not an authorized reimbursable expense for IFT. Use the shuttle.

Uniforms

- Students are required to in-process on DAY 0 in blues – no jacket or tie required. Remember to bring your flight cap. If you arrive at IFT in civilian clothes, you will be directed to check into your room and to don your blues before continuing with in-processing. Please arrive within AF regulation standards for haircuts/appearance.
- Students are responsible for getting uniforms that fit from their home station and bringing them to IFT. IFT does not have the capability to provide uniforms for students.
 - All students should bring:
 - Flight suits
 - Name tags
 - AETC patches
 - Combat or Flight boots
 - Flight gloves
 - Flight cap
 - If any part of your training falls between 1 Oct and 30 Apr, bring:
 - Flight jacket (Required)
 - 1 pair thermal underwear (Recommended)
 - Black watch cap (Recommended)
- Flight suits and flight jackets must have the rank and Velcro sewn on prior to arrival at IFT.
- Students will bring name tags and AETC patches from their home station – no other patches are authorized or required.
- Students are required to have USAF PT gear. You will be required to wear the USAF PT gear for scheduled PT events during the first week of IFT. After the first week, any appropriate personal workout gear is acceptable in the gym.
- DO NOT bring ABUs, service coat (blues jacket), or mess dress – they are not needed.
- Students will wear blues until all members of their 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.

Medical

FAILURE TO ARRIVE WITH THE PROPER MEDICAL PAPERWORK WILL RESULT IN TRAINING DELAYS AND WILL HIGHLIGHT YOU IN A NEGATIVE MANNER.

NOTE: IF YOUR MILITARY MEDICAL PAPERWORK INDICATES YOU HAVE A WAIVER (e.g. WAIVER FOR GLASSES), YOU WILL IN-PROCESS AND FLY IAW THE WAIVER (WEAR YOUR GLASSES). MILITARY MEDICAL PAPERWORK TAKES PRECEDENCE OVER FAA MEDICAL PAPERWORK.

CSO candidates:

- Obtain a Mil Class 1A flight physical
 - Proof of completion is a SF 88 or DOD Form 2808 with the HQ AETC stamp (see example on next page)
 - You do not need to obtain a FAA medical or any FAA forms.
-

Pilot candidates:

- Obtain a Mil Class 1 flight physical
 - Proof of completion is a SF 88 or DOD Form 2808 with the HQ AETC stamp (see example on next page)
 - Obtain a FAA Class III medical and Student Pilot Certificate (see example on next page)
 - Normally accomplished at Military Flight Screening (MFS) (Generally applies only to OTS/ROTC)
 - If not accomplished at MFS, you must obtain one from a FAA Aviation Medical Examiner (AME) and contact 1 FTS (719-423-8333/8335) with any questions
 - AME database: <http://www.faa.gov/pilots/amelocator>
-

RPA candidates:

- Obtain a Mil Class 2U flight physical
 - Proof of completion is a SF 88 or DOD Form 2808 with the HQ AETC stamp (see example on next page)
 - Obtain a FAA Class III medical and Student Pilot Certificate (see example on next page)
 - Normally accomplished at Military Flight Screening (MFS) (Generally applies only to OTS/ROTC)
 - If not accomplished at MFS, you must obtain one from a FAA Aviation Medical Examiner (AME) and contact 1 FTS (719-423-8333/8335) with any questions
 - AME database: <http://www.faa.gov/pilots/amelocator>
-

Questions?

Please contact one of the Independent Duty Medical Technicians (IDMT) at IFT:

