



INSTRUMENT PROFICIENCY CHECK CHECKLIST

- Pilot and Aircraft Certificates and Documents
- Obtaining Weather Information
- Cross-Country Flight Planning
- Instrument Cockpit Check
- Collision Avoidance Techniques
- Compliance With ATC Clearances
- Flight Reference the Instruments:
 - Constant airspeed climb
 - Straight-and-Level
 - Change of Airspeed
 - Constant Airspeed Descents
 - Constant Airspeed Climbs
 - Steep Turns
 - Constant Rate Climbs
- Timed Turns to Compass Headings
- Holding Patterns
- Recovery From Unusual Attitudes
- Intercepting and Tracking VOR Radials
- Intercepting and Tracking NDB Bearings
- Approach Procedures
 - VOR Approaches
 - NDB Approaches
 - LOC Approaches
 - ILS Approaches
 - No-Gyro Approaches
 - Circling Approach Procedures
 - Missed Approaches
- Multlenglne Aircraft:
 - Instrument Approaches
 - 1 engine inoperative
- Debrief