European Union Aviation Safety Agency

FAQ n.44870

FAQs:

Upset Prevention and Recovery Training, Aircrew, Regulations

Question:

What is UPRT?

Answer:

UPRT stands for aeroplane ‘upset prevention and recovery training’ and constitutes:

- aeroplane upset prevention training: a combination of theoretical knowledge and flying training with the aim of providing flight crew with the required competencies to prevent aeroplane upsets; and
- aeroplane upset recovery training: a combination of theoretical knowledge and flying training with the aim of providing flight crew with the required competencies to recover from aeroplane upsets.

In order to expose pilots to different ‘levels’ of UPRT at various stages of their professional pilot’s career, Annex I (Part-FCL) to Regulation (EU) No 1178/2011 contains the following “levels” of UPRT:

- **Basic UPRT** exercises as part of all CPL and ATP integrated training courses as well as the MPL training course (phase 1 to 3).
- An ‘**advanced UPRT course**’ including at least 5 hours of theoretical instruction as well as at least 3 hours of dual flight instruction in an aeroplane, with the aim to enhance the student’s resilience to the psychological and physiological aspects associated with upset conditions.
- **Class- or type-related UPRT** during class or type rating training to address the specificities of the relevant class or type of aeroplane.

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Link:

https://www.easa.europa.eu/en/faq/44870