



# IHST

International Helicopter Safety Team  
Our Vision: An International Civil Helicopter Community With Zero Accidents

## Training Fact Sheet - Recurrent Training

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### *“Are You Current And Proficient?”*

Why is recurrent training both important and necessary?

As pilots in training, we are provided the opportunity to learn new things. We build knowledge and experiences to help us operate more efficiently and safely. As time progresses, we forget some of the things we previously learned and our skill in performing certain maneuvers can often diminish. Unfortunately, this is a Human Factor that can negatively influence all of us pilots.

Maybe we changed pilot positions and now fly a different make and model of aircraft? Perhaps we've been assigned to serve as a company instructor or check airman and are now expected to train and evaluate other pilots?



The lack of timely recurrent training diminishes our ability to perform adequately in response to normal and emergency situations. Adequate and timely recurrent training improves pilot proficiency, increases situational awareness and increases passenger and crewmember safety.



### **That Unexpected Noise....**

Let us look at pilot actions when something unfamiliar happens like an unexpected noise. ....Boom! You heard it!

The decision making time line begins and the first thing you experience is **Fear**. That is momentary as you are **Confused**, while trying to figure out what just happened. You think you have it figured out and so you now move into the **Verification** process. After verifying the status of the situation, you as the PIC decide on an appropriate **Response**. So the decision making time line might look something like this:

**F--C-----V----Response**

What recurrent training does for us is shorten the decision making time line between the state of Fear, Confusion, Verification and an appropriate Response. With recently trained pilots, the decision making time line looks like this:

**F--C-V--Response**

We can see the need for recurrent training by understanding the shortening of a pilot's correct response time when it comes to dealing with the unexpected.

## How to Stay Current

Recurrent training can be expensive and very time consuming. Let us look at some inexpensive, but effective ways to remain current.

Flight Simulators or FTDs are one of the best tools for recurrent training and can be very cost effective. You can even train on emergencies in a FTD that you would never do in an aircraft.



Pilots can use an actual helicopter in the hangar for helping remain proficient. By getting some cockpit time with a POH available a pilot can complete both a familiarization of instrument locations, switch locations and positions, etc. From the POH, an emergency procedures review can be simulated and completed hands on in a safe environment.

What if all the above was completed with another pilot or flight instructor that is current in the aircraft? This would be even better.

If no helicopter is available for hangar flying, perform a review of the POH and/or Flight Manuals. Go through all sections and review all aircraft limitations and emergency procedures in detail. Look over the weight and balance section and work a few

scenarios involving various loading configurations.

Never underestimate the power of sitting down with a group of your pilot friends and having a round table discussion. The group can openly discuss various operating scenarios and/or review recent helicopter accidents for determining causal factors.

Of course a Flight Review (FAR 61.56), which includes the minimum one hour of ground training and minimum one hour of flight training, can be accomplished with a flight instructor.

There are also many training courses that are available online from aviation educational providers such as IHST, FAA "Wings" programs, HAI & AOPA.

Quarterly seasonal weather patterns and changes should be reviewed and considered as well. A pilot can recognize the importance of staying current, getting recurrent training and note the various ways available to accomplish these goals.

## Summary

In conclusion decide on some positive actions to shorten the time line from initial perception to making the appropriate response by maintaining currency and proficiency. It's just one more way that you can enhance safety.

## References

More information and additional Fact Sheets can be found at [www.IHST.org](http://www.IHST.org).