TSgt James Pickren; jpickren@dossifs.com; Clinic: 719-423-8333

SSgt Ashley Swink; aswink@dossifs.com; Clinic: 719-423-8335

Medical - Medical Form Examples

SF 88

DOD Form 2808

MEDICAL RECORD		REPORT OF MEDICAL EXAMINATION		DATE OF EXAM 30-Sep-2009
LAST NAME - FIRST NAME - MIDDLE NAME P.O. Box 4367 U S A F Academy, Colorado 80841		2. IDENTIFICATION NUMBER	3. GRADE AND COMPONENT OR POSITION C1C AD	
4. HOME ADDRESS (Number, Street or RFD, City or Town, State and ZIP Code)		5. EMERGENCY CONTACT (Name and address of contact)		
6. DATE OF BIRTH 01-Feb-1987	7. AGE 22	8. SEX MALE	9. RELATIONSHIP OF CONTACT Mother	
10. PLACE OF BIRTH FL		11. RACE <input checked="" type="checkbox"/> WHITE <input type="checkbox"/> BLACK <input type="checkbox"/> AMERICAN INDIAN / ALASKA NATIVE	<input type="checkbox"/> HISPANIC WHITE <input type="checkbox"/> HISPANIC BLACK <input type="checkbox"/> ASIAN / PACIFIC ISLANDER	
12a. AGENCY USAFA	12b. ORGANIZATION UNIT USAFA	13. TOTAL YEARS GOVERNMENT SERVICE 4 Yrs 4 mos		
14. NAME OF EXAMINING FACILITY OR EXAMINER AND ADDRESS 10 AMDS/SGPFP 2355 Faculty Drive USAFA, CO 80840-4000		15. RATING OR SPECIALTY OF EXAMINER Flight Surgeon		
16. PURPOSE OF EXAMINATION IFC I/A IFCIII/SMOD/COM		17. CLINICAL EVALUATION		
17. CLINICAL EVALUATION (Check each item in appropriate column, enter NE if not evaluated)		17. CLINICAL EVALUATION (Check each item in appropriate column, enter NE if not evaluated)		
18. DENTAL (Place appropriate symbols, shown in examples, above or below number of upper and lower teeth)		19. TEST RESULTS (Copies of results are preferred as attachments)		
20. HEAD, FACE, NECK AND SCALP		21. CHEST X-RAY OR PPD (Place date, normal chest 14x17, 21Sep2007)		
22. EARS - GENERAL (INTERNAL CANALS)		23. OTHER TESTS Hgb=16.1 (14-18.7) HCT=44.5 (39-54.6) Chol=116 (<230) HgbS=NEG G6PD=normal		
24. EYES - GENERAL (Visual acuity and refraction)		24. ENDOCRINE SYSTEM		
25. EYES - OPTHALMOLOGIC		25. S-G-U SYSTEM		
26. EYES - PUPILS (Equal and reaction)		26. UPPER EXTREMITIES (Strength, range of motion)		
27. EYES - OCULAR MOTILITY (Associated parasympathetic systems)		27. LOWER EXTREMITIES (Except feet) (Strength, range of motion)		
28. LUNGS AND CHEST		28. SKIN, LYMPHATICS		
29. HEART (Thrust, size, rhythm, sounds)		29. NEUROLOGIC (Equilibrium tests under item 41)		
30. M. VASCULAR SYSTEM (Varicosities, etc.)		30. PSYCHIATRIC (Specify any personality deviation)		
31. ABDOMEN AND VISCERA (Include hernia)		31. BREASTS		
32. PELVIC (Females only)		32. PELVIC (Females only)		
33. IDENTIFYING BODY MARKS, SCARS, TATOOS		33. IDENTIFYING BODY MARKS, SCARS, TATOOS		
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REPORT OF MEDICAL EXAMINATION		1. DATE OF EXAMINATION (YYYYMMDD) 20100222	2. SOCIAL SECURITY NUMBER
PRIVACY ACT STATEMENT AUTHORITY: 10 USC 504, 505, 507, 532, 978, 1201, 1202, and 4346; and E.O. 9397. PRINCIPAL PURPOSE(S): To obtain medical data for determination of medical fitness for enlistment, induction, appointment and retention for applicants and members of the Armed Forces. The information will also be used for medical boards and separation of Service members from the Armed Forces. ROUTINE USE(S): None. DISCLOSURE: Voluntary; however, failure by an applicant to provide the information may result in delay or possible rejection of the individual's application to enter the Armed Forces. For an Armed Forces member, failure to provide the information may result in the individual being placed in a non-deployable status.			
3. LAST NAME - FIRST NAME - MIDDLE NAME (SUFFIX)		4. HOME ADDRESS (Street, Apartment Number, City, State and ZIP Code)	
5. GRADE		6. DATE OF BIRTH (YYYYMMDD)	
7. SEX		8. AGE	
9. RACIAL CATEGORY (X one or more)		10. ETHNIC CATEGORY	
11. TOTAL YEARS GOVERNMENT SERVICE		12. AGENCY (Non-Service Members Only)	
13. ORGANIZATION UNIT AND UIC/COE		14. RATING OR SPECIALTY (Aviators Only)	
15. SERVICE		16. NAME OF EXAMINING LOCATION, AND ADDRESS	
17. CLINICAL EVALUATION (Check each item in appropriate column)		18. NOTES (Describe every abnormality in detail. Enter pertinent item number before each comment. Continue in item 73 and use additional sheets if necessary.)	
19. HEAD, FACE, NECK, AND SCALP		20. SINUSES	
21. MOUTH AND THROAT		22. DRUMS (Perforation)	
23. EARS - GENERAL (Dist. and ext. canals/Auditory acuity under item 71)		24. EYES - GENERAL (Visual acuity and refraction under items 61 - 66)	
25. EYES - OPTHALMOLOGIC		26. EYES - PUPILS (Equality and reaction)	
27. HEART (Thrust, size, rhythm, sounds)		28. LUNGS AND CHEST	
29. VASCULAR SYSTEM (Vascular system)		30. ABDOMEN AND VISCERA (Include hernia)	
31. ABDOMEN AND VISCERA (Include hernia)		32. PELVIC (Females only)	
33. IDENTIFYING BODY MARKS, SCARS, TATOOS		34. IDENTIFYING BODY MARKS, SCARS, TATOOS	
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97. IDENTIFYING BODY MARKS, SCARS, TATOOS		98. IDENTIFYING BODY MARKS, SCARS, TATOOS	
99. IDENTIFYING BODY MARKS, SCARS, TATOOS		100. IDENTIFYING BODY MARKS, SCARS, TATOOS	

