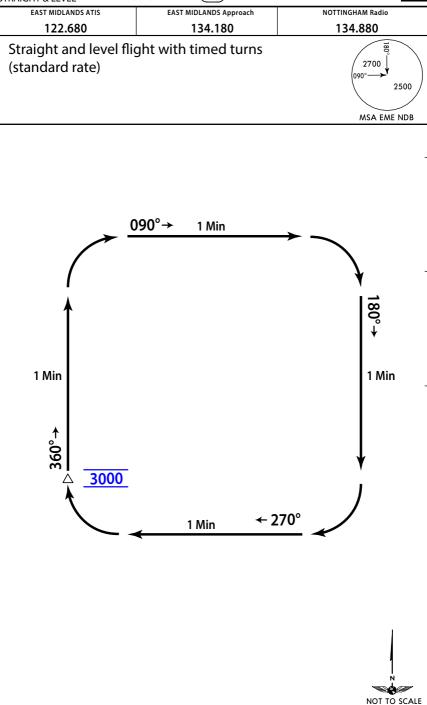
# TRAINING USE ONLY

A

STRAIGHT & LEVEL

29 DEC 20

1-1



**RACETRACK** 

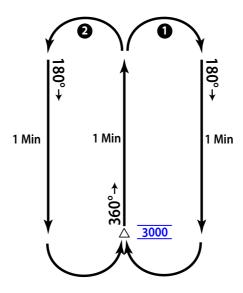
TRAINING USE ONLY

EAST MIDLANDS ATIS EAST MIDLANDS Approach NOTTINGHAM Radio 122.680 134.180 134.880

Straight and level flight with timed turns (standard rate) in a double racetrack pattern

29 DEC 20







TRAINING USE ONLY

C

SNAKE 29 DEC 20

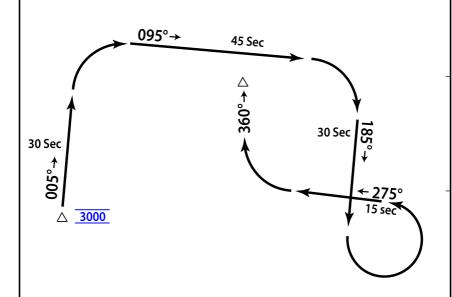
DEC 20 1-

EAST MIDLANDS ATIS EAST MIDLANDS Approach NOTTINGHAM Radio
122.680 134.180 134.880

Straight and level flight with timed turns (standard rate)



MSA EME NDB





TRAINING USE ONLY

D

PROCEDURE COMPONENTS

29 DEC 20

(1-1)

EAST MIDLANDS ATIS EAST MIDLANDS Approach NOTTINGHAM Radio 122.680 134.180 134.880 Straight and level flight with turns (standard 2700 rate) in a procedure turn, teardrop turn, constant speed 2500 MSA EME NDB 30 Sec **Procedure** Turn 1 Min 2 Min 3000 Racetrack 2 Min 2 Min **Pattern Teardrop** Turn NOT TO SCALE

TRAINING USE ONLY

H

PROCEDURE COMPONENTS

29 DEC 20

1-1

EAST MIDLANDS ATIS EAST MIDLANDS Approach NOTTINGHAM Radio 122.680 134.180 134.880 Procedure turn, teardrop turn, changing speed, 2700 500 fpm descents, configuring for approach, go around, missed approach 2500 MSA EME NDB 30 Sec cruise speed 1 Min 3000 Missed approach Slow 2 Min cruise speed Go Around **1500** △ 500 fpm descent 3000 Pre-landing in landing checks config cruise speed 2500 2 Min Normal cruise speed 3000 2500 500 fpm descent NOT TO SCALE

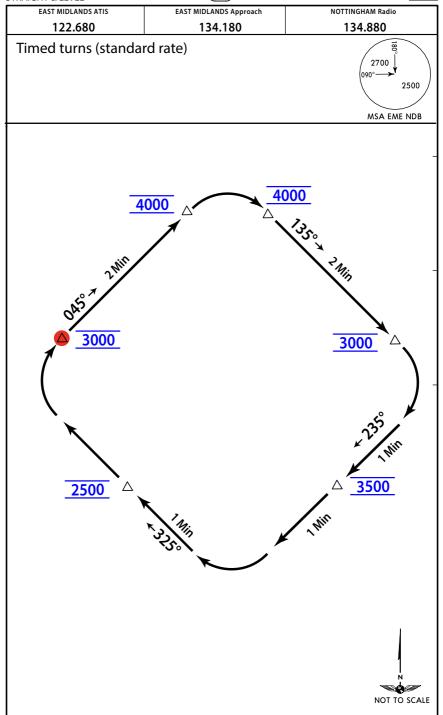
TRAINING USE ONLY

X

STRAIGHT & LEVEL

29 DEC 20

1-1



TRAINING USE ONLY

29 DEC 20

PROCEDURE COMPONENTS EAST MIDLANDS ATIS EAST MIDLANDS Approach NOTTINGHAM Radio 122.680 134.180 134.880 Procedure turn, 500 fpm descents, configuring 2700 for approach, go around, missed approach 2500 MSA EME NDB **Pre-landing** checks 1 min 1 Min 2 Min 500 fpm descent in landing config 3000 3000 Go Around 1500 Missed approach △ 2000 NOT TO SCALE