

PIF 05-08
July Safety Meeting
12 July 2005

The meeting commenced at 1900 hours discussing new licenses, achievements, up and coming plans for the Aero Club.

The briefing was presented by Chris Peterson on the importance of understanding Spatial Disorientation, using FAA and AOPA resources. These are available at the office for further review. The briefing included the following topics:

1. What is Spatial Disorientation?
 - a. The mistaken perception of one's position and motion relative to the earth.
2. Understanding the physiology of the 3 systems responsible for disorientation and prevention.
 - a. Visual, 90% of information comes from here
 - b. Vestibular (inner ear) easily fooled
 - c. Proprioceptors (very weak without rest of body's assistance)
3. Illusions were discussed, the Visual were:
 - a. False horizon
 - b. Confusing ground and star light
 - c. Autokinesis (where after staring at a fixed light for 10 seconds it appears to move)
 - d. Vestibular illusions
 - e. Leans
 - f. Graveyard spiral
 - g. Vertigo
 - h. Inversion illusion
4. 91% of all accidents from Spatial Disorientation are fatal
5. Common Causes of Spatial Disorientation
 - a. Attempted VFR into IMC
 - b. Night VFR
 - c. Instrument flight in IMC
6. Ways to prevent it:
 - a. Consider your options prior to flight, know where the better weather is, or do not fly
 - b. Evaluate the route, maybe a different route offers better visibility
 - c. Be committed to flexibility (driving is ok)
 - d. As soon as you start to feel uncomfortable, go to Plan B.
 - e. Get an IFR ticket ASAP, and maintain currency and proficiency (not the same thing)

The meeting was adjourned at 2000.