HQ AETC Stamp

FAA Class III and Student Pilot Certificate (PILOTS AND RPAS: MAKE SURE YOU HAVE BOTH PARTS!)

UNITED STATES OF AMERICA Department of Transportation Federal Aviation Administration		FF- 6546441
MEDICAL CERTIFICATE Third CLASS AND STUDENT PILOT CERTIFICATE		
This certifies that (Full name and address):		
Date of Birth	Height	Weight
	72"	260
Hair	brn	Sex
		M
has met the medical standards prescribed in part 67, Federal Aviation Regulations, for this class of Medical Certificate.		
Limitations Holder shall wear corrective lenses		
Date of Examination	Examiner's Designation No.	
12/18/2007	07679-1	
Signature		
Typed Name	J. F. Jones, MD	
AIRMAN'S SIGNATURE		
FAA Form 8420-2 (3-99) Supersedes Previous Edition		

Passenger-Carrying		STUDENT PILOT CER
CONDITIONS OF ISSUE: This certificate shall be in the personal possession of the holder at all times while exercising the privileges of this or her aircraft in FAA regulated airspace. It shall be void if the holder is not the holder of a valid FAA medical certificate. The duration of a medical certificate is set forth in § 61.53 of the Code of Federal Regulations. The holder of a medical certificate is prohibited from acting as a pilot in command of an aircraft if the holder is not the holder of a valid FAA medical certificate.		
CERTIFICATED INSTRUCTOR'S ENDORSEMENT FOR STUDENT PILOTS		
I certify that the holder of this certificate has met the requirements of the regulations contained in 14 CFR part 61.53.		
NAME AND MODEL OF AIRCRAFT	INSTRUCTOR'S SIGNATURE	DATE
Aircraft Category		
Airplane		
Glider		
Rotocraft		
A. To Solo The		
B. To Make Solo Cross Country Flights		

NOTE: When a form consists of more than one page, make sure you bring all pages of the form. (ex. DD Form 2808 is 3 pages.)

