



# The International Bodyflight Association

## Flyer Safety – Be Part of the Team

We all love to fly, and both the IBA and iFLY are committed to supporting you throughout your amazing journey. Our number one priority is the safety of all our flyers and staff and the IBA website has a range of training aids to help you, so check it out before you fly at [www.tunnelflight.com](http://www.tunnelflight.com).

We're inviting you to be part of the safety team. Help us keep you and your fellow flyers safe by following these top tips.



- **Maintain your logbook and flight skills.** This is a personal record of your progression that your instructor will review before you fly. Keep it updated and briefings will be quicker and more efficient.
- **Stay current.** It's not about the tunnel hours you have – it's all about currency. If you've not flown for a few months, plan to build-up to your last approved skill level before taking on new challenges. It will speed up progression and reduce any frustration.
- **Fly to your approval level.** If you're flying without a coach or instructor stay within your approved skill level. New skills require supervision and come faster with expert coaching. Always have a plan to succeed.
- **Support your friends – but know the boundaries.** All flyers must be signed off to fly together. Know the skill levels of others, respect their limitations and exercise care. Avoid the temptation to coach them (you need approvals to coach). A safer experience is a more enjoyable one.



*"Safety is a collective responsibility.*

*Be accountable for your actions and play your part to help us to keep you and your friends as safe as possible."*

Matt Ryan, CEO iFLY

- **Talk to your instructor before you fly.** Engage in the pre-brief and tell the instructor what your plan is. Let them know your goals and discuss any possible limitations or concerns. They will appreciate the interaction and will support you to achieve and progress. They love to fly as well!
- **Respect each other.** Know the rotation pattern and support the other flyers, especially those less experienced. Be a role model and take time to understand the instructor's job, especially if you are an experienced flyer or coach. This approach creates a great atmosphere and promotes collaborative learning and progress.
- **Look after your flight gear and the tunnel.** Check your shoes - Are the soles non-marking? Are they tied securely? And, most importantly, are they free of any stones that could destroy the glass walls?! Check any fastenings and Velcro. Check your helmet fixings and generally be aware of your gear. For example, think about the effect of booties or a different fit of flight-suit. In other words, always do a proper pre-flight check. Look good, feel good, fly great!