

## Instrument Proficiency Check SEL

Name \_\_\_\_\_ Date \_\_\_\_\_ TOT \_\_\_\_\_

START \_\_\_\_\_ OFF \_\_\_\_\_ ON \_\_\_\_\_ IN \_\_\_\_\_

⇒ Preflight N \_\_\_\_\_

⇒ IFR Flight Plan, Clearances  
Type/ID/Model/Tas./Dprt./Etd./ALT/Route/Dest./Ete./  
Remarks/FOB/Alternate/Name/Phone/Base/SOB/Color

⇒ Normal and Crosswind Takeoff  
(Heading +5 degrees, Airspeed +5 Kts.)

⇒ Instrument Departure (Begin Takeoff Visually, Hood or View-  
Limiting at 50' AGL)

⇒ Steep Turns  
45 Degree Bank Altitude +- 5 Degrees Heading +-10  
degrees Altitude +-100' Airspeed +-10 Knots (VA 151;  
27"MAP 2300RPM; AI, VSI, ALT)

⇒ Unusual Attitude Recovery  
(Airspeed Increasing = Power, Level Wings, Raise Pitch;  
Airspeed Decreasing = Power, Lower Pitch, Level Wings.)

⇒ Maneuvering During Slow Flight (Alt+-100' Hdg. +-10° Aspd.  
+10 -0 Bank +-10°.)

⇒ Approaches to Stalls (At least one while turning in 15 to 30  
degree bank)

⇒ Holding Procedures

\_\_\_\_\_ VOR \_\_\_\_\_ Intersection \_\_\_\_\_ LOC

⇒ Intercepting and Tracking

\_\_\_\_\_ Radial \_\_\_\_\_ Intersection \_\_\_\_\_ GNSS

⇒ Approaches: (<3/4 Scale Deflection) (Airspeed +-10  
Kts. Altitude +-100' Heading +-10°)

\_\_\_\_\_ VOR \_\_\_\_\_ ILS \_\_\_\_\_ LOC

\_\_\_\_\_ WAAS \_\_\_\_\_ RNAV \_\_\_\_\_ BC

⇒ Low Approaches (Missed Approach) (Heading +-10°  
Altitude +-100' Airspeed Vx or Vy +10 -5 Kts.)

⇒ Normal or Crosswind Landing and Approaches to  
Landing (1.3Vso +10 -5 Kts. with wind/gust factor  
applied, TD<=400')

⇒ Abnormal Procedures (Systems)

⇒ Emergency Procedures

⇒ Landing from a Circling Approach (Heading +-5° Altitude  
+100'-0' Airspeed +-5 Kts.)

⇒ Postflight

⇒ Endorsement

NOTES:

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