SEE NEXT PAGE FOR FAA MEDICAL EXAM REIMBURSEMENT PROCEDURE

Medical - FAA Medical Exam Reimbursement Procedure

CLAIM FOR REIMBURSEMENT FOR EXPENDITURES ON OFFICIAL BUSINESS		1. DEPARTMENT OR ESTABLISHMENT, BUREAU, DIVISION OR OFFICE	2. VOUCHER NUMBER					
			3. SCHEDULE NUMBER					
<i>Read the Privacy Act Statement on the back of this form.</i>								
4. CLAIMANT	a. NAME (Last, first, middle initial)	b. SOCIAL SECURITY NO.	6. PAID BY					
	DOE, JOHN B.	###-##-####						
	c. MAILING ADDRESS (Include ZIP Code)	d. OFFICE TELEPHONE NUMBER						
### Street Name, Unit # Town, STATE, Zip code	(###)###-####							
6. EXPENDITURES (If fare claimed in col. (g) exceeds charge for one person, show in col. (h) the number of additional persons which accompanied the claimant.)								
DATE	Show appropriate code in col. (b): A - Local travel B - Telephone or telegraph, or C - Other expenses (itemized)		D - Funeral Honors Detail E - Specialty Care	MILEAGE RATE	AMOUNT CLAIMED			
2011				¢	MILEAGE	FARE OR TOLL	ADD PERSONS	TIPS AND MISCELLANEOUS
	(Explain expenditures in specific detail.)			NO. OF MILES				
(a)	(b)	(c) FROM	(d) TO	(e)	(f)	(g)	(h)	(i)
dd Mmm	C	FAA Class III Certificate						110.00
"I certify this claim is true, correct and proper. There was an urgent and unforeseen public necessity for the expenditure of my personal funds; and that payment or credit has not been received". SIGN HERE								
				SUBTOTALS CARRIED FORWARD FROM THE BACK				
7. AMOUNT CLAIMED (Total of cols. (f), (g) and (i).)				\$ 110.00		TOTALS		110.00
8. This claim is approved. Long distance telephone calls, if shown, are certified as necessary in the interest of the Government. (Note: If long distance calls are included, the approving official must have been authorized in writing, by the head of the department or agency to so certify (31 U.S.C. 680a).)				10. I certify that this claim is true and correct to the best of my knowledge and belief and that payment or credit has not been received by me. <i>Sign Original Only</i>				
<i>Sign Original Only</i>				CLAIMANT SIGN HERE				
				DATE dd Mmm yy				
APPROVING OFFICIAL SIGN HERE				11. CASH PAYMENT RECEIPT				
9. This claim is certified correct and proper for payment. <i>Sign Original Only</i>				a. PAYEE (Signature)				
				b. DATE RECEIVED				
AUTHORIZED CERTIFYING OFFICER SIGN HERE				c. AMOUNT \$				
ACCOUNTING CLASSIFICATION				12. PAYMENT MADE BY CHECK NO.				

Download the SF 1164 from here: <http://dossifs.com/docs/task1/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
10. Sign and date

Print the SF1164, sign the SF1164, and bring the SF1164 and the receipt for your FAA medical with you to IFT inprocessing. The IDMT will collect this paperwork on Day 0 and submit it for reimbursement.

Questions? Contact TSgt Pickren (jpickren@dossifs.com; Clinic: 719-423-8333) or SSgt Ashley Swink (aswink@dossifs.com; Clinic: 719-423-8335)

Fitness

Fitness is an integral part of military readiness. As new students at IFT, you are about to begin a very demanding regimen that requires optimum performance and focus. While many of you will show up with a well-established fitness routine, it is important that ALL of you leave this program with an opportunity to develop a plan for fitness success that will carry you through the demanding years ahead of you as a professional Air Force aviator. New USAF guidance requires student candidates to be current on their fitness testing prior to starting aviation training courses – now is the time to ensure you are prepared to pass your fitness test!

Day 1 = PFA

The first step in assessing your fitness level is the administration of the Physical Fitness Assessment (PFA) on Day 1 of training. The test will be graded in accordance with the current Air Force PFA standards with a minimum passing score of 75%. Anyone that does not pass will be scheduled for a retest approximately 10 days later. Following the retest, students who still fall below 75% will be referred to their gaining OSS/CC for possible entry into a formal program IAW AFI 36-2905.

Group PT

During days two through four, all students will be scheduled for mandatory group PT. Group PT will consist of calisthenics, introduction to FAC testing standards, and/or individual fitness program development, including weight training, aerobic training, and cross-fit training. All students will wear the standard PT uniform for these sessions.

Individual PT

During days five through program completion, students will be scheduled a minimum of three PT sessions per week (each session will be a minimum of 1.5 hours in length: 1 hour workout +30 min for shower & changing). These sessions are mandatory. If a student does not attend a minimum of three sessions per week, they will be referred to the MTO for counseling and placed on Military CAP for failure to attend. Students will log off their individual training on the tracking sheet located in the fitness staff office. The standard PT uniform is NOT required for these workouts.

Fitness Center ROE

It should go without saying that students are reminded to maintain absolute professionalism towards the fitness staff at all times. Additionally, the logging of each individual fitness session is official documentation that you have completed 1 hour of syllabus directed PT. Any student caught falsifying the GTIMS log will be placed into the Commander's Review Process for program elimination.

Personal Fitness Equipment

DO NOT keep exercise equipment in your room. This includes pull up bars, weights, kettle bells and bicycles. There is no weather-proof storage area for pedal bikes.

**USAF Directed
Off Limits Locations**

Due to various health hazards, the following locations are off limits to IFT Students:

Kinja Clinic	1729 Crest Place, C. Springs	Prostitution
Siam's Oriental Massage	1783 B Street, C. Springs	Prostitution
Moshi Moshi Spa	409 Windchime Pl, C. Springs	Prostitution
Sodo Nightclub	527 S. Tejon St, C. Springs	Gang activity
Golden Cue	2790 Hancock Expressway, C. Springs	Gang activity/Prostitution
The Mansion	20 North Tejon St, C. Springs	Various
Oriental Spa Massage	955 N. Powers Blvd, C. Springs	Prostitution
Myxed Up Creations	1619 Lashelle Way, C. Springs	Various
Freaky's	308 East Platte Avenue, and 1714 Brookwood Drive, C. Springs	Drug Activity

**USAF Directed
On Watch Locations**

The following locations are on watch for potential future addition to the off limits list.
These locations, while not off limits, are not recommended:

Club Shots	3958 North Academy, C. Springs	Gang activity
Antique Billiards	3628 Citadel Dr. North, C. Springs	Gang activity
Woody's Bar and Grill	3881 E. Pikes Peak, C. Springs	Gang activity
Cowboys	25 N. Tejon St, C. Springs	Rough on Patrons
Southside Johnny's	528 S. Tejon St, C. Springs	Various
Gasoline Alley	28 N. Tejon St, C. Springs	Various

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

DA-20 Ops Limits

DA20-C1 OPERATING INFORMATION TABLE

Indicated Airspeeds (KIAS)

V _{SO} Stall speed with flaps LDG	34
V _{SI} Stall speed with flaps CRUISE	42
V _R Rotate speed	44
Lift-off speed	52
Min. Forced landing final approach speed with flaps LDG	55
Standard pattern SFL final approach speed with flaps LDG	60
V _X Best angle of climb speed with flaps T/O	60
Normal landing final approach speed	60
Min. engine-out speed to sustain windmilling prop	60
Min. Forced landing final approach speed with flaps T/O	60
Min. Forced landing final approach speed with flaps CRUISE	65
No-Flap landing final approach speed	65
V _X Best angle of climb speed with flaps CRUISE	65
V _Y Best rate of climb speed with flaps T/O	66
V _Y Best rate of climb speed with flaps CRUISE	70
Best glide speed (1764 lbs)	73
V_{FE} Max. Airspeed with flaps LDG	78
V_{FE} Max. Airspeed with flaps T/O	100
V_A Max. speed for full or abrupt control inputs (1764 lbs)	106
V_{NO} Max. structural cruising speed	118
Force a stopped propeller to windmill if starter is inop	137
V_{NE} Never-exceed speed	164

Maneuvering

Positive limit load factor (flaps CRUISE)	+4.4
Negative limit load factor (flaps CRUISE)	-2.2
Positive limit load factor (flaps T/O or LDG)	+2.0
Negative limit load factor (flaps T/O or LDG)	0
Max. permissible bank angle for steep turns (in degrees)	60

Voltmeter

Voltmeter lower limit red arc (volts)	8-11
Voltmeter caution range yellow arc (volts)	11-12.5
Voltmeter green arc (volts)	12.5-16.1
Voltmeter upper limit red line (volts)	16.1

Fuel

Approved fuel grade	100LL
Usable fuel (US gal.)	24.0
Fuel tank capacity (US gal.)	24.5

Weight and Balance

Max. ramp weight (lbs)	1770
Max. takeoff weight (lbs)	1764
Max. landing weight (lbs)	1764
Forward CG limit (at or below 1653 lbs)	7.95
Forward CG limit (1764 lbs)	8.07
Aft CG limit (1764 lbs)	12.16
Aft CG limit (at or below 1653 lbs)	12.48
Max. weight in baggage compartment (lbs)	44

Power Plant Operation

RPM normal operating range (tachometer green arc)	700-2800
Min. RPM during engine runup idle check	975
Min. RPM ("area idle") if beyond gliding range of a runway	1400
Min. RPM during operations with fuel pump off	1400
Min. permissible full-throttle static RPM during engine runup	2000
Max. permissible continuous RPM if an IFT student is PF	2700
Max. permissible continuous RPM (tach redline)	2800
Min. RPM drop during magneto check	25
Max. RPM drop during magneto check	150
Max. RPM drop difference between magnetos	50
Max. permissible continuous bhp	125
Min. oil pressure (psi)	10
Oil pressure normal operating range (psi)	30-60
Max. time for oil pressure to reach 10 psi after start (sec.)	30
Max. oil pressure for full power operation if OAT < 0°C (psi)	70
Max. oil pressure (psi)	100
Min. oil temperature (°F)	75
Max. RPM after start until oil temp indication registers	1000
Oil temperature normal operating range (°F)	170-220
Min oil temp. to begin an area SFL at area idle (°F)	170
Min. oil temp for full power operation if oil pressure norm (°F)	100
Max. oil temperature (°F)	240
Min. oil quantity (US qts)	4
Max. oil quantity (US qts)	6
Fuel pressure lower limit red line (psi)	3.5
Fuel pressure upper limit red line (psi)	16.5
Max. continuous starter operation (sec.)	10
Max. cumulative starter operation before 3-5min cooling (sec.)	30
Max. time for CHT below 300°F in descent (minutes)	5
Min. CHT (°F) takeoff & descent	240
CHT normal operating range (°F)	300-420
CHT caution range (°F)	420-460
Max. CHT (°F)	460
Max. OAT (°C) operation w/ full winterization kit	0
Max. OAT (°C) operation w/ partial winterization kit	12.5

Pattern Wind Limits (KTS)

Max. tailwind dual or solo	5
Max. student solo gust spread	8
Max. student solo crosswind	10
Max. dual crosswind if IFT student is PF below 500' AGL	15
Max. student solo total wind	20
DA20-C1 Max. demonstrated crosswind component	20
Max. dual total wind if IFT student is PF below 500' AGL	25

Misc.

Max. aircraft structural temperature (°C)	55
Propeller approx. minimum ground clearance (inches)	10
Main landing gear tire pressure (psi)	33
Nose gear tire pressure (psi)	26
Min. OAT (°C) cabin heat not req for 10 min. before T/O	-20

Items in **red** must be committed to memory



“The Gateway to USAF Aviation”

Doss Aviation IFT

1 William White Blvd
Pueblo, CO 81003